



المدرسة الأكاديمية الدولية
INTERNATIONAL ACADEMIC SCHOOL

WELLBEING POLICY

2023-24

Principal: Ms. Suhair Salah Hussein

Purpose

We are committed to ensuring that we nurture a positive atmosphere for the entire International Academic 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

This policy has been written to help Teachers think about possible ways forward in terms of the emotional wellbeing and mental health of oneself, students, and parents.

“Wellbeing which enables an individual to be able to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness, change or misfortune”.

Because of COVID 19, majority of people are suffering from stress and anxiety, and it affect everyone. As a staff member at IAS, it is our responsibility to work for the wellbeing of our pupil to make them feel happy, satisfied and to give positive perspective of life that how beautiful life is, and they can make it more beautiful by participating in the wellbeing activities.

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 they 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.

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:

- To help students know and understand the importance of food and drink in a healthy lifestyle.
- To help students know and understand the importance of living an active lifestyle
- To help students know and understand how they can take steps to improve their overall mental wellbeing.
- To give students the skills they need to make the right choices.
- To give students the opportunity to experience success and the positive benefits of contributing to the school and wider community.
- To promote the physical and emotional well-being of all our students.
- To improve the health of students, staff, and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet.
- To ensure a safe, hygienic, learning environment for students.
- To ensure students are well nourished at school and that every child has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and students e.g., religious, vegetarian, medical and allergenic needs.
- To respect the dietary laws and customs of the host nation.
- To ensure that students refrain from bringing nuts, nut products and chocolate into school as part of their snacks/lunches.
- To introduce and promote practice within the school to reinforce these aims and to remove or discourage practice that negate them.
- 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

Strategies

Well-being Champion

The well-being champion is appointed her main duty is to ensure the well-being of the students and teachers in school and to coordinate with the KHDA to promote the well-being all over the school and make the students participate in the Well-being Census.

The Curriculum

We regard healthy eating education as a whole-school issue, and we ensure that opportunities to teach the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education is an

important part of our school's curriculum and the importance of balanced nutrition and healthy food choices are taught throughout the school.

We also promote healthy eating through the informal curriculum. We encourage students to participate in school games and sports, and so learn the benefits of a healthy lifestyle. Our school site is fully utilized in the interest of the students' physical and emotional development through playground activities.

Physical Education staff are actively participating to provide the healthy life guidance to the students. Involving the students in different physical activities.

Our School Clinic

- Our team of School Doctor and Nurse work together 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 conduct checks of eyes, weight and height and monitor the obesity percentages in each phase. Checks are also conducted for lice. In addition, our clinic staff ensure all students are up to date on the required vaccinations.
- Our clinic coordinates also with our School Counselor to identify students who show signs of concern ensuring counselling is offered to both students and their parents as needed.
- Our clinics also ensure teachers are made aware of students with any medical conditions.
- The implementation of all clinic and safety policies will be monitored systematically to ensure protocols for the enhanced well-being of our staff.

The School Environment

The school environment is welcoming and safe for the students. This is the priority of the school to be safe and have healthy environment, where students can feel happy and safe.

Role of Parents and Guardians

- We work closely with parents to ensure that the messages we give in school about food and drink are reinforced and supported at home.
- In addition, we send home communication to parents regarding any trends in behavior that needs to be addressed or to alert them to dangerous trends occurring on social media, etc.
- The parents are also involved in governing board, throughout the school year that address not only academic subject areas but also our students' mental and emotional well-being. Topics are wide-ranging from sleep, to university guidance, to raising awareness of the importance of volunteering etc.

School Counselor Roles & Responsibilities:

- Open and maintain a file for any student referred to her.
- Conduct observations.
- Write observation reports.
- Maintain a case log detailing reason for referral and details of each counselling session with next steps noted.
- Document and report child protection cases to the DSP and DSL and to maintain records of all child protection cases.
- Refer cases if needed to the Inclusion to determine if there are concerns about specific barriers to learning.
- providing crisis management services.
- Provide counselling for "The Determined Ones students" to develop their social and emotional skills.
- Attend meetings of the Student Behavior Management Committee.
- Identify trends in the behavior that are a concern within the school.
- Raise awareness of the role of the school counselor within the school.

