THE WINCHESTER SCHOOL, JEBEL ALI

Date: 7th September 2026	**Audience:** Key Stage 3 students	**Venue: KS3 Form Classrooms**

Title: GEMS BEYOND100 – Baseline Survey Completion for Key Stage 3 Students
Presenters / Conductors: KS3 Form Tutors

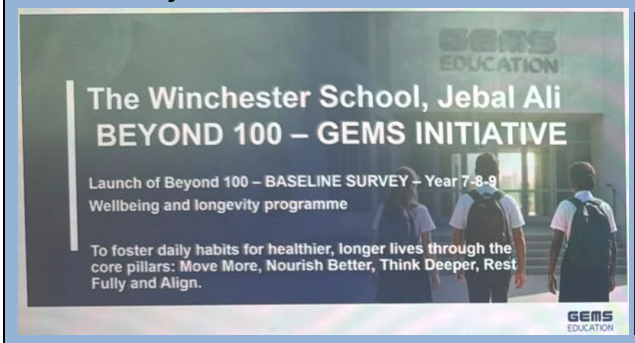
Aims & Objectives:
To introduce students to GEMS Education's BEYOND100 wellbeing and longevity programme and its domains — Move, Nourish, Think, Rest and Align; to capture each student's starting point through the baseline survey so that progress can be recognised and supported as the programme is embedded; and to build awareness that small, consistent daily habits shape long-term health, wellbeing and learning.

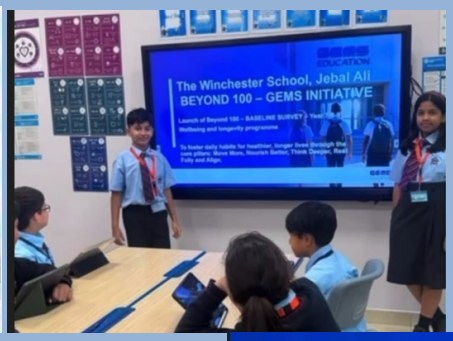
Summary: The **BEYOND100 Baseline Survey** was completed by Key Stage 3 students on **7th September 2026**, marking an important first step in our school's participation in GEMS Education's BEYOND100 wellbeing and longevity programme. Guided by **KS3 Form Tutors**, students completed the survey to give the school an honest picture of where they currently stand, so that growth in healthy habits can be recognised and supported as BEYOND100 becomes part of daily school life.

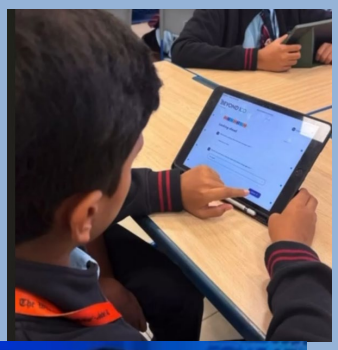
BEYOND100 is built around five domains — **Move, Nourish, Think, Rest and Align** — which focus on regular physical activity, balanced and mindful eating, emotional resilience and curiosity, and quality sleep and recovery. Tutors introduced the purpose of the programme, explained why a baseline matters, and encouraged students to respond honestly and thoughtfully, reminding them that the survey is about understanding habits, not about being judged. Students completed the survey on the BEYOND100 platform during form time, and the session also sparked early conversations about sleep, activity, food choices and screen habits.

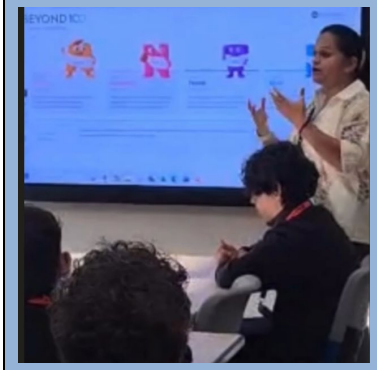
The baseline now provides a foundation for the habit-building that follows, with families invited to be part of the journey through a whole-community approach to wellbeing. BEYOND100 reflects GEMS Education's commitment to equipping young people with the knowledge, habits and mindset to flourish — in school and for decades to come. Because when students understand their own wellbeing, every small habit becomes a step towards a healthier, happier future. **Together, we are ready to SPARKLE!**

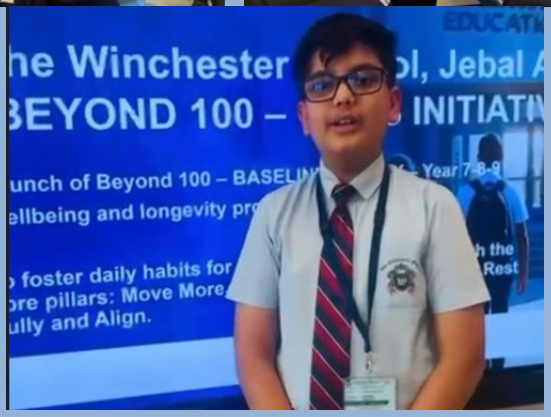
Pictures / Flyers Etc.:

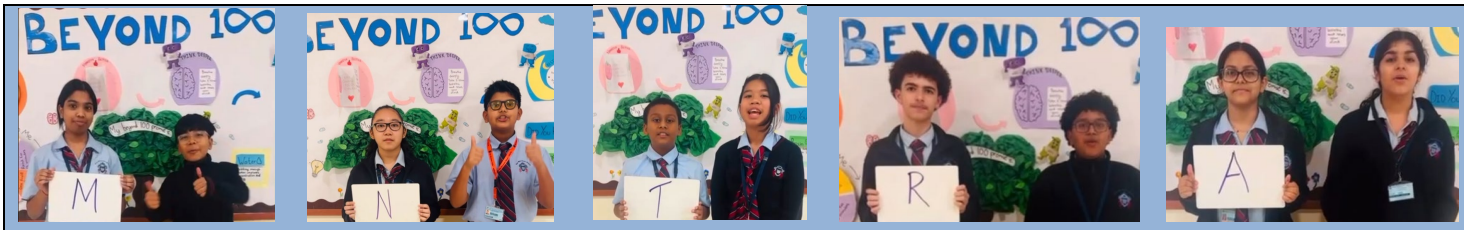












Student/Parent/Teacher Feedback:

"The BEYOND100 survey helped me think about my daily habits, especially my sleep, exercise and eating routines. It made me realise that small changes can help me stay healthier." – Janis Rasundram, 7H.

"I found the survey interesting as it helped me reflect on how I balance schoolwork, physical activities and rest. It also made me think about habits I could improve." – Benazir Shaikh, 8J.

"The survey helped me understand that wellbeing is not just about physical fitness. It encouraged me to think about how I balance my studies, nutrition, exercise and sleep." – Nithum Senitha, 9A.

Organized by: KS3 team & HOK