



# **WELLBEING POLICY**

## **(2022-23)**

### WELLBEING COMMITTEE MEMBERS

Principal	Ms. Mariyam Nizar Ahmed
Vice Principal	Dr. Huma Ather
Counsellor	Ms. Raseena Ahamed
Special Educator	Ms. Janiya CP
School Nurse	Ms. Asha Sandeep
PE Teachers	Ms. Amal Rose Varghese Mr. Abdul Nizam

### SCHEDULE FOR DEVELOPMENT/MONITORING/REVIEW

This Wellbeing policy was approved by the school's relevant authority on	01/04/2020
The implementation of this Wellbeing policy will be monitored by the:	Counselling and SOD Department, School Doctor, and Head of Physical Education
Monitoring will take place at regular intervals:	Annually
Last review date	11/04/2022
The next anticipated review date will be:	April 2023

## **STUDENTS WELLBEING POLICY**

### **Purpose**

We are committed to ensuring that we nurture a positive atmosphere for the entire International Indian school 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 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 cognizant of the fact that physical activity, sleep, and learning to manage our time all contribute to a child's overall mental well-being. Consequently, International Indian School 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.

### **Objectives**

This policy main aims and objectives are:

1. To help students know and understand the importance of living an active lifestyle
2. To help students know and understand how they can take steps to improve their overall mental wellbeing.
3. To give students the skills they need to make the right choices.
4. To give students the opportunity to experience success and the positive benefits of contributing to the school and the wider community.
5. To promote the physical and emotional well-being of all our students.

6. To ensure a safe, hygienic, learning environment for students.
7. 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.

### **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 conducts checks of eyes, weight, and height and monitor the obesity percentages in each phase. In addition, our clinic staff ensures all students are up to date on the required vaccinations. Our clinic coordinates also with our School Counsellor to identify students who show signs of concern ensuring counseling is offered to both students and their parents as needed.

### **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 it to the School Counsellor, who will conduct an initial observation. After which, an observation report will be written up with recommendations for the next steps. They are able to work with teachers to address behavioral concerns and write up behaviour reports for teachers and students to follow as well as developing action plans for students referred to the Student Behaviour Management Committee.

### **Department of Counselling and Special Education**

The department of counselling provides counselling services to students as well as parents and even teachers. Students can access and approach counsellor any time in order to support them. Counsellors dealing with any sphere of academic, behavioural, and socio-Psychological problems associated with the sphere of the new education system. Our school counselling department acts as a *Learning Lab* for the students which they can approach at any time to seek help.

### **Counselling Department provides...**

- Individual Interventions
- Family sessions
- Group counselling
- Career Guidance
- Wellbeing and Personality development classes
- Rapport building

- Stress management and crisis counselling

### **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.

### **Virtual Learning Wellbeing**

In light of the COVID-19 outbreak, we, alongside our students, are experiencing a dramatic shift in our lifestyles. Aside from limiting their movement, social distancing is bringing drastic alterations to students' schedules, usual support systems, and their mental wellbeing.

**Introduce Digital Citizenship:** Digital Citizenship provides an easy-to-follow set of standards for safe and responsible online behaviour.

**Conduct orientation on e-safety policy:** Remind everyone of the school's e-safety policy. This should outline clear expectations for how to work online.

**Conduct esafe awareness programs for parents:** There really is no better way to ground students in the basics of cybersecurity than getting parents on board. They too may want some education on how to keep their kids safe online or may even be unaware of the risks. Conduct esafe awareness programs to help them keep their kids safe.

**Encourage physical activity:** Providing remote physical education, Karate

### **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 that 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 worldwide 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.