

# THE WINCHESTER SCHOOL, JEBEL ALI

**Date:** 15/02/2022

**Audience:** Year 10

**Venue:** Virtual assembly

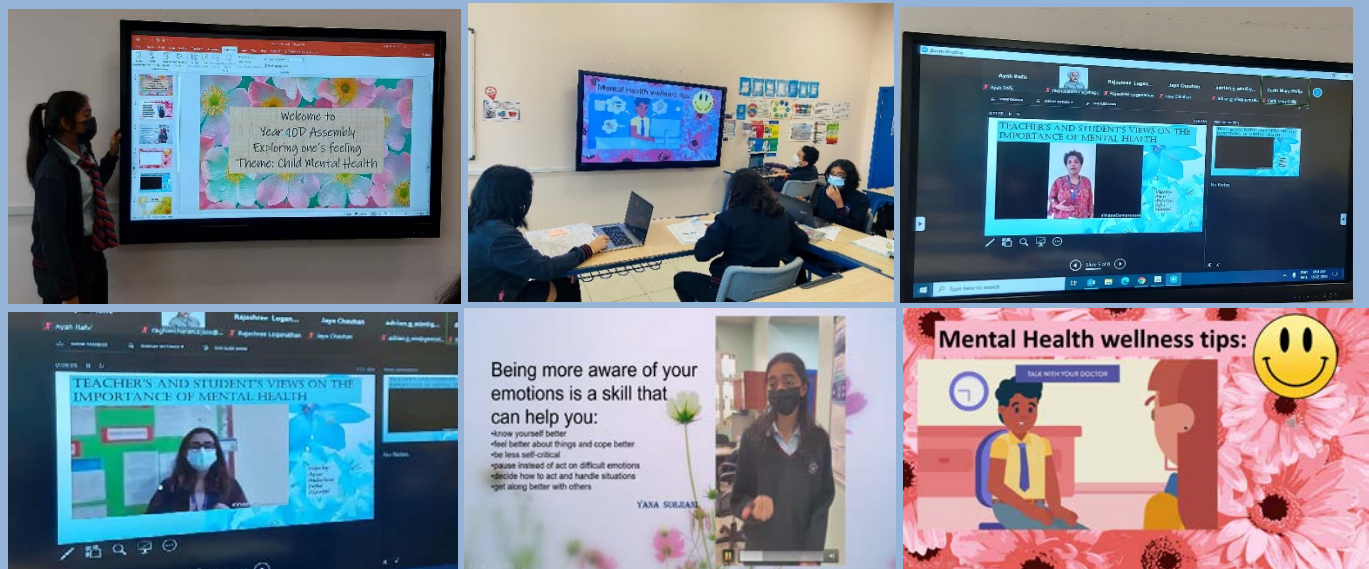
**Title:** Exploring feelings - Children's Mental Health Week 2022

**Presenters / Conductors:** Students of Year 10D

**Aims & Objective:** To encourage on the importance of children and young people's mental health. .

**Summary:** The Year 10 D presented an assembly on the topic- Exploring one's feeling, as part of Child Mental Health Week 2022. The assembly started with a note by Saarah 10D on what is child mental wellbeing. There on Yana explained students on how to know one's emotions better. The assembly continued on how to have Mental Health Wellness followed by a video where the Teachers and students spoke about how important is mental wellbeing and knowing one's emotions and ways to identify and speak about it. The focus of the assembly was to encourage students to think of how they can best look after their own mental health and how they can support family or friends with their mental health too.

## Pictures / Flyers:



## Student/Teacher Feedback:

It was an amazing assembly. The assembly shed light on the significance of mental health and wellbeing of children. The assembly highlighted that good mental health helps us children develop the resilience to cope with whatever life throws at us and grow into well-rounded, healthy adults. – Raghav 10I

The assembly focused on understanding of what mental health is and the difference between every day small feelings and a big feeling. The assembly highlighted on providing safe opportunities for children to discuss their feelings, thoughts and behaviours which is paramount. – Ms. Cerin

**Organized by:** Ms. Priyanka and students of 10D  
Ms. Jane & Ms. Delma, Head of Year 10  
Ms. Amber Bilal, Head of Key Stage 4