

# THE WINCHESTER SCHOOL, JEBEL ALI

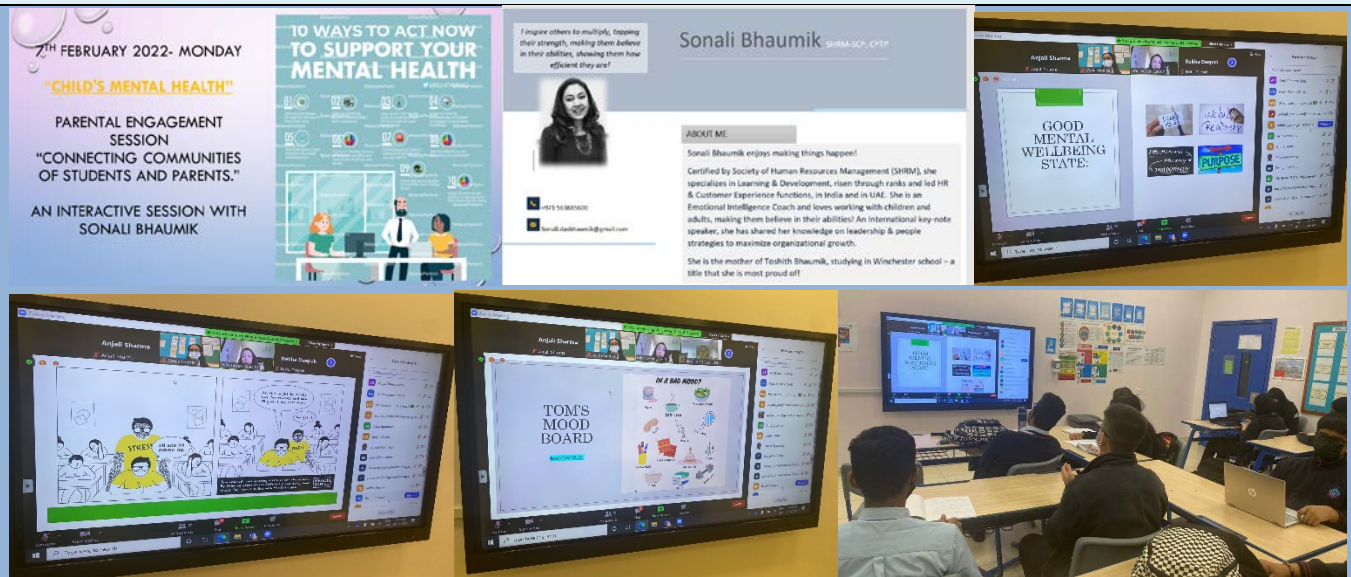
<b>Date:</b> 7 <sup>th</sup> February 2022	<b>Audience:</b> Year 11 students	<b>Venue:</b> Class Room- Virtual Assembly
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**Title:** Child's Mental Health

**Presenters / Conductors:** Ms. Somali Bhaumik mother of student Toshith Bhaumik

**Aims & Objective:** To develop a feeling of growing together, helping feel happy both from inside and outside.

**Summary:** The assembly was titled 'Growing Together', the following key points were discussed. Having a good mental wellbeing state is key to building a growth mindset, forming relationships, being productive and finding purpose. The parent also shared that Dealing with stress, pressure and a distorted state of mind is natural BUT learning how to cope with those emotions is important. Furthermore, it was suggested that making a mood board to guide us toward a better life will be an effective method for coping with negative emotions. Also having a supportive group of peers will also help with getting over mental stress or dealing with heavy emotions. And most importantly, be a helping hand for your peers.



## **Student/Parent/Teacher Feedback:**

"As a student, I really appreciate the time and effort put by the parents to help educate us about our future careers", says Brett of 11B

"It was an absolute pleasure to listen to the informative advice shared with us during the parental session," says Ms. Chitra FT 11B.

**Organized by:** KS4 TEAM