



## SCHOOL WELLNESS POLICY

Written by	Counsellor	Reviewed	April 2020
Approved by	Principal	Next Review	November 2020

*This policy must be read in conjunction with the School Policies on Child Protection and Antibullying*

### **School Vision**

To inculcate and develop 21<sup>st</sup> century skills in students and enable them to become productive and responsible citizens.

### **School Mission**

To provide a locally and globally competitive education that enables students to develop 21<sup>st</sup> century skills, enhancing career and college readiness and highly elevating responsibilities and of UAE education and the latest patriotism through the effective application of international teaching and learning strategies.

### **Purpose**

The current situation calls for vigilance and all of us, including our teachers and students have been advised to remain at home so as to maintain social distancing. Such changes are understandable in the face of this sudden outbreak as it has resulted in an unexpected change in their daily life activities (e.g., going to school, meeting friends, socializing, going out with family, disruption / uncertainty about examination, future admission, career, travel plans, etc.). It is therefore important to be mindful to the wellbeing of everybody around us and to take constructive action to help students, teachers and parents to cope, handle, and relieve stress and maintain a healthy life.

### **❖ Student Wellness**

#### **▪ Social Wellness**

As social beings, connecting ourselves with friends and family brings a sense of comfort and stability. Receiving support and concern from others has a powerful impact on our emotional wellbeing and in helping us to cope with challenges. To deal with the present situation and resultant stress there is a need to create a sense of ‘we’ feeling. We in present times have the advantage of technology that has made it possible to be connected globally through social media platforms. Use these mediums to talk with others, know about their concerns, thoughts and feelings and share your feelings and viewpoints with others, who you can trust. Remember

social distancing does not mean social disconnection. It is only absence of physical connect, you can still be connected with your friends and family—in your thoughts and emotions and also reach out to them through various platforms.

In school,

- We have full time social workers and school counsellor is on hand from Kindergarten to High school, working closely with Students, Parents, and Teachers to resolve concerns.
- Our Special Education Needs and Disabilities (SEND) provisions ensure that all students feel included and supported during distance learning.
- Awareness sessions on various social topics related to Covid-19 are conducted by teachers /social workers/Doctor/Physical trainers etc during distance learning.
- The Covid-19 awareness manual provided by SPEA was shared and implemented effectively among students and teachers.

#### ▪ **Academic Wellness**

- Since the start of the remote learning, everyday classes begin with the National Anthem and the recitation of Holy Quran and a short message from the school Principal which gives a positive feeling to the students.
- The distance learning timetable has been designed in a way where there is a 15 minute break given after the completion of every 2 periods. This takes off pressure and provides the students with a chance to be off screen for a while. Also, all teaching periods are separated by a 5-minutes break.
- There are flexible ways for students to submit their assignments/homework/self-practice work etc through MS teams post, chat, OneNote Class Notebook or even click a picture and post it according to their convenience.
- Considering the current issue and the pressure on parents, the school allows extending deadlines of submissions and also allows students for makeup tests in case of any technical issue or any other genuine reasons.
- Tutor guardian concept is being planned to introduce where a teacher is assigned to 20+ students to take care of their pastoral needs and wellbeing.
- Online orientation session on 'study stream selection' was organized for students of grade 9 along with their parents to help the students take an informed decision.
- The school has conducted survey as per the guidelines of SPEA to ensure all students have an equitable access to devices for online learning.
- Our student council members have initiated the concept of 'Social Hour' where the student council members meet every 2 weeks at the end of the week to discuss their experiences on distance learning.

### ▪ **Physical Wellness**

School provides training on meditation and yoga. Therefore, now is the best time to start practicing it daily for building better mental and physical health. Do some form of physical activity like aerobics, stretch exercises, yoga, deep breathing, dance, etc. and fix a time to do it regularly once a day. EAS recognizes the positive benefits of physical activity even during distance learning.

During this time:

- At the beginning of each class, a 2-minute eye and head exercise recorded video is posted by the subject teacher for students to follow.
- Our PE department will make provisions to post videos of physical exercises such as yoga and light exercises on class channels on MS teams for students to do during the 15 minutes breaks provided between live lessons. Orientation on this program will be provided by the respective Supervisors.
- PE lesson includes assignments where students are required to record their exercise videos/projects and this is part of the ongoing assessment.
- The school has activity plans for evening (from 9:30 p.m. onwards during Ramadan) for exercise and relaxation sessions where in students can participate along with their parents. This is optional for those who are willing to participate.
- The school will encourage parents' efforts to provide a healthy diet and daily physical activity for their children

### ▪ **Health and Nutrition**

Eating healthy and well-balanced diet is important for our body and mind. Students should also drink plenty of water and get enough (6-7 hours) sleep every day. This will give energy, boost up the immune system and keep spirits high. This in turn will help to release the stress and anxiety. Healthy mind is in a healthy body.

- EAS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- Health and nutrition are a part of curriculum as an option of elective subjects. These are designed to support students to develop healthy life practices.
- School clinic staff conducts health awareness program during lessons. School Doctor will continue with her sessions on 'Stay safe. Stay Healthy' for various classes of students.