- advocating for student services and students' best interests.
- providing case management services including, but not limited to, referrals to community resources, collaboration with other professionals.
- Run the anti-bullying campaign within the school.
- Devise programs, policies, etc., to curb negative behavior and promote positive behavior.
- Place students on a behavioral report and conduct follow up with teachers to determine if a student has met his/her targets.
- Raise awareness of mental wellness among students and parents.
- Create student leadership opportunities in the form of training students to be mentors, playground buddies or helping students to take on a school community project or external volunteering project.

EMOTIONAL WELLBEING & MENTAL HEALTH

Tips for Students, Teachers and Parents Happiness & Wellbeing Promotion

Tip - 1 Be Yourself - Sometimes you just need to realize that you don't have to become a different person to change your life. You just need to be yourself. You were born to be real. Believe in yourself. You are your own source of Happiness.

□ **Tip - 2 A Positive Mindset** - The power of a positive mindset can quite literally change your life.

Make it a habit to practice positivity. Ask yourself "What kind of day am I going to have?" Are you going to have a good day or a great day? You create your mindset for the whole day by making a choice. By choosing to have an amazing day, you will flood your whole body, mind, and spirit with happiness.

□ **Tip - 3 Nourish Your Mind, Body and Spirit** - Invest in your own wellness and practice self-care daily. You need to nurture yourself emotionally, physically, spiritually, and mentally. You must take

ownership of your journey, whether that be with your diet, sleep and overall fitness or life in general. Self-care and making better and right choices in all areas of life will empower you and you will feel Real Happiness, Real Joy & Real Energy.

□ **Tip - 4 Connect with People who are Happy** - Both positive and negative energy is

contagious, so choose to surround yourself with people who bring real happiness into your life. Spending too much time with people who drain you for all the wrong reasons will deplete your valuable energy. Make a concerted

effort to share space with people who are happy and are willing to spread joy freely.

- **Tip - 5 Find What Lifts You Up** - You might feel exhilarated when you run, hike, paint, meditate, recite, exercise, gardening, and fun activity. Whatever is good for your soul, do more of that!
- **Tip - 6 Simplify Life** - What do you really need? We come into this world with nothing, and we leave with nothing. You can't take your worldly possessions with you, so fill your life with experiences. Find joy in the simple things and let go of the things that weigh heavy on your heart.
- **Tip - 7 Organize Your Time with "To do" List** - Drawing up a to-do list is the perfect tool for organizing a time. Happy people make their schedule and ensure that all the planned activities are completed even if they faced challenges during the day.
- **Tip - 8 Make Sure You do not Starve and Eat Healthy Food Only** - Proved: Happy people eat food on right time. It doesn't mean that you need to feed through strength, but like overeating, hunger makes a person weak and causes fatigue. Agree, it is difficult to feel happy with empty stomach.
- **Tip - 9 Do Good to Others** - Being a kind person and doing good is the key to wellbeing and fortune. By making someone happy, you are going to remember the feeling which will bring positive change in your emotions, and the person you helped will surely pay you back in the future.
- **Tip - 10 Be introspective** - Avoid coasting through life without assessing yourself. Ask yourself questions such as "Am I in denial about anything or resisting anything anywhere in my life?" "Suggest yourself, where my thoughts, feelings and behaviors are coming from. You might also ask: Is that thought helpful? Is that behavior necessary? Is there a better option? etc.

