

THE WINCHESTER SCHOOL, JEBEL ALI

Date: 14.02.2022

Audience: Year 8

Venue: Virtual Assembly Platform through Zoom meeting Phoenix

Title: Personality Check on Mental Health

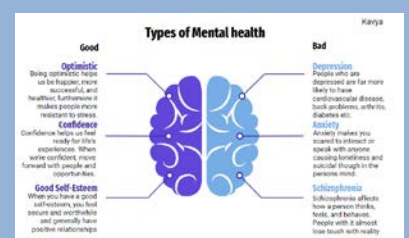
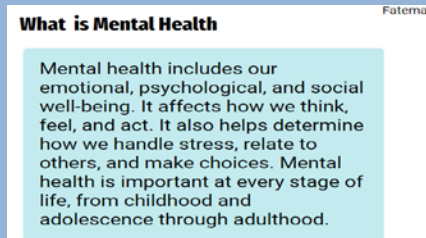
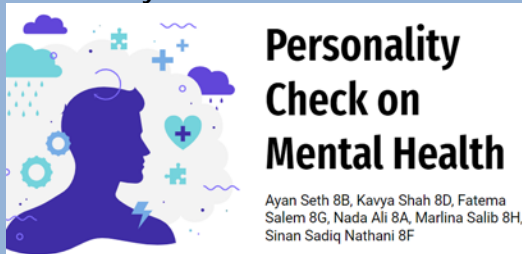
Presenters / Conductors: Students of Year 8 Water House

Aims & Objectives: To help students understand the importance of open mindedness.

Summary: The Assembly was conducted by the students of Year 8 Water House through a meaningful and powerful presentation where students introduced the exact meaning of 'mental health', spoke about the indicators of good and bad mental health. This was followed by an extremely informative video on the importance of Mental Health, an animation video on bullying" and social ostracism. The background sounds compiled some meaningful and reflective posters with strong messages and beautiful quotes on the significance of 'true-self". The main causes of depression followed by an insight to avoiding negative mental health was emphasized. The song added on to the fervor of a new beginning and hope. The Assembly ended with an interactive session on quizziz and student's feedback on a Padlet link. The entire presentation gave an insight to the importance towards the awareness of mental health and its impact on our well being.

Ms. Amanda and Ms. Brenda thanked the Water House representatives and Ms. Ayoti for a very creative assembly on "Personality Check on Mental Health."

Pictures / Flyers Etc.:



Student/Parent/Teacher Feedback:

The effectiveness of mental health for the well-being of any individual has been depicted rightfully through the presentation. Zubin- Year 8B.

The song sung by Ayan, the emotional quote on 'true-self' by Sinan were really commendable. Sumija Form Tutor 8E.

Organized by: Students of Water House Year 8 & Ms. Ayoti