

# THE WINCHESTER SCHOOL, JEBEL ALI

**Date:** 20-01-2022

**Audience:** Students of Year 7

**Venue:** Virtual Assembly  
Platform- PhoenixZoom Meeting

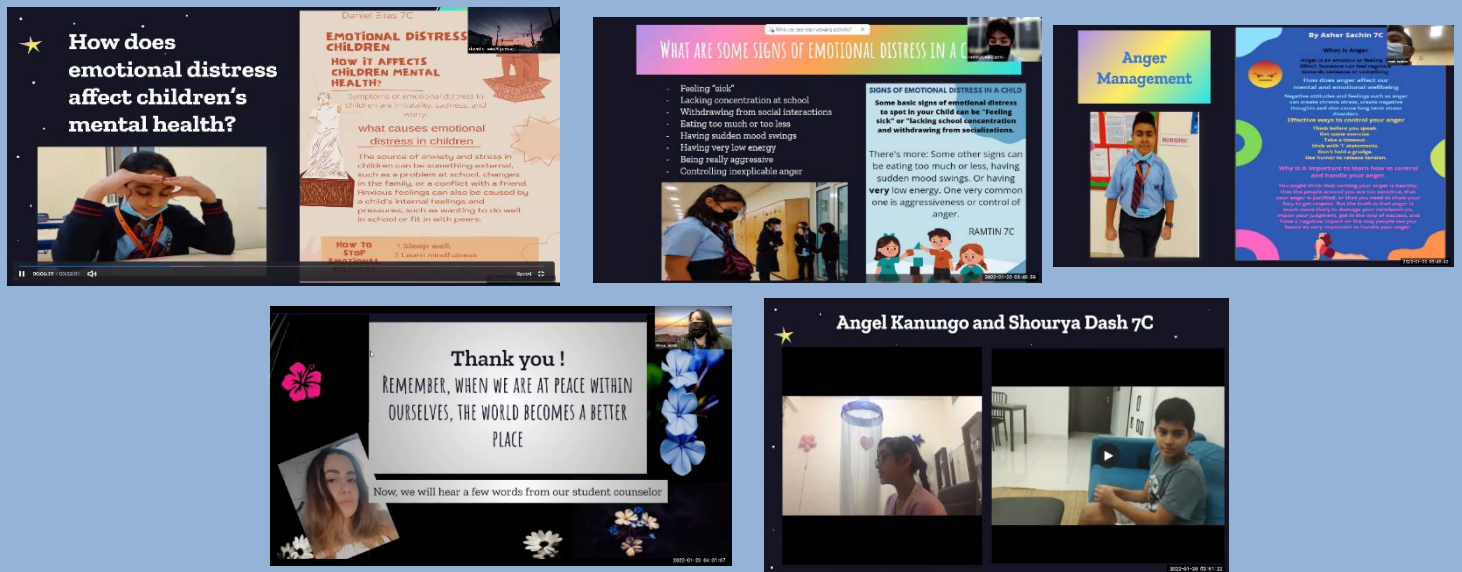
**Title:** Emotional Wellbeing - Anger Management and Connecting with People  
**Presenters / Conductors:-** Students of 7C

**Aims & Objectives:** to enlighten students about Personal, Social and Character development towards meeting SDG-target (16)- Peace, Justice and Strong Institutions.

## Summary:

The assembly mainly revolved around to enlighten students how important it is to manage our emotional health to help us face life challenges and stress. The main objective was to raise awareness on what emotional health and well-being are and the importance of emotional wellness in children. The students also creatively worked together to emphasize on the different signs and symptoms of an emotionally distressed child and additionally, why is it very important to manage our emotions especially anger and how it is connected to our healthy relationship with others, healthy adult behaviours and a successful career. Each and every point was very informative-on point and was presented by different students of the class in the form of beautifully made posters, pre-recorded videos and live speaking during the assembly. The assembly ended with a thought-provoking message from the student-counsellor and Ms Nirmal recapitulating the whole assembly and a pad let wall was laid for audience to actively express their learning through the assembly along with their feedbacks on the same.

## Pictures / Flyers Etc.:



## Student/Parent/Teacher Feedback:

"Great assembly. I really liked the posters and how creative it was, it also was good and inspiring. I love how they talked about mental health and fully understood about it! Shravya 7A

"I loved the assembly, it was so good and very inspiring. Good Job!! 7C. It was so good!!" – Ritivk 7D

"I think that this assembly was very inspiring as I myself have anger issues and thankyou Miss Akshita for the amazing speech"

Hamsika 7E

"The assembly was very fun and informative. It was also very inspiring. I cannot wait to try out some of the techniques shown in the assembly"- Aaryesh 7F

**Organized by:** Head of Key Stage 3 / Year 7 HOYs

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