



Providence English Pvt. School

مدرسة العناية الانجليزية الخاصة

Welcome to Our Health Promoting School (HPS)

At PEPS, we are proud to be recognized as a Health Promoting School (HPS). This means that we are committed to supporting the health and wellbeing of our students, staff, and families—not just in the classroom, but throughout the entire school environment.

What Is a Health Promoting School?

A Health Promoting School is one that constantly strengthens its capacity as a healthy setting for living, learning, and working. This approach is endorsed by the World Health Organization (WHO) and promotes the integration of health into all aspects of school life.

Our HPS Vision

We aim to create a learning environment that supports:

- Healthy behaviors
- Positive mental health
- Safe and inclusive spaces
- Strong family and community partnerships

What We Focus On

Our school takes a whole-school approach to promote health in the following key areas:

Healthy Eating

- Nutritious food options are promoted in our canteen.
- Students learn about balanced diets and making healthy food choices.
- Parents are encouraged to pack nutritious lunches and snacks.

Physical Activity

- Regular PE lessons and opportunities for daily physical movement.
- Active recess and after-school sports programs.
- Events like Sport Day

Mental and Emotional Wellbeing

- Supportive school counselors and trained staff.
- Anti-bullying campaigns and social-emotional learning.
- Mindfulness sessions and mental health awareness programs.

Hygiene and Safety

- Clean and safe school facilities.
- Health and hygiene awareness activities.
- Emergency preparedness and safety drills.

Student and Parent Engagement

- Health education integrated into the curriculum.
- Parent workshops and involvement in health campaigns.
- Student leadership opportunities in health promotion.

How Parents Can Support

You are an essential partner in our health promotion efforts. Here's how you can help:

- Encourage healthy eating habits at home.
- Ensure your child gets regular physical activity and enough sleep.
- Attend school health events and workshops.
- Talk with your child about emotional wellbeing and how to manage stress.

Together We Make a Difference

By working together, we help our children develop the knowledge, skills, and attitudes to lead healthy, fulfilling lives. We believe a healthy school is a happy, successful school.

If you have questions or would like to get involved in our HPS initiatives, please contact us at admin@peps.ae.

Useful Links

World Health Organization (WHO) – Health Promoting Schools: <https://www.who.int/health-topics/health-promoting-schools>

UNESCO – FRESH Framework for School Health:

<https://www.unesco.org/en/fresh/HealthyChildren.org>

– Nutrition & Fitness: <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/default.aspx>

Mental Health Foundation – Tips for Parents: <https://www.mentalhealth.org.uk/explore-mental-health/publications/top-tips-parents>

Eatwell Guide – Healthy Eating (UK NHS): <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Change4Life – Healthy Living for Families (UK): <https://www.nhs.uk/change4life>