THE WINCHESTER SCHOOL, JEBEL ALI

Date: 8th October 2026	Audience: KS3	Venue: Classrooms

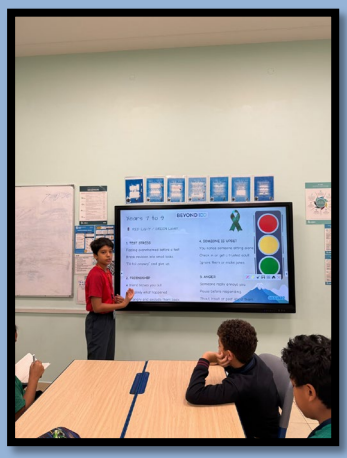
Title: World Mental Health Day
Presenters / Conductors: HOK, HOYs, Form Tutors

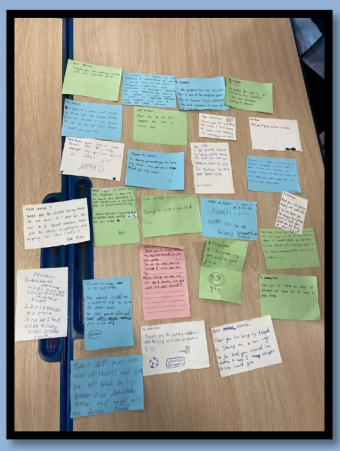
Aims & Objectives: To develop students' understanding of mental health and wellbeing, enabling them to recognise signs that they or others may need support.

To equip students with appropriate strategies to support their wellbeing and encourage them to seek help from trusted adults when needed.

Summary: "Your mental health is a priority. Your happiness is essential. Your self-care is a necessity."As part of the GEMS Beyond100 Wellbeing and Longevity Programme, KS3 marked World Mental Health Day through a range of interactive and reflective activities promoting mental wellbeing, emotional balance and resilience. Through the GEMS Beyond100 Wellbeing and Longevity Programme, students engaged in activities exploring strategies for managing test stress, anger, friendships and social media pressures, students explored strategies, while developing mindfulness, self-awareness and positive coping habits. Year 7 participated in "Staying Strong: Building Emotional Balance" and "Kindness Connect", while Years 8 and 9 engaged in goal setting, vision board mapping and discussions on how self-care supports future success. These activities reinforced the importance of prioritising mental health and building positive habits for lifelong wellbeing. **Special thanks to Ms. Nirmal - Head of Key Stage 3,Ms. Chadia, Ms. Gayathri and Ms. Trupti - Heads of Year, and Ms. Debbie - Head of Wellbeing for their consistent support and guidance in making this initiative impactful and meaningful.**

Pictures / Flyers Etc.:





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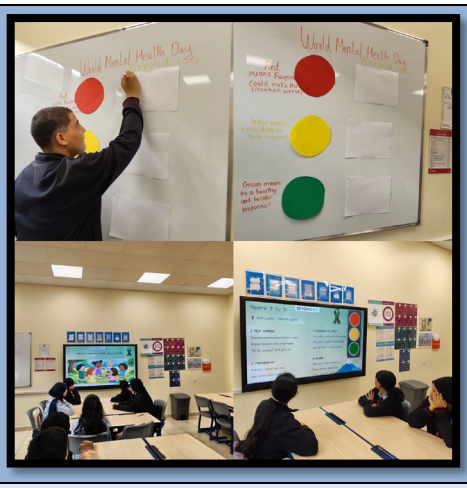

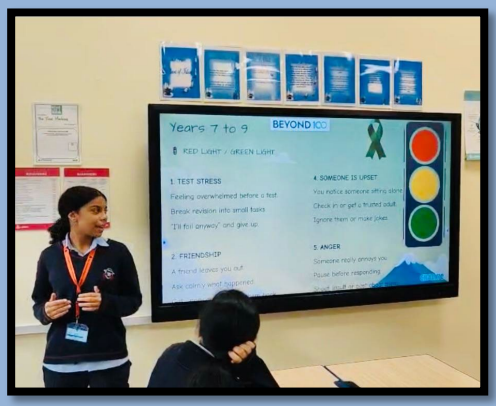

Student/Parent/Teacher Feedback:

Youssef Jari (7B): I learned that taking deep breaths, staying calm and being positive can help me manage stress during tests

Aarush Arora (8H) : I enjoyed Kindness Connect because it reminded me that small acts of kindness can make others feel supported and happy.

Fatima Syed (9C): The activities helped me understand the importance of mental health, setting goals and taking care of myself to build a healthier and happier future.

Organized by: KS3; HOK and HOYs