### ❖ **Parent Wellness**

The primary role of parents now is to keep their children well and that means looking after their emotional well-being as well as their physical well-being. Rather than focusing only about children's academic performance, parents should view the enforced social distancing as an opportunity for some student-led, individualized learning. Parents can ask their children to

write down all the different things that they could take up during this time to learn, do and experience. It can be anything-watering plants, developing a reading habit, learning to cook, painting, playing music, etc.

▪ **Communication**

➤ EAS recognizes the importance of clear and effective communication with all parents and is committed to being open and accessible for all. School will support parents to communicate regularly with school staff and alert them to any concerns they have about their child's learning or provisions. At EAS, our aim is to utilize all means of communication effectively.

Communication with parents takes place in a variety of forms:

- Verbal: Through online meetings or by telephone conversations.
- Written: Through MS Teams, email, circulars, Parent Portal Noticeboard, teachers' feedback on assignments and homework, Behavior management system, SMS or through the School website.
- Availability of academic dual online platforms such as ClassDojo and MS Teams. Another online platform called Zoom is used for admission interviews and external workshops.
- School Doctor will send regular short videos or information on healthy living to the parents.

▪ **Parent Council Meetings**

- The school values and respects all recommendations and suggestions by the members of the Parent Council that represent all grade levels.
- Special meetings are held to appraise and discuss the plans with the members on occasions such as school's remote learning.
- The school will continue to conduct online Parent Council Meeting once in a month to discuss ongoing school activities, school improvement strategies and to explain important ongoing updates.

▪ **Grade Council Meetings**

EAS has proposed the concept of a 'Grade Council', where 2 parents will be selected on the merits of their positive contributions, each from a class, in addition to the Supervisor and two/three teachers will be assigned for each grade council team. Each grade council team will meet once in a month to discuss improvement strategies related to the respective grade.

▪ **Parent Surveys**

It is essential that school gets parent feedback quickly and efficiently.

- EAS uses online parent survey (Microsoft forms/Cognia surveys) to focus on receiving parent's perspective on the wellbeing of their children.
- The school will have ongoing parent surveys to collect and understand parent opinion on online learning to improve the learning environment.



### ▪ Parent Meetings

Online formal Parent-Teacher meetings are held twice every term.

- An innovative Parent Teacher meeting plan was introduced so as to provide the same experience to parents as in school.
- Subject concern request form was sent to Parents in order to facilitate direct meeting with the subject teachers.
- The teachers used prepared guidelines for the meetings wherein parent feedback was recorded and maintained by every teacher.

### ❖ Staff Wellness

Emirates American School highly values the health and well-being of every staff member. The wellness plan for school staff will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle.

- School provides orientation to new staff so that they easily adapt to the school procedures of online learning.
- Recognition of teachers for their performance during each term.
- Staff surveys to analyze the areas to develop and provide trainings accordingly.
- Provision of scrutinized online courses for administration staff on topics like email etiquette, professional development etc. during the remote learning period.
- School has plans to provide the teaching staff also with certification programmes which will be optional to take.
- Supervisors have completed a certificate course on email-etiquette.
- The service staff was engaged with creation of beautiful art crafts using re-usable/recycled materials in the past one month. They will also be involved in online certification programmes which will support them in their professional development.
- The school has initiated opportunities for physical exercises and relaxation after school for Students, Parents and Staff.
- The wellness team will plan and implement activities that support personal efforts and suggestions by staff to maintain a healthy lifestyle.

## WELLNESS CONTACT

Emirates American School believes in the capability of every individual. No child can perform poorly if the right environment is provided both at home and in school and timely support is extended. Keeping this as the foundation of every program, the school has been providing extensive support to those students who need assistance in any feasible area. The school is committed to safeguard and protect every child, to provide and intervene as and when there is a need and to develop a safe and protected



environment. If any student feels that you need to have a conversation with an adult who you can trust and share your concerns, please approach to any of the following members of the 'School Wellness Team'.

1. Any concern or recommendations you would like to share with other than your own teachers, then your first contact will be your respective Supervisors.
2. For any support related to technology you may use the **Technology Emergency Hotline: 0502892517**. You can also write to: [it@easuae.com](mailto:it@easuae.com) for technology support.

### Contact details of School Wellness Team

SI No	Sections	Contact Person	E-mail ID
1	Kindergarten	Supervisor	ghadahamed@easuae.com
2	Gr 1-3 and Gr 4-6 Girls	Supervisor	diana@easuae.com
3	Gr 4-8 Boys	Supervisor	refat@easuae.com
4	Gr 7 – 12 Girls	Supervisor	yasmin@easuae.com
5	Gr 9 – 12 Boys	Supervisor	ahmed.saadeh@easuae.com
6	Primary and Gr 4 – 12 Girls	Social Worker	eman@easuae.com
7	Gr 4 – 12 Boys	Social Worker	Safaa@easuae.com
8	Head of Wellness Team	School Counsellor	Yonatan@easuae.com