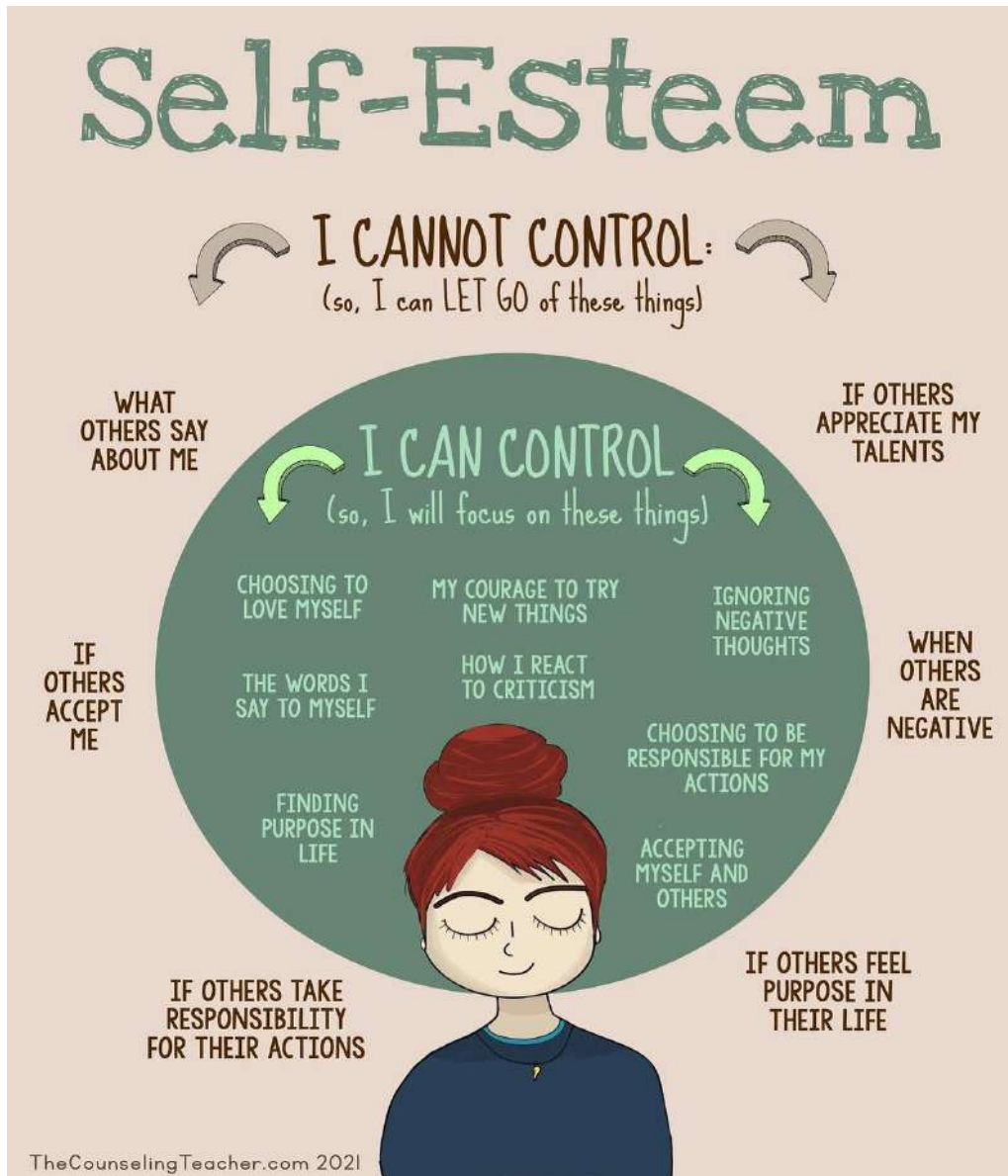




Self-Esteem and Confidence Building Policy

Progressive English School, Sharjah





Progressive English School:

To ensure the well-being of our students, Progressive English School prioritizes mental health and emotional well-being. We are committed to creating a supportive environment where all students can thrive, aligning with UAE educational policies and psychological best practices. Students experiencing anxiety and depression will receive the necessary support.

Self-Esteem and Confidence Building Policy

Progressive English School, Sharjah

Introduction

Progressive English School, Sharjah, is committed to fostering a positive and supportive learning environment that promotes students' self-esteem and confidence. We believe that strong self-esteem and confidence are essential for students' academic success, social well-being, and overall happiness.

Policy Statement

The school will provide a safe, inclusive, and nurturing environment that encourages students to:

- Believe in themselves: We will instill a sense of self-worth and belief in each student's abilities.
- Embrace challenges: We will encourage students to take on challenges and learn from mistakes.
- Develop positive self-talk: We will teach students to use positive affirmations and self-talk.
- Build strong relationships: We will foster positive relationships with peers, teachers, and staff.
- Celebrate achievements: We will recognize and celebrate students' accomplishments, both large and small.

Implementation Phases

Phase 1: Awareness and Training (2 months)

Educator Training: Conduct workshops for teachers and staff on:



- The importance of self-esteem and confidence
- Effective communication techniques
- Positive reinforcement strategies
- Classroom management techniques that promote positive self-image
- Parent Workshops: Organize workshops for parents on:
 - The impact of parental attitudes and behaviors on children's self-esteem
 - Effective communication strategies with children
 - Strategies for boosting children's self-confidence at home

Phase 2: Curriculum Integration (2 months)

Curriculum Review: Review the existing curriculum to identify opportunities to integrate SEL skills.

- Curriculum Development: Develop or adapt SEL modules to be integrated into various subjects, such as:
 - Social studies: Teaching about diversity, empathy, and social justice.
 - Language arts: Reading and writing activities that promote self-expression and creativity.
 - Math and science: Problem-solving activities that encourage perseverance and resilience.
 - Physical education: Activities that promote physical health, body image, and teamwork.

Phase 3: Implementation and Monitoring (6 months to 1 year)

- Rollout: Implement the SEL curriculum and other strategies school-wide.

Monitoring:

- Track student progress through assessments and observations.
- Collect feedback from teachers, staff, and parents.
- Analyze school climate data to identify areas for improvement.



Phase 4: Evaluation

- Annual Assessment: Conduct annual assessments to evaluate the impact of the policy, including:
 - Student surveys to measure self-esteem, confidence, and social-emotional skills.
 - Teacher and staff surveys to assess their implementation of the policy.
 - Analysis of academic performance, attendance rates, and disciplinary referrals.

Evaluation and Review

The effectiveness of this policy will be evaluated regularly to ensure its continued relevance and effectiveness. Based on the evaluation findings, the school will make necessary adjustments to the policy and implementation strategies.

Alignment with UAE Educational Policies

This policy is aligned with the U.A.E. Ministry of Education's vision of providing a holistic education that nurtures students' emotional, social, and cognitive development. By prioritizing self-esteem and confidence building, Progressive English School, Sharjah, aims to contribute to the overall well-being and academic success of its students.



Phases of Self-Esteem and Confidence Building Policy

