

THE WINCHESTER SCHOOL, JEBEL ALI

Date: 10 th October 2022	Audience: Students and staff	Venue: FS classrooms and Outdoor Areas
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Title: World Mental Health Day

Presenters /Conductors: FS teachers and Learning Partners

Aims & Objective:

To spread awareness about the mental well-being and importance of healthy mind and body.

Summary: FS Children celebrated 'World Mental Health Day'. They enjoyed listening to stories and were intrigued to know about how to keep their mind strong. The children dressed in green and took a pledge to be an enabler and promote awareness about mental health and well-being. Teachers enriched their knowledge in the classrooms as well as in the outdoor areas by sharing the benefits of self-care followed by yoga and breathing exercises.

Pictures / Flyers Etc.:



Parent/Teacher Feedback: Ms. Rebecca Morton, AHOY and Form Tutor of FS1 H said, "This day is really important as it spreads awareness about having a strong mind along with a healthy body."

Ms. Dascel Fernandes, AHOY and Form Tutor of FS2 F said, "It is very important to make students aware about mental health and well-being."

Organised by: Foundation stage teachers