

POLICY ON STUDENT WELLBEING

INTRODUCED: March, 2020	NEXT REVIEW: March 2021
IMPLEMENTED BY: Principal	

DEFINITION:

Wellbeing is the ability to feel good and function effectively. It gives students the resources to navigate the highs and lows they all experience in their lives, while enabling all to intellectually, emotionally, socially and physically 'flourish'. As a result, we build a student community which is more resilient and has more energy; they are healthier, happier, and more productive.

PURPOSE:

Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties. Past experiences, attitudes and outlook can all impact wellbeing as can physical or emotional trauma following specific incidents. Children with learning and developmental disorders may experience considerably more stress than typically developing children and this can impact both their health and wellbeing. A child's wellbeing will be affected by the wellbeing of their parents so it is essential that parents take time for themselves in this respect.

Dunes International school takes the wellbeing of all its stakeholders at top priority. The school follows the PERMA model which is an accessible framework for promoting workplace well-being. The framework presents five facets:

- P- Positive Emotions
- E- Engagement
- R- Relationships
- M- Meaning
- A- Accomplishment

POLICY FRAMEWORK:

Classroom wellbeing:

P- Positive Emotions:

Positive emotions decrease the stress hormone cortisol and increase feel-good chemical messengers in the brain (such as dopamine and serotonin), helping students, teachers and parents feel physically and emotionally safe. This boosts feelings of safety and trust, which help the members build better bonds with those around them. When the school stakeholders feel good, positive actions follow, creating better social relationships. And stronger relationships lead to better learning in the student community.

1. Develop curiosity:

- Ask open ended questions and give thinking time Start your questions with "I wonder", "what if", "If", "Why" and also encourage students to craft their own "I wonder" questions. This strategy develops creative and scientific thinking and piques curiosity.
- Encourage wild imaginations
- Connect with students' interests. Provide time for students to research and plan their own passion projects.
- When students experience problems, don't blame, but instead get curious. Teach your students to be detectives who investigate problems rather than jump to quick conclusions based on (potentially) incorrect assumptions.

2. Build hope:



- A hopeful child happily anticipates the future. Build in sense of hope by helping learners set goals and create plans to reach those goals.
- Teach positive self-talk

3. Cultivate sense of belonging:

- Sense of belonging is associated with better academic and health outcomes for students who experience it.
- Cultivate a sense of belonging to the particular group by developing your own greeting ritual.
- Respect appreciate and encourage every learner in the group.
- Bring your group together through music and rhythm, clapping and call out patterns or breathing patterns.

4. Share admiration and appreciation.

- Make a point to admire and appreciate every member of your class or group. Encourage your learners to do the same for each other and their parents.

E- Engagement:

When we are immersed in particular activities that play to our strengths, we can experience a state called 'flow'. When we are in flow we perform at our peak and experience less anxiety.

- Know your learners and differentiate your teaching and learning strategies to accommodate all type of learners.
- Devise manageable workloads to maximize learners' engagement.
- Be considerate to learners with additional needs who may require more specific and targeted support.
- Conduct fieldtrips and picnics at regular intervals.
- Resources used for activities should be easily available and attractive for the learners.
- The class room arrangement and décor should display students learning

R- Relationships

Having positive relationships with a depth of understanding and respect has many benefits in terms of collaboration and having a sense of support.

- Promote opportunities for collaboration & interaction within & amongst your class groups.
- Acknowledge and appreciate tasks when successfully completed or attempted.
- Regular feedback to be provided to the learners and their parents about their academic, emotional and physical development.
- Encourage your learners to Celebrate joys and share grief with each other.
- Make regular positive phone calls and send emails appreciating your learners.
- Listen to your learners' concerns and address them positively.
- Collaborate with the parents to maximize the learners' involvement.
- Celebrate each other's festivals and organize class get together

M- Meaning

Meaning comes from serving a cause bigger than ourselves. We all need meaning in our lives to have a sense of well-being.

- Encourage learning to reflect on "What difference am I making?"
- Promote meaningful and engaging tasks that enable learners to participate in lending a hand to their parents, neighbors, friends and people around them.
- Encourage participation in charity drive, cleanup drives and other school campaigns.


A- Accomplishment

Accomplishment is important element that contributes to our ability to flourish. Accomplishments are often the small things that we have made significant effort towards, and they boost us in many ways by feeling productive and sense of moving forward.

- Celebrate your learners' goal achievements through certificates or posting through social media.
- Set high and clear expectations for quality work
- Praise your learners verbally who have worked hard to complete a project or improve in a subject area.
- Give a pep talk to struggling students before working on an assignment.
- Ensure you give personalized notes to celebrate your learners' success or to raise the morale of struggling learners.

Parents contribution in learners' wellbeing

- Parents are encouraged to ensure that their child/children have sufficient sleep and that their sleeping patterns are not disturbed too often.
- Parents are encouraged to support their child/children through following a healthy balanced lifestyle that includes diet, nutrition, and exercise. Parents are encouraged to provide healthy food and avoid processed foods or foods high in sugar content where possible.
- Parents should ensure to the best of their ability that their child/children aim for at least 20 minutes of cardiovascular activity three times per week.
- Parents are encouraged to ensure that their child's screen time is managed effectively.
- Parents should endeavor to support their child/children to establish a daily routine that provides a balance between schooling and other non-schooling activities such as hobbies like art, writing or sports.
- Parents are encouraged to give their child/children sufficient time to interact with their friends and peers outside of school hours.
- Parents should be aware of their child's online conversations with their peers to keep alive to signs of cyberbullying or communications that are likely to impact negatively on a child's wellbeing (reference ADEK Safeguarding Guidelines).
- Parents are encouraged to discuss with their child's teachers any concerns that they have regarding their child's wellbeing.

Principal's Approval	
Date:	March, 2020