

WELL-BEING POLICY

2020-2021



HABITAT SCHOOL
AL JURF, AJMAN

Creation date: 20/5/2020
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Members of the committee

- Mr. Bala Reddy Ambati (Principal)
- Ms. Saima Khan (Junior Section Head)
- Mr. Hamza Kollath (Administrative Officer)
- Ms. Tinu Linto (School Nurse)
- Ms. Sasneem Sanoop (Head of the Counselling Department)

The safety and well-being of our staff, students and their families remains our top priority. COVID-19 is currently a risk to the world as a whole and as a global schools group we are facing challenging times as we adjust to a different way of learning, working and living for the foreseeable future. We understand the stresses and strains this puts on our students, staff and their families both physically and mentally whilst we all have to stay at home.

We want to reassure that we will be doing all we can to continue to support the well-being of our students, staff and parents. We have produced detailed guidance to support our communities, that provides practical and emotional support for our staff, students and their families during this unsettling time. This guidance focuses on:

- How schools and regions can continuously support students, staff and their families so that the risk to their health and well-being is reduced;
- How we can support each group during this time
- Promotion of children's academic, physical, mental, emotional, social, and spiritual development

To stay safe, there are a number of steps that school plans to take to help prevent the spread of COVID-19. They include:

Physical distancing. The goal for students and staff is to stay 6 feet apart to help prevent the spread of the virus. Students and staff should also wear face masks, limit in-person meetings with others.

When possible, schools should use outdoor spaces and unused spaces for instruction and meals to help with distancing. For example, activities like yoga and exercising are safest outdoors and spread out.

Face masks & hand hygiene. All children over age 6 years and all adults should wear face masks that cover the nose and mouth to stop the spread of the virus. When worn correctly, face masks are safe to wear for long periods of time such as during the school day. In addition, frequent hand washing with soap and water is important for everyone.

Classroom changes. To help limit student interaction outside the classroom, school should consider:

- Having teachers move between classrooms, rather than having students fill the hallways during passing periods.
- Closure of canteens until further notice.
- Allowing students to eat lunch only at their own desks and not in groups.

Testing & temperature checks. Students' temperatures will be taken at school, but parents can also monitor your children's health at home and keep them home if they are not feeling well. Schools should frequently remind students, teachers, and staff to stay home if they have a fever of 37.5° C or greater or have any signs of illness.

Symptoms at school. School nurses will take the temperature of anyone who feels ill during the school day, and isolate students who are not feeling well. To stay safe, school nurses will use PPE (personal protective equipment) such as surgical masks, gloves, disposable gowns and face shields.

Cleaning and disinfecting. Schools will follow guidelines on proper disinfecting and sanitizing classrooms and common areas.

Buses, hallways and playgrounds. Since these are often crowded spaces, school will:

- Give bus riders assigned seats and require them to wear face masks while on the bus.
- Encourage students who have other ways to get to school to use those options.
- At school, mark hallways and stairs with one-way arrows on the floor to cut down on crowding in the halls.

Counseling Department

The Counseling and Wellness Department works closely with administrators, faculty and staff, and families to promote student development, wellness, and engagement. This entails a range of direct services for students especially in case of virtual and blended learning environments, as well as consultation in the community to provide student support strategies.

School Counselors are available to help/support students academically both online and onsite. Academic support may look different depending on each situation but may include some or all of the following:

- Helping to improve the academic success of all students by monitoring academic progress and performance and working with the teacher, students, and families to identify intervention strategies to improve performance for struggling students.
- Working with students individually to develop study, organizational and test-taking skills.
- Providing coping strategies for students who have undergone some element of stress or tragedy during the pandemic.

- Working with students to resolve conflict and create positive peer relationships.
- Helping students with behavioral issues find success in the classroom by working on strategies with the student, teacher and parents.
- Ensure the implementation and monitoring of 'Virtual Student Behavior Management Policy'.
- Helping students deal with academic pressures as they face high-stakes testing, the challenges of college admissions.
- Virtual sessions on various life skills among the students to ensure their psychological and emotional development and well-being.

Students of Determination. The impact of schools being closed may have been greater for students of determination. They may have a difficult time transitioning back to school after missing out on instruction time as well as school-based services such as physical and mental health support counseling. The school will review the needs of each child and implement individual educational plans for students of determination, and all considerations during the exam time, according to the categories of disability and to meet their needs according to their individual abilities.

Training for Teachers

Teachers had to adapt their suite of teaching methodologies in a very short period of time. This can generate understandable feelings of worry and uncertainty. The school identifies these feelings openly and encourages a professional culture which learns from both successes and failures. Teachers should be encouraged to ask for help from a colleague when needed and should be supported in developing the new skills necessary to face the challenges of working remotely. The school recognizes the right of all teachers to keep up to date with current world-wide research and trends in teaching and learning and seek continual improvement in their teaching and management practices. Our school gives an opportunity for everyone to attend different training on various topics.

Working with Parents

In order to support parents, we will:

- Highlight sources of information and support about mental health and wellbeing on our school website and other social media platforms.
- Working with parents to implement strategies at home that can help students be successful in school.
- Share and allow parents to access sources of further support.
- Ensure that all parents are aware of who to talk to, and how to get about this if they have concerns about their child.
- Share ideas about how parents can support positive mental health in their children.

This Policy is linked with all the other policies of the School.