



**SHARJAH INDIAN SCHOOL**  
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**OUR VISION**

**Educate Enlighten Empower**

# WELLBEING POLICY



## **PURPOSE**

The purpose of the Wellbeing Policy at Sharjah Indian School is to foster a safe, supportive, and inclusive environment that promotes the holistic development of every student. Our primary objective is to enhance the physical, mental, and emotional wellbeing of our students, thereby creating a conducive atmosphere for learning, personal growth, and social engagement. By prioritizing the overall wellness of our students, we aim to empower them with essential life skills, resilience, and a positive mindset, enabling them to thrive academically and socially.

## **SCOPE**

The scope of the Wellbeing Policy encompasses a wide range of initiatives, programs, and support mechanisms tailored to meet the diverse needs of our student body. This policy applies to all students enrolled at Sharjah Indian School, regardless of age, grade, or background. It covers the following areas:

- **Physical Health:**

- Provision of regular health check-ups and medical assistance
- Promotion of healthy eating habits and nutrition education
- Encouragement of physical activities, sports, and fitness programs

- **Mental and Emotional Well-being:**

- Access to confidential counseling services and mental health support
- Implementation of stress management workshops and coping strategies
- Awareness campaigns to reduce stigma related to mental health issues

- **Safety and Security:**

- Establishment and enforcement of school safety protocols
- Cybersecurity education and online safety awareness for students
- Regular emergency drills to ensure preparedness for various situations

- **Inclusivity and Diversity:**

- Promotion of a culture of respect, tolerance, and acceptance for all students
- Provision of support services for students with diverse needs, including special education resources
- Implementation of anti-bullying initiatives and support systems

- **Parent and Community Engagement:**

- Collaboration with parents to ensure their involvement in the student wellbeing initiatives
- Partnerships with community organizations and experts to enhance available resources and support

- **Staff Training and Development:**

- Training programs for teachers and staff to identify signs of student distress
- Professional development opportunities focusing on mental health awareness and support strategies

- **Communication and Feedback:**

- Clear communication channels for students, parents, and staff to report concerns related to student wellbeing
- Regular updates on wellbeing programs, resources, and progress to the school community

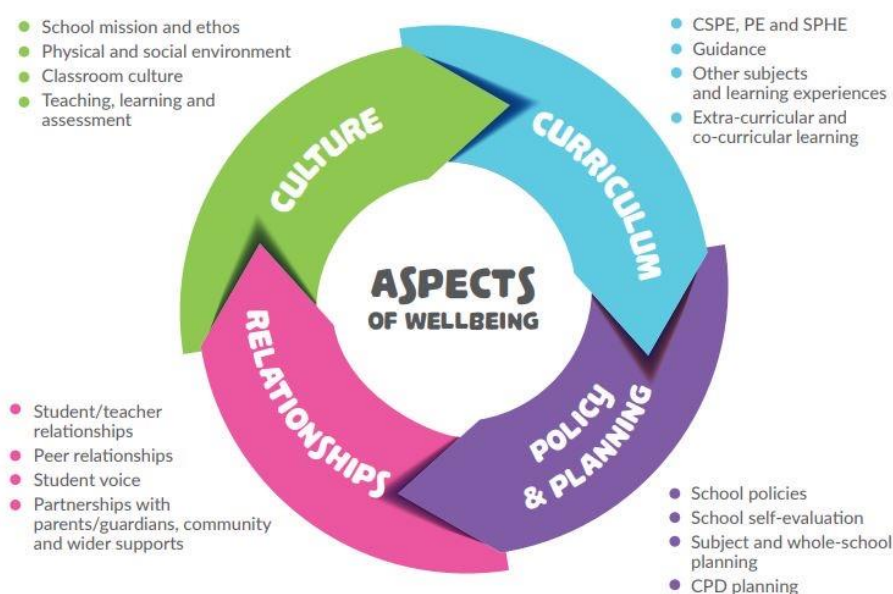
By outlining the purpose and scope of our Wellbeing Policy, Sharjah Indian School is committed to nurturing a positive and nurturing environment where every student feels valued, supported, and empowered to achieve their full potential.

