



Providence English Private School (PEPS)

Health Promoting School (HPS) Policy 2024–2025

Implementing HPS Policy, PEPS commits to fostering a healthy, safe, and inclusive environment for all students and staff, reinforcing the school's core values of care, respect, and excellence.

"A health promoting school is one that constantly strengthens its capacity as a healthy setting for living, learning and working." WHO

Developed: December 2024

Audited & Reviewed by:

- School Principal- Marwa Diaa
- School Director – Ziad Badr
- Vice Principal – Haitham Kanaan
- Academic Head- Wasif Kazilbash
- Senior Accountant – Rana awaz
- Wellbeing committee

Introduction

At Providence English Private School (PEPS), we are committed to providing a safe, healthy, and supportive environment that nurtures the well-being of students, staff, and the entire school community. This policy aligns with PEPS' Health & Safety Policy, Well-being Policy, Safeguarding & Child Protection Policy, Anti-Bullying Policy, Inclusion Policy, Behaviour & Discipline Policy, and other relevant policies to ensure a holistic approach to student and staff welfare.

Objectives

- Establish a school-wide framework for health, Safety and wellbeing.
- Promote physical, emotional and mental wellbeing through structured initiatives.
- Ensure compliance with health and safety regulations, including fire safety, risk assessments, and emergency procedures.
- Foster a culture of respect, inclusion, and anti-bullying awareness.
- Maintain clear procedures for managing medical concerns and administering first aid.
- Encourage healthy eating habits and physical fitness.
- Provide a safe and secure learning environment through safeguarding and security measures.
- Strengthen school-community partnerships to support student well-being.
- Integrate health, safety and wellbeing education into the school curriculum.

Alignment with School Policies

- **Health & Safety Policy:** Risk management, fire drills, first aid, emergency evacuation, hygiene practices.
- **Well-being Policy:** Mental health programs, social-emotional support, student well-being initiatives.
- **Safeguarding & Child Protection Policy:** Child safety, digital safeguarding, reporting mechanisms.
- **Anti-Bullying Policy:** Prevention strategies, reporting, intervention measures.
- **Behaviour & Discipline Policy:** Positive behavior reinforcement, sanctions for misconduct.
- **Inclusion Policy:** Support for students of determination, individual education plans.
- **School Curriculum Framework:** Embedding health, safety, and well-being education into learning activities and physical education.
- **Parents & Community Partnership (Stakeholders) Strategy:** Collaborating with parents, students and external organizations for student and staff wellness programs.

Physical Health & Safety

- **First Aid & Medical Support:** A fully equipped school clinic with trained nurses and a consultant on call.
- **Hygiene & Sanitation:** Rigorous cleaning, infection control, hygiene monitoring.
- **Fire Safety & Drills:** Regular evacuation drills, fire safety training, and fire extinguisher maintenance.
- **Safe School Environment:** Secure entry points, CCTV surveillance, adherence to ministry safety regulations and visitors' check-in system.
- **Accident & Incident Reporting:** Documentation and follow-up of all injuries and medical cases.

Mental Health & Wellbeing

- **Counseling Services:** Dedicated social workers and counselors for emotional and academic support.
- **Awareness Campaigns:** Mental health awareness sessions, stress management workshops, healthy eating habits sessions, breast cancer awareness campaign and social awareness.
- **Anti-Bullying Initiatives:** Reporting mechanisms, intervention programs, peer support networks.
- **Student & Staff Well-being Programs:** Well-being surveys, resilience training, positive school culture initiatives.
- **Parent & Community Engagement:** Workshops, parenting support, collaboration with health organizations.

Healthy Eating & Nutrition

- **School Cafeteria Standards:** Compliance with nutrition guidelines, offering balanced meal options.
- **Water & Hydration:** Availability of clean drinking water across the campus.
- **Healthy Eating Education:** Integration of nutrition topics in health education and awareness campaigns to all stakeholders.
- **Healthy Food Initiatives:** create competitions for healthy food and nutrition related, and embed activities and arts in regards.

Physical Fitness & Activity

- **PE & Sports:** Regular physical education classes, extracurricular sports activities and inter and intra school competitions.
- **Playground Safety:** Designated play areas supervised by trained staff and meeting all safety standards.
- **Active Lifestyle Promotion:** Encouraging daily movement, active breaks, and fitness challenges.
- **Internal & External Competitions:** organise regular competitions within the school and externally with other clubs and schools.
- **Celebrate Success:** always celebrate student's achievements regardless activity arranged by the school or other clubs.

School Curriculum & Health Education

- **Integration into Subjects:** Incorporating health and safety education in science, PE, and life skills programs.
- **PSHE (Personal, Social, and Health Education):** A structured program covering nutrition, mental well-being, and physical activity.
- **Digital Well-being & Safety:** Teaching responsible technology use and cyber safety awareness.
- **Environmental Awareness:** Sustainability initiatives like recycling, energy-saving programs, and green landscaping.

School Community Partnership

- **Collaboration with Health Authorities:** Engaging with local healthcare providers for vaccination programs and health check-ups.
- **Parental Involvement:** Workshops on student well-being, first aid, and mental health awareness.
- **Corporate & NGO Partnerships:** Partnering with organizations for health and wellness programs.
- **Extracurricular Health Initiatives:** Organizing fitness challenges, mindfulness programs, and nutrition awareness events.

Budget Allocations

To effectively implement this policy, PEPS will allocate funding for:

- **Health & Safety Training:** Fire safety, first aid, emergency preparedness.
- **Medical & First Aid Supplies:** Stocking clinics, hygiene essentials, and medical kits.
- **Well-being Programs:** Mental health initiatives, counselor services, awareness workshops.
- **Healthy Eating & Fitness Initiatives:** Nutrition education, physical activity programs.
- **School Curriculum & PSHE:** Developing learning materials and awareness campaigns.
- **Security & Infrastructure:** CCTV upgrades, emergency exits, enhanced school safety measures.
- **Community & Parental Engagement:** Organizing workshops, partnerships with health organizations.

NOTE: check Budget allocation sheet (updated regularly)