THE WINCHESTER SCHOOL, JEBEL ALI

Date: 22/10/2026	**Audience:** Year 12 and 13 students	**Venue:** Classroom

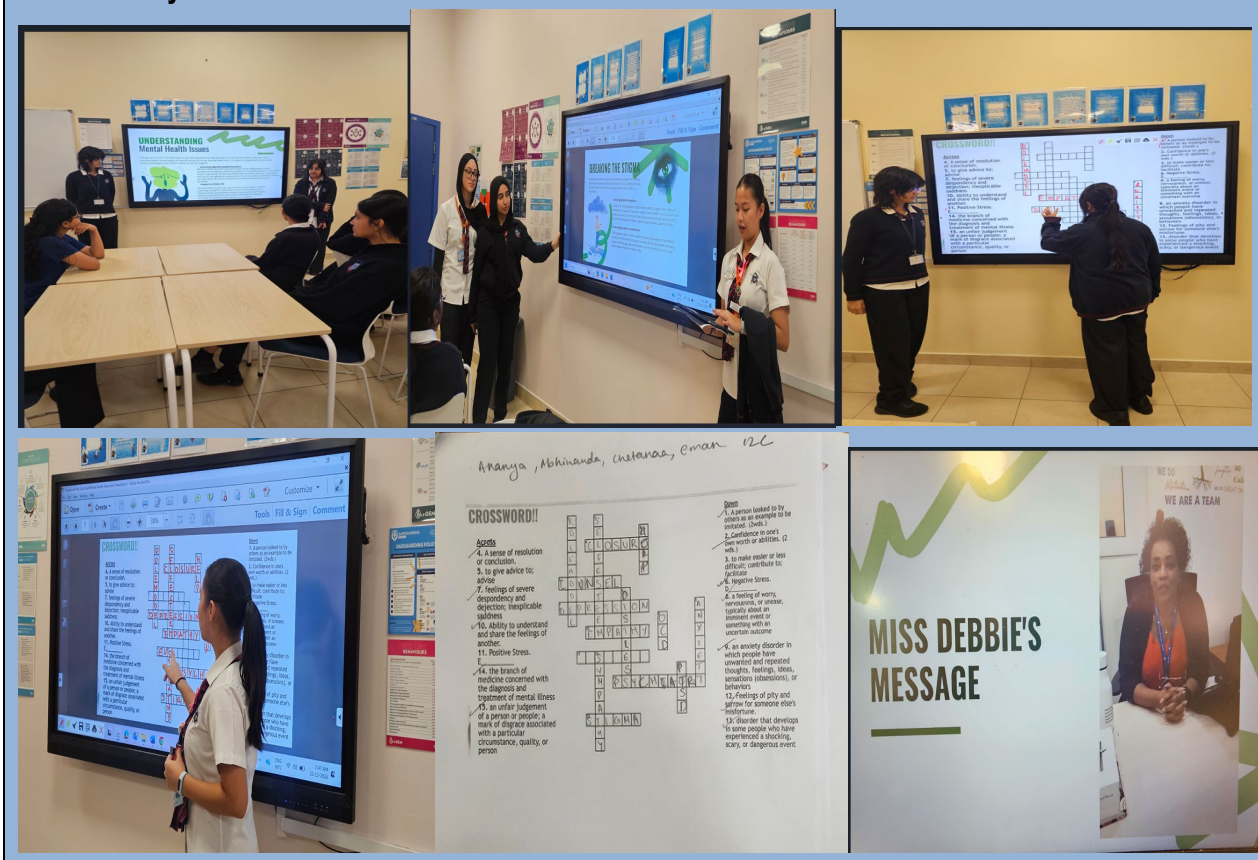
Title: Assembly on World Mental Health Day

Presenters / Conductors: Students of 12B – Minaal,Muniba,Kassidy,Mahveen,Mithun,Rodwan,Stella,Farida and 13A

Aims & Objective: To promote mental health awareness, emotional wellbeing, resilience and the importance of supporting one another

Summary: Our KS5 students gathered to mark World Mental Health day, reflecting on the importance of emotional Wellbeing, self-care and supporting one another. The assembly led by Minaal highlighted the need to recognise emotional challenges, manage stress positively and create a supportive school environment. Students were encouraged to practise kindness, develop healthy coping strategies and understand that seeking help is a sign of strength. The assembly reinforced the importance of empathy, inclusion and maintaining a healthy balance between academic responsibilities and personal wellbeing. It concluded with a reminder that small acts of kindness and meaningful conversations can make a significant difference to someone's mental health.

Pictures / Flyers:



Student Feedback:

The World Mental Health Day assembly was meaningful and informative, encouraging us to reflect on our emotional wellbeing and the importance of supporting one another. It reminded us that kindness, understanding and seeking help can make a positive difference – Mahveen 12B

Teacher's Feedback:

The students delivered a thoughtful and engaging assembly, demonstrating maturity, empathy and a strong awareness of mental wellbeing. Their efforts in promoting kindness, resilience and a supportive school community were commendable. Ms. Sruthi

Organized by: Ms. Sruthi and students of 12B
Ms. Asha and students of 13A