## SIS WELLBEING COMMITTEE

SL NO	Teacher In charge	Teacher In charge	Student Ambassador	Grade & Sec
1.	Dr. Pramod Mahajan (Patron)	-----	-----	----
2.	Mrs. Daicy Roy ( In charge)	-----	-----	----
3.	Mrs. Thajunissa ( In charge)	-----	-----	----
4.	Mrs. Baini Kurian ( In charge)	-----	-----	----
5.	Mrs. Rejitha ( In charge)	-----	-----	----
6.	Ms. Madhvi Sampath (Co-Ordinator)	-----	-----	----
7.	Mr.Askar	Office Staff	-----	----
8.	Mr.Suresh	Office Staff	-----	----
9.	Mr.Mohamed Ali	Transport	-----	----
10.	Mr.Shaji Andikarala	Transport		
11.	Mr.Siddique Fasiludeen	Transport		
12.	Mr.Sher Shah Shamul Hameed	Cleaning & Maintenance		
13.	Nida Fasleini	Counselling Department		
14.	Misbah Palathingal	Counselling Department		
15.	Meghna George Johnson	Counselling Department		
16.	Anseena Ashraf	Counselling Department		
17.	Suhaila	Counselling Department		
18.	Zainab Siddhik	Counselling Department		
19.	Able Maria Pauly	Counselling Department		
20.	Jinu Suresh	Counselling Department		
21.	Nidha Nourin	Counselling Department		
22.	Jishy Manoj Kumar	Counselling Department		
23.	Shafeena Muhammed Iqbal	Counselling Department		
24.	Fidha T.V	Counselling Department		
25.	Anju M.S	Counselling Department		
26.	Rosmin Joy	Counselling Department		
27.	Ruhuma Susan Kuruvilla	Counselling Department		
28.	Happiness Well Being	1.Ms.Christina Deepak (1-5) 2.Ms.Sheeba Binoy (6-8) 3.Ms.Deepa Venugopal (9-12)	1.Raina Shaji 2. Angel 3.Vaikha Anil kumar	5-Q 7-Q 9-E
29.	Eco- Friendly Well Being	Ms. Mumtaz Hamza	1.Divya Ajay	11-B
30.	Student Empowerment Well-Being	Ms. Supriya Sreekumar	1.Asmitha Ravi Chandran	11-B

			2.Shika M Prakash	9-C
31.	Anti- Bullying Well Being	1.Ms. Jishy Manoj Kumar (1-5) 2.Ms. Fidha T.V (6-8) 3.Ms. Jinu Suresh (9-12)	1.Mehreen Fathima Shaikh 2.Afra Parveen 3.Roshni Karthikeyan Samasundaram	4-F 8-J 12H
32.	Health & Safety Well Being	Ms. Reshma. K	1.Ayshin Aboobuker 2.Ashima Santhosh 3. Asmitha Mariyappan Ganapathay	11 B 9 L 8 C

Our SIS Wellbeing Committee serves several essential purposes to enhance the overall welfare of students, teachers, and staff members:



### 1. Needs Assessment:

The committee assesses the specific wellbeing needs of our school community through surveys, feedback sessions, and data analysis. This helps in understanding the challenges individuals face and tailoring support programs accordingly.

### 2. Program Development:

Based on the needs assessment, the committee designs and implements wellbeing programs and initiatives. These programs can include workshops on stress management, mental health awareness campaigns, physical fitness activities, and nutrition education.

### **3. Crisis Management:**

The committee establishes protocols for handling crises and emergencies within our school community. They ensure there are effective plans in place to provide emotional support, counseling, and resources during challenging times.

### **4. Mental Health Support:**

The committee works towards reducing the stigma associated with mental health issues. They organize awareness campaigns, provide resources for mental health support, and ensure access to counseling services for students, teachers, and staff.

### **5. Teacher and Staff Wellbeing:**

In addition to students, the committee focuses on the wellbeing of teachers and staff members. They organize professional development sessions, stress management workshops, and create a positive work environment to enhance job satisfaction and productivity.

### **6. Community Engagement:**

The committee engages with parents and the broader community to promote a collaborative approach to wellbeing. They organize events, seminars, and workshops to educate parents about various aspects of their child's wellbeing and involve them in school initiatives.

### **7. Preventive Health Initiatives:**

The committee promotes physical health through activities like sports, yoga, and fitness challenges. They also educate the school community about nutrition, healthy eating habits, and the importance of regular exercise.

### **8. Anti-bullying Initiatives:**

The committee works on creating a safe and inclusive environment by implementing anti-bullying programs. They raise awareness about different forms of bullying, how to prevent it, and provide resources for victims and perpetrators alike.

### **9. Monitoring and Evaluation:**

The committee monitors the effectiveness of the implemented programs, gathers feedback, and evaluates their impact on the school community. Regular assessments help in refining existing initiatives and developing new ones as needed.

### **10. Policy Advocacy:**

The committee may advocate for policies within the school that promote wellbeing, such as creating designated safe spaces, implementing mental health days, or integrating wellbeing education into the curriculum.

In summary, Our Wellbeing Committee plays a central role in creating a nurturing and supportive environment, ensuring the physical, mental, and emotional wellbeing of everyone within our school community.

Teaching about mental health in school is a crucial aspect of a comprehensive wellbeing policy. Here are several reasons why mental health education should be included in our school curricula:

1. **Promoting Awareness:** Mