



### POLICY ON STUDENT WELLBEING

INTRODUCED: March, 2020	REVISED: March 2023
PREVIOUS REVIEW: March 2021	NEXT REVIEW: March 2025
IMPLEMENTED BY: Principal	

#### **DEFINITION:**

Student wellbeing can be broadly defined as a student's overall development and quality of life. Wellbeing is a holistic term that encompasses all aspects of a student's life, including their physical, social, mental and emotional state. A student's wellbeing can change from day to day, month to month and year to year.

#### **PURPOSE:**

Our culture of nurturing children and building resilience to mental health problems means our School is a safe place where:

- Every child feels valued;
- Every child has a sense of belonging;
- Every child feels able to talk openly with trusted members of staff about their problems;
- Positive mental health is promoted;
- Bullying is not tolerated.

In Dune International School, we recognize the importance of supporting positive mental health and wellbeing of our students, positive mental health is everybody's responsibility.

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 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:

- Fond answers for open ended questions. Start answering about “I wonder”, “what if”, “If”, “Why” and also try to craft their own “I wonder” questions. This strategy develops creative and scientific thinking and piques curiosity.
- Encourage wild imaginations
- Students are encouraged to research and plan their own passion projects.
- Students are encouraged 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.
- Students are taught for 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 peer 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.

### 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.

- All students are meaningfully kept engaged in teaching learning process.
- Devise manageable workloads to maximize their engagement.
- Be considerate to learners with additional needs who may require more specific and targeted support.
- Students are encouraged to be part of fieldtrips and picnics at regular intervals.
- Students are given opportunity to showcase their skills/talent through various activities.

### 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 appreciates students tasks when successfully completed or attempted.
- Regular feedback provided to the learners and their parents about their academic, emotional and physical development.
- Students Celebrate joys and share grief with each other.
- Students are motivated to respond and communicate positively.
- Students 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.

- Students are thought to reflect on “What difference am I making?”
- Promote meaningful and engaging tasks that enable students to participate in lending a hand to their parents, neighbors, friends and people around them.
- Students participate 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.

### How to support student for their 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, 2023

