

## WELL BEING ACTIVITIES IN JUNIOR SECTION



Students of WSS Junior Section have healthy eating habits, on regular as well special days. Birthdays are celebrated by cutting healthy fruit cake made out of fruits and sharing 'fruit kebabs' with friends. Assemblies based on healthy eating and healthy lifestyle is conducted to create awareness and spread the message.



**Wellbeing is healthy body and healthy mind... Students expressing art through emotions.**

Junior section students of WSS were engaged in World Mental Health Day Activities. They learned the importance of staying mentally healthy. A short video mental health aware was shown to students. They expressed their feelings through various activities. Students were engaged in drawing and writing about oh how to stay happy and what makes them happy. They also wrote about their worries and how to fix them up. Students got the message and shared their thoughts of staying positive and happy always!!





## Celebrating WSS Junior Section Sports Day - January 2024

The theme of Our Sports Day was Winter Sports Festival. Students from FS1 to Y2 participated in various races with zeal, vigour and team spirit. Large number of parents witnessed the event. Their presence was indeed a motivation for all the little champs!!!



## WELL-BEING ACTIVITIES - PRIMARY SECTION

### The healthy food Week 15<sup>th</sup> Monday 2024 – 18<sup>th</sup> Thursday 2024

Practicing a healthy diet in schools is crucial as it fosters proper physical and cognitive development, enhances academic performance, and establishes lifelong habits. It empowers students with essential nutrition knowledge, promoting overall well-being. Healthy eating habits learned in school contribute to a healthier, more productive society.

**The healthy food week**

Dear WSS parents,  
We are excited to announce about our healthy eating week event- The healthy food week with a colourful theme! As part of our ongoing efforts to promote a balanced and nutritious diet among our students, we are organizing a week starting from 15<sup>th</sup> Monday 2024 where each child is encouraged to bring in healthy food that align with a specific color theme.

Monday- Red, Orange  
Tuesday- Green, Yellow  
Wednesday- Purple, Yellow  
Thursday- Orange Green

Thanks,  
TEAM Primary





## WELL-BEING ACTIVITIES - SECONDARY SECTION

### **MUN & WELLBEING**

WSS school adds a special sparkle that carries within it strong support for the wellbeing of students at several levels. This momentous event painted an artistic picture that includes all the goals of Wellbeing. Westminister School Sharjah held its first ever event on the fifth of January. Three E's perfectly captured WSSMUN as it was an atmosphere charged with excitement, enthusiasm and emotion. The WSSMUN was a true show of positivity, neighborliness and innovation. Students and staff members left it saturated with exhilaration for what is to come and hopefully a rendition of the event in the future as WSS has proven it's more than capable of delivering a standard for well-being.



### **SUPPORT SESSIONS ON WELLBEING FOR SECONDARY STUDENTS**



A session was conducted by the secondary guidance counsellor for boys and girls to promote wellbeing. The topics covered were emotional literacy, personal strengths, positive coping mechanisms, problem solving, stress management and seeking help.



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GEMS Westminister School  
SHARJAH

