

THE WINCHESTER SCHOOL, JEBEL ALI

Date: 11th February, 2022

Audience: Students of Year 8

Venue: Virtual Assembly Platform through Zoom meeting Phoenix

Title: Student's health and wellbeing

Presenters / Conductors: Mr. Vijay Sagar – Parent of Tashi Sagar (Year8 E)

Aims & Objectives: To help students understand the importance of staying healthy and having a sound mind.

Summary:

Parental engagement assembly on Mental Health by Mr. Vijay Sagar, parent of Tashi – Year 8 E. The parent encouraged students to take care of their mental health by focusing on the power of expressions and power of Nature. Mental health not only includes our emotional, psychological, and social well-being. it affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. He spoke about the importance of reflecting in the morning on how one would want the day to progress and the power of being positive. He also encouraged to speak up for one-self and maintain a journal- as writing is a very good mental health exercise where one can express feelings of happiness or sadness and bring about a change in their own mental health well-being. Secondly, the power of nature- a very good exercise is to go out for a 10 to 20 min walk every day which is the best remedy to maintain a good mental health and well- being. The assembly ended with Briscelyn thanking the parent for making time and talking to them on mental health and inspiring and motivating them to write a journal and go out for a walk in nature to experience the benefits of having a sound mind and a healthy body. Ms. Amanda and Ms. Brenda thanked Mr. Vijay Sagar for the motivational talk on staying healthy.

Pictures / Flyers Etc.:



Student/Parent/Teacher Feedback:

The assembly by the parent of Tashi inspired me to write a journal ad to take a walk very day to take good care of my mental health and well-being, says Briscelyn- Year 8E

The power of expressions and the power of nature are the two features that the parent emphasized for a good mental health and well-being says Kyra – Year 8J

Organized by: HOKS 3 & HOYs of Year 8

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