



NEW INDIAN SCHOOL, RAS AL KHAIMAH WELLBEING POLICY 2022-2023

Agreed by:	Governing Body	5 TH APRIL 2022
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INTRODUCTION

Childhood and adolescents are crucial stages of human development. These are the stages where they learn from the different social systems in their surroundings. Their interaction with the environment may lead them to complex stressors and pressures, resulting in depression and isolation when not managed. Since children spend most of their time in school a week, schools must provide an environment that facilitates their positive wellbeing. A strong sense of wellbeing is linked to student academic success.

UAE sets a national strategy for wellbeing 2031 owing to its role in supporting Vision 2021 and UAE Centennial 2071. Among the nine strategic objectives of the national wellbeing agenda for this policy, it is worth considering the following:

1. Cultivate a conducive environment for learning and working.
2. Promote digital wellbeing and positive virtual communities.
3. Promote the adoption of a healthy and active lifestyle.
4. Nurture and sustain good mental wellbeing.
5. Inspire positive thinking as a core life value.
6. Develop good life skills.

Here at NIS, we build the policy components from these views in creating a thriving community where a culture of wellbeing is fostered through instilling “happiness” throughout the school. Our school Vision and Mission statement reflects the school’s commitment to wellbeing of students. The school endeavors to create a learning environment that is committed to developing students who are resilient, adaptable and empowered to excel.

Aims of Policy

- To continue to make health, safety and wellbeing of all staff, students and families our top priority.
- To create an approach which is based on UAE’s wellbeing agenda for schools.
- To reassure and provide comfort during these difficult times.
- To create an enthusiastic and engaged learning community.
- To design teaching and learning that is personalised, creative, challenging and fun.
- To develop skills to enable students to make the right choices.

- To create a sense of mutual respect, care and responsibilities shown for everyone in school.
- To help students know and understand the importance of food and drink in a healthy lifestyle.
- To help students know and understand the importance of living an active lifestyle.
- To help students know and understand how they can take steps to improve their overall mental wellbeing.

Definition of mental health and wellbeing

We use the World Health Organization's definition of mental health and wellbeing "a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community".

Mental health and wellbeing is not just the absence of mental health problems. We want all children/young people to:

- feel confident in themselves.
- be able to express a range of emotions appropriately.
- be able to make and maintain positive relationships with others.
- cope with the stresses of everyday life.
- manage times of stress and be able to deal with change.
- learn and achieve.

Strategies

The Curriculum

We regard healthy eating education as a whole-school issue, and we ensure that opportunities to teach the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education is an important part of our school's curriculum, and the importance of balanced nutrition and healthy food choices are taught throughout the school.

Our School Clinic

Our team of School Nurse work to produce educational campaigns on a range of health-related topics. These include campaigns on personal hygiene, germs, healthy eating, obesity, etc. Our clinic staff all students are up to date on the required vaccinations. Our clinic coordinates also with our School Counselor to identify

students who show signs of concern ensuring counselling is offered to both students and their parents as needed.

Parental involvement

Parents are responsible for sharing with the school any changes in circumstances within the home that may affect the wellbeing of their children. If children require additional support for their social and emotional wellbeing, this will be discussed with parents through each step so that the school and home are working together to support the needs of the children.

The Role of the Counsellor

Counsellors and wellbeing support staff should have appropriate knowledge of how to communicate with and support all members of the school community and demonstrate an understanding of their circumstances. The Wellbeing team will support students who are emotionally vulnerable. Any incident that has had a negative impact upon a students' emotional health and wellbeing will be supported by the counsellor.

Our team is on hand to provide counselling and intervention. If and when there is a concern about a student, a parent or any member of staff may fill out a 'Cause for Concern' form and submit to the school Counsellor, who will conduct an initial observation. After which, an observation report will be written up with recommendations for next steps. They are able to work with teachers to address behavioral concerns and write up behaviour reports for teachers and students to follow as well as developing action plans for students referred to the Student Behaviour Management Committee.

Monitoring & Review:

- The Wellbeing Team and Principal are committed to reviewing the impact of the Health and Wellbeing policy as part of the school's strategic direction and improvement plans. This policy should be used in conjunction with other policies.
- Student, Staff questionnaires and surveys provide an opportunity throughout the year to improve practice and monitor outcomes.