

SAFEGUARDING AND WELLNESS POLICY

Written by	Counsellor	Reviewed	November, 2021
Approved by	Principal	Next Review	June, 2022

This policy must be read in conjunction with the School Policies on Child Protection and Anti Bullying

Emirates American School fully commits itself to safeguarding the welfare of children and young people. We recognize our responsibility to promote safe practices and to safeguard children from harm, abuse, and exploitation. In response to allegations, reports, or suspicions of abuse, EAS acknowledges its duty to act appropriately.

CHILD SAFETY

Emirates American School gives utmost priority to child safety. Child abuse is one of the core areas to be investigated and addressed when it comes to child safety.

- Child abuse can be defined as harming (whether physically, emotionally, or sexually; ill treatment, abuse, neglect) of any child.
- Because of ignorance and dependency on the abusers, children often are unable to express that they are abused. As adults, it is our responsibility to observe child behaviour and encourage them to speak up.
- Students and staff members have a facility to report any such unusual incident through the online safeguarding incident form, which is available with the Supervisor and any member of the wellness team
- The first point of contact for child safety will be the respective Supervisor after the usual contact of the teacher.
- The incident reported should be immediately escalated to the School Counsellor who will take the necessary measures to deal with the situation and safeguard the child.

Staff and Parents are requested to look out for behavioral indicators of child abuse. It does not necessarily mean that the child abused will always show these indicators such as:

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- ✓ Sick or tired most of the time
- ✓ Developmentally delayed
- ✓ Demonstrates severe lack of attachment to other adults
- ✓ Poor school attendance or school performance
- ✓ Poor social skills
- ✓ Is very demanding of affection or attention

CYBER SAFETY

Cyber safety is the safe and responsible use of information and communication technologies, such as the internet, social media, online games, smart phones, tablets and other connected devices. Emirates American School provides students with the knowledge and skills they need to stay safe in online environments.

1. How much screen time is too much?

Know when it's time to put down the mouse and go outside and play. Come to an agreement with your parents about how much time you'll spend staring at the screen each day.

2. Only visit sites that are approved by parents, teachers and family members.

Talk to the adults you trust about some of the activities you want to do on the Internet. They can help you find the right websites and steer you clear of the bad.

3. Find out EAS rules about bringing your own devices to class.

EAS allows tablets and laptops in class since they're great learning tools. But they can also be distracting for you and other students if you don't follow the rules about them.

4. Protect your laptop and devices.

Always be careful when you have food and drinks around your device; damage can happen if you spill a drink on a laptop or drop your tablet on a hard surface. Treat your gadgets with care

5. Stranger Danger: Do not give personal information to strangers online.

If someone you don't know asks you for information about your full name, city or address, telephone number, birthday, your parent's name, what school you go to and even photos things, you should tell a trusted adult right away

6. Make safe online accounts

Never use your full name as the username. A safe password is a password that has no words that can be found in a dictionary, and should contain a mix of numbers (1,2,3...), letters (A, B, C...) and special characters (! \$, *...)

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7. Talk to your parents or teachers if someone's online behavior makes you uncomfortable

If you see anything online that you don't think is right, even if it doesn't involve you, it's a good idea to talk openly with your parents or teacher about what you see

8. Appropriate Email and Messages

Do not open email from strangers. If you receive any kind of email that you're not sure is safe or not, get an adult to come help you figure out if you should open it.

9. Just because it's on the Internet doesn't mean it's true.

Any stranger can pretend to be a friend. If anything you come across online makes you feel confused, uncomfortable or even scares you, know that it's ok to go get an adult to help you make the right decisions while online.

CYBER BULLYING

What is cyber bullying?

Cyber bullying is bullying that takes place on the internet over digital devices like cell phones, computers, and tablets.

It may include:

1. Sending someone mean or threatening emails, direct messages on chat rooms or text messages
2. Hacking into someone's online account
3. Being rude or mean to someone online
4. Posting private or embarrassing photos/videos/pictures online or sending them to others
5. Creating fake social media accounts that mock someone or trick them
6. Excluding someone from an online conversation or blocking them for no reason

Some facts about Cyber Bullying

- Being bullied can impact on your self-esteem, confidence, and social skills.
- You do not have to deal with the bullying on your own.
- When cyberbullying happens, it is important to document and report the behavior, so it can be addressed – record the dates and times when cyberbullying has occurred,

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and save or print screenshots, emails, and text messages.

- Talk to an adult that you trust – a parent, guardian, or teacher
- Your first contact in school on all matters related to cyberbullying/any other form of bullying is your Supervisor apart from the usual contact with your teacher. You can also contact EAS Social Workers or escalate the matter to the School Counsellor, who heads the 'School Wellness Team'

How can I stay safe?

- **Make sure your privacy settings are updated so that only people you know, and trust can see what you post.**
- **Never give out personal information online, such as in public profiles, chat rooms or blogs, and avoid further communication with those sending the messages.**
- **Keep aware of fake profiles and internet users pretending to be someone that they are not.**

Be Kind Online

Before pressing 'send' on comments, ask yourself these 3 questions...

1. Why am I posting this?
2. Would I say this in real life?
3. How would I feel if somebody said this to me?

MONITORING AND REVIEW

The school wellness committee is composed of School Counsellor, HR, Administration Officer, Social workers, Physical Education HOD and School Doctor and is overseen by the Vice Principal. The committee should develop, promote, and oversee a multifaceted plan to promote school stakeholders' wellness.

- The school wellness committee will facilitate the implementation of wellness policy over different levels of school.
- The school Principal along with the SLT will ensure compliance with wellness policy.
- The school wellness committee will review the wellness policy and develop work plans accordingly.

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SAFEGUARDING and 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 he/she needs 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: 0565488686**. You can also write to: it@easuae.com for technology support.

CONTACT DETAILS OF THE SCHOOL WELLNESS TEAM

Sl. 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

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5	Gr 9 – 12 Boys	Supervisor	ahmed.saadeh@easuae.com
6	Primary and Gr 4 – 12 Girls	Social Worker	haneen@easuae.com
7	Gr 4 - 12 Boys	Social Worker	Hossam@easuae.com
8	Head of Wellness Team	School Counsellor	yonatan@easuae.com

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