TIPS

- **Set a routine.** If you are spending more time at home, it is important to continue with a regular routine. Maintain a regular time for waking up and going to bed, eating at regular times, and getting ready and dressed each morning. You could use a timetable to give structure to your day.
- **Stay mentally and physically active.** When you plan your daily timetable, have a go at including activities that keep both your mind and body active. For example, you could try learning something new with an online course or challenge yourself to learn a new language. It's also important to keep physically active. For example, doing rigorous housework for 30 minutes, or an online exercise video.
- **Practice gratitude.** At times of uncertainty, developing a gratitude practice can help you to connect with moments of joy, aliveness, and pleasure. At the end of each day, take time to reflect on what you are thankful for today. Try and be specific and notice new things each day, for example 'I am grateful that it was sunny at lunchtime so I could sit in the garden'. You could start a gratitude journal or keep notes in a gratitude jar. Encourage other people in your home to get involved too.
- **Notice and limit worry triggers.** As the health situation develops it can feel like we need to constantly follow the news or check social media for updates. However, you might notice this also triggers your worry and anxiety. Try to notice what triggers your worry. For example, is it watching the news for more than 30 minutes? Checking social media every hour? Try to limit the time that you are exposed to worry triggers each day. You might choose to listen to the news at a set time each day, or you could limit the amount of time you spend on social media for news checking.
- **Rely on reputable news sources.** It can also help to be mindful of where you are obtaining news and information. Be careful to choose reputable sources.

Use an Activity Menu to Give You Some Ideas to Stay Happy and Occupied



Animals

Pet an animal
Walk a dog
Listen to the birds



Be active

Go for a walk
Go for a run
Go for a swim
Go cycling
Use an exercise video at home



Clean

Clean the house
Clean the yard
Clean the bathroom
Clean the toilet
Clean your bedroom
Clean the fridge
Clean the oven
Clean your shoes
Do the washing up
Fill / empty the dishwasher
Do laundry
Do some chores
Organize your workspace
Clean a cupboard



Connect with people

Contact a friend
Join a new group
Send a message to a friend, Talk to your Parents or grandparents
Write a letter to a friend
Reconnect with an old friend



Cook

Cook a meal for yourself
Cook a meal for someone else
Bake cake / cookies
Roast marshmallows
Find a new recipe



Create

Draw a picture
Paint a portrait
Take a photograph
Doodle / sketch
Organize photographs
Make a photograph album
Start a scrapbook
Finish a project
Do some sewing / knitting



Expression

Laugh
Cry
Sing
Shout
Scream



Kindness

Help a friend / neighbor / stranger
Make a gift for someone
Try a random act of kindness
Do someone a favor
Teach somebody a skill
Do something nice for someone
Plan a surprise for someone
Make a list of your good points
Make a list of things or people you are grateful for



Learn

Learn something new
Learn a new skill
Learn a new fact
Watch a tutorial video



Mend

Repair something in the house
Repair your bike / car / scooter
Make something new
Change a lightbulb
Decorate a room



Mind

Daydream
Meditate
Pray
Reflect
Think
Try relaxation exercises
Practice yoga



Music

Listen to music you like
Find some new music to listen to
Turn on the radio
Make some music
Sing a song
Play an instrument
Listen to a podcast



Nature

Try some gardening
Plant something
Do some pruning
Mow the lawn
Pick flowers
Buy flowers
Go for a walk in nature
Sit in the sun



Plan

Set a goal
Create a budget
Make a 5 year plan
Make a 'to do' list
Make a 'bucket list'
Make a shopping list



Read

Read a favorite book
Read a new book
Read the newspaper
Read your favorite website



Schedule

Get up extra early
Stay up late
Sleep in late
Tick something off your 'to do' list



Self-care

Take a bath
Take a shower
Wash your hair
Give yourself a facial
Trim your nails
Sunbathe (wear sunscreen!)
Take a nap



Try something new

Try a new food
Listen to some new music
Watch a new TV show or movie
Wear some new clothes
Read a new book
Do something spontaneous
Express yourself



Watch

Watch a movie
Watch a TV show
Watch a YouTube video



Write

Write a letter with compliments
Write a letter to your politician
Write an angry letter
Write a grateful letter
Write a 'thank you' card
Write a journal / diary
Write your CV
Start writing a book

Use This Decision Tree To Help You Notice 'Real Problem' Vs. 'Hypothetical Worry'

