Wellness Week: Wellness for All – Creating a Supportive School Community

Sir John Wilson School celebrated Wellness Week from 8 to 15 October, 2026 across the different sections of the school through a range of engaging, age-appropriate activities designed to promote physical, mental and digital wellbeing. Students participated in activities that encouraged self-awareness, making positive relationships, understanding resilience, incorporating mindfulness in their everyday routines and developing responsible behaviour.

The Early Years students participated in fun, hands-on activities that encouraged emotional expression, healthy eating, physical fitness, friendship, sharing, and kindness. KG I students explored different feelings and emotions and presented a short story about healthy living during their assembly. Nursery children enjoyed playful animal walks to learn about the benefits of physical activity, while Playgroup students created healthy plates using fruit cut-outs and learned about nutritious food choices.

KG II students participated in 'Oops! Fix-It Friends,' which helped them understand that mistakes were opportunities to learn. Through role-play and problem-solving activities, they explored three strategies: Try It, Ask for Help and Try Another Way. They also created a Compliment Garden by writing or drawing kind messages about their classmates, promoting positive relationships and kindness. Mindfulness activities, including The Pinwheel and the Sleeping Bear, introduced them to gentle breathing, relaxation and calming techniques.

Students of Classes 1 and 2 explored mindfulness and emotional regulation through Balloon Belly and the Anchor Hand. They practised breathing techniques to help them manage worry, frustration and stress. The activities helped them recognise their feelings and develop simple strategies to calm their minds and bodies. Students of Classes 3 and 4 participated in Be Safe, Be Kind, Be Smart Online, which focused on digital safety, cyberbullying, healthy communication and seeking help. Through discussions and scenarios, they learnt to protect their personal information, identify online warning signs, respond appropriately to unkind or unsafe messages, and seek support from trusted adults. They also created personal safety pledges and explored ways to support their emotional wellbeing through a My Wellbeing Toolkit activity.

The senior students' activities were held from October 12 until October 15. Students from Classes 5 to 12 were involved in activities promoting physical, mental, and digital well-being. The initiative focused on five key themes: responsible digital behaviour, developing screen-free activities, developing supportive relationships and respectful communication with peers and family members at home.

Through interactive classroom sessions, brainstorming, group discussions, and presentations, students reflected on healthy habits and made personal commitments to create a more inclusive and supportive school environment.

The programme was enriched by contributions from parents, teachers, and our partnered BRAC IED Counsellors, who shared valuable insights on emotional well-being, self-care, tips on stress management, and maintaining a healthy balance between academic expectations and personal life.

For classes 5 to 8, our esteemed Parent, Ms. Fariha Haque, Development Specialist and Consultant at UNDP, delivered a thoughtful address on the pivotal role parents play in fostering emotional security and to create a safe space for open dialogue at home. Complementing this perspective, Ms. Fairuz Hossain Tamanna, our Counsellor from the BRAC Institute of Educational Development (BRAC IED), shared professional insights on emotional regulation, self-care practices, and in developing a healthy communication with parents for our class 5-8 students. Similarly, the sessions for Classes 9 to 12 addressed the distinct academic pressure, adolescent changes and milestones of senior student life. Our esteemed Parent, Mr. Shakib Ahmed, Head of Brand and Associate Director at Robi Axiata PLC, offered valuable reflections on maintaining healthy habits, managing modern digital expectations, and the importance of organised home routines during the high school years. By bridging the voices of students, parents, teachers, and mental health professionals, Wellness Week 2026 served as a powerful reminder that well-being is a shared journey. Sir John Wilson School community was enriched with a renewed sense of mindfulness, mutual respect, and lifelong habits for healthy living and valuable reflections on maintaining healthy boundaries, managing

Overall, Wellness Week provided valuable opportunities for students to develop practical skills for managing emotions, overcoming challenges, building positive relationships and staying safe. The activities reinforced the importance of making healthy choices and seeking help when needed, helping students become more confident, resilient and responsible individuals.

Please click on the link to see the pictures of Wellness Week.

Wellness Week Pictures