



## Wellbeing Policy

### **Rationale:**

At Delhi Private School RAK, we uphold the wellbeing of our students. Through practical, relevant, and effective wellbeing policies, we are committed to promoting a safe and stable environment for our students to thrive.

### **Policy Statement:**

“We envisage a school that is committed to meeting each student’s physical, mental and emotional health, thereby preparing them to be healthy, resilient and empowered citizens of tomorrow.”

### **Scope:**

This policy serves as a guide and should be read in conjunction with medical records whenever a student’s wellbeing is linked to a medical issue.

### **Aim:**

- Honor our commitment to promoting, monitoring, and valuing students’ overall wellbeing at school.
- Ensure that students are aware of the common health and wellbeing issues.
- Set out a clear and targeted approach to support the health and wellbeing needs of each student.
- Raise awareness of the importance of making healthy food choices and leading an active lifestyle.
- Provide support to students with mental wellbeing issues and allow them to freely express their concerns.

### **Lead Members of Support Network**

The wellbeing support network of DPS RAK comprises of the following members:

Principal	Deepa Vinod
Vice Principal	Chanda Keswani
School Counsellor	Surbhi Roy
Wellbeing Officer	Praveen Lawrence

Any member of staff who is concerned about the wellbeing of a student must first approach the School Counsellor. If a student presents a medical emergency, then the normal procedure for medical emergencies is followed, including contacting the emergency services if necessary and notifying the student's parent.

The school clinic staff members keep a track of the development of each student through growth charts that compare their weight, height and BMI with those of other children belonging to the age group. Regular eye check-up as well as screening for head lice are performed by the clinic staff.

Students experiencing burnout, bullying or any issue that degrades the quality of their mental wellbeing are encouraged to approach the MHEA Club Outreach Officers or Assistant MHEA Club Outreach Officers.

#### Plan to Support Students:

When a student's condition requires intervention, a plan is created to support the individual needs of the student. Key points such as the desired outcomes, feasibility of the plan, availability of resources, period for action and change, and emergency contacts are discussed in thorough detail.

#### Teaching about Wellbeing:

Our curriculum introduces students to the concept of health and wellbeing from an early age, so that they are aware of the steps that they can take to achieve holistic health. Some of the initiatives taken by DPS RAK to cultivate an understanding of health and wellbeing are listed below:

- Wellbeing-themed webinars are conducted periodically by individuals of immense expertise in the sector.
- The school encourages students to bring nutritious and healthy packed meals.
- Happiness Ambassadors are appointed to conduct happiness exercises, mediation, and stretch and breathe sessions .
- The Student Council body consists of various posts related to mental health such as Wellness Ambassadors.
- Our curriculum allows students to actively participate in sports, skill periods and leisure activities to boost their wellbeing.
- Students are encouraged to bring nutritious and healthy packed meals.
- Student-led radio shows regularly focus on topics such as maintaining holistic health.
- Field trips are organised to outdoor pursuit centers for students to explore the world around them.

#### Signposting:

DPS RAK students are reminded to take care of their physical, mental and emotional wellbeing through signage and posters that are displayed in prominent areas such as the school corridors, classroom doors, MS Teams and their respective classroom notice boards.

### Warning Signs:

Our school clinics ensure that teachers are notified of students who have medical conditions. The school staff looks out for warning signs which indicate that a student may be experiencing wellbeing issues. The possible warning signs are:

- Evident changes in behavior.
- Habitual absence from school.
- Changes in eating / sleeping habits.
- Failure to take care of personal appearance.
- Physical signs of harm that are repeated or appear non-accidental.
- Increased isolation from friends or family and becoming socially withdrawn.
- Changes in activity and mood.
- Spending more time at the bathroom.
- Reduced concentration.
- Talking, joking, or researching about self-harm or suicide.
- Skipping PE classes.
- Discontinued hobbies or interests.
- Abusing drugs or alcohol.
- Expressing feelings of failure, uselessness, or loss of hope.
- Lowering of academic achievement.
- Secretive behavior.
- Changes in clothing – e.g., long sleeves in warm weather.
- Repeated physical pain or nausea with no evident cause.
- Overly cheerful after a bout of depression.

### Managing Disclosures:

A student may choose to disclose concerns about their wellbeing to the Counsellor/Wellbeing Student Committee members. All members of the support network are trained to respond in a calm, supportive and non-judgmental way to a disclosure. After collecting evidence, this information is then shared with a relevant member of the wellbeing committee who will offer support and advice on subsequent steps.

### Confidentiality:

The committee members are honest with regards to the issue of confidentiality. If it is necessary for them to pass their concerns about a student further on, then they inform the student about who they are going to share it with, what details will be shared and why it will be shared.

The members never share information about a student without their consent, except in situations where a young person up to the age of 16 is at physical, mental or emotional risk. Parents are informed unless a child gives us a reason to believe that there may be underlying child protection issues.

### Working with Parents:

Parents welcome the support and information from the school about their children's physical, mental and emotional health. To support parents, we, at DPS RAK:

- Share ideas about how parents can support their children’s overall wellbeing through regular awareness sessions.
- Highlight sources of support and information for common health and wellbeing issues on our school website.
- Ensure that all parents are aware of who to talk to, and are equipped with an action plan if they have concerns about the wellbeing of their child or a friend of their child.
- Make our health and wellbeing policy easily accessible to parents.

While communicating with parents regarding health and wellbeing issues, the members of the support network are sensitive in their approach and consider the following questions:

- Can the meeting happen face to face? This is preferable.
- Where should the meeting happen?
- Who should be present? Consider parents, the student, and other members of staff.

If parents respond with anger, fear, or are upset during their conversation with the members of the support network, they are given enough time to reflect, while further sources of information about the concern in question are highlighted. The members consider booking a follow up meeting right away as parents often have many questions.

**Training:**

All staff receive training to recognize and respond to a range of health and wellbeing issues. In addition to this, regular coffee mornings, one-to-one sessions, seminars and webinars are held to best support families.

**Talking to students when they make health and wellbeing disclosures**

During conversations with students where a health and wellbeing issue is being disclosed, it is important for the members of the support network to:

- Focus on listening rather than talking.
- Not pretend to understand.
- Make eye contact without hesitation.
- Offer support.
- Acknowledge how hard it is to discuss these issues.
- Never break their promises.

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