

AL KAMAL AMERICAN PVT. SCHOOL – AL RAMTHA

WELLBEING POLICY



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01 Purpose

We are committed to ensuring that we nurture a positive atmosphere for the entire Al Kamal American Private school (AKAS) community.

With regards to students in our care, we nurture their growth into healthy adults, by ensuring that they:

- be healthy
- stay safe
- enjoy and achieve
- make a positive contribution
- achieve economic and mental health well-being

Promoting a healthy lifestyle is integral to our curriculum, we recognize our role in ensuring students not only are physically fit and make healthy eating choices but they also take steps that enable them to experience mental well-being as well.

As a school, we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. And along with this, we are also aware of the fact that physical activity, sleep and learning to manage our time all contribute to a child's overall mental well-being.

Consequently, AKAS does its utmost to teach students the key points about living a healthy life. It is only through a whole-school approach that the key messages about physical and mental health can be achieved. Adults should be good role models and support the students in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

02 Objectives

This policy main aims and objectives are:

1. To help students know and understand the importance of food and drink in a healthy lifestyle.
2. To help students know and understand the importance of living an active lifestyle
3. To help students know and understand how they can take steps to improve their overall mental wellbeing.
4. To give students the skills they need to make the right choices.
5. To give students the opportunity to experience success and the positive benefits of contributing to the school and wider community.
6. To promote the physical and emotional well-being of all our students.
7. To improve the health of students, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet.
8. To ensure a safe, hygienic, learning environment for students.
9. To ensure students are well nourished at school and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
10. To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and students e.g. vegetarian, medical and allergenic needs.
11. To respect the dietary laws and customs of the host nation.
12. To ensure that students refrain from bringing nuts, nut products and chocolate into school as part of their snacks/lunches.
13. To introduce and promote practice within the school to reinforce these aims and to remove or discourage practice that negate them.
14. To outline the roles and responsibilities of key members of staff who work to promote living an all-around healthy lifestyle within our school community.

03 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. We also promote healthy eating through the informal curriculum. We encourage students to participate in school games and sports, and so learn the benefits of a healthy lifestyle. We organize school visits to outdoor pursuit centers and provide opportunities for students to explore the natural world. Our school site is fully utilized in the interest of the students' physical and emotional development through playground activities.

Our School Clinic

- Our team of School Doctor and Nurse work to produce educational campaigns on a range of health-related topics. These include campaigns on personal hygiene, germs, healthy eating, obesity, breast cancer awareness, etc.
- Our clinic staff conduct checks of eyes, weight and height and monitor the obesity percentages in each phase.
- Checks are also conducted for lice. In addition, our clinic staff ensure 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.
- Our clinics also ensure teachers are made aware of students with any medical conditions.
- The implementation of all clinic and safety policies will be monitored systematically to ensure protocols for the enhanced well-being of our staff.

The School Environment

We ensure that our school environment promotes healthy eating.

Students are encouraged to eat fruit as part of their daily break time.

Primary Teachers in addition to the school nurse conduct healthy lunch box checks and send home communication to parents in regards to any unhealthy items found within a student's lunchbox.

All students are encouraged to bring in a water bottle so they can have access to water throughout the day.

Water dispensers are also provided in the school for additional access to drinking water.

Chewing gum and fizzy drinks are not permitted on the school premises or while the students are representing the school.

The school is aware of the possibility of food allergies within the school population, particularly nut allergies.

Parents of students who are on special diets for medical, or who have allergies, are asked to provide as much information as possible about which foods are suitable or foods which must be avoided.

School Canteen

We only serve healthy food and drink for our school lunches. The lunches are prepared by caterers who have made a commitment to provide healthy food. They provide a vegetarian option each day, they always serve vegetables and fruit, and all lunches have a balanced nutritional value.

The parents of students who bring packed lunches will be made aware of our healthy eating policy, and given clear guidance about what should be included in a healthy packed lunch. Students are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts.

Note: The school canteen was closed during the pandemic in order to prevent the spread of covid 19

Role of Parents and Guardians

We work closely with parents to ensure that the messages

we give in school about food and drink are reinforced and supported at home.

In addition, we send home communication to parents in regards to any trends in behavior that needs to be addressed or to alert them to dangerous trends occurring on social media, etc.

We also offer parental workshops throughout the school year that address not only academic subject areas but also our students' mental and emotional well-being. Topics are wide-ranging from sleep, to raising awareness of the importance of volunteering etc.

04 Our Welfare Team

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 behavior reports for teachers and students to follow as well as developing action plans for students referred to the Student Behavior Management Committee

School Counselor Roles & Responsibilities:

- Open and maintain a file for any student referred to her.
- Conduct observations.
- Write up observation reports.
- Maintain a case log detailing reason for referral and details of each counselling session with next steps noted.
- Document and report child protection cases to the DSP and DSL and to maintain records of all child protection cases.
- Attend meetings of the Student Behavior Management Committee.

- Identify trends in the behavior that are a concern within the school.
- Raise awareness of the role of the school counselor within the school.
- Advocating for student services and students' best interests.
- Providing case management services including, but not limited to, referrals to community resources,
 - collaboration with other professionals.
- Run the anti-bullying campaign within the school.
- Devise programs, policies, etc, to curb negative behavior and promote positive behavior.
- Place students on a behavioral report and conduct follow up with teachers to determine if a student has met his/her targets.
- Raise awareness of mental wellness among students and parents.
- Create student leadership opportunities in the form of training students to be mentors, playground buddies or helping students to take on a school community project.

05 Monitoring and Review

The SLT in liaison with the Wellbeing Team, School Doctor and DSL will monitor this policy to ensure that our students are taught the importance of living and maintain a healthy lifestyle. It will be reviewed on a regular basis, and at least once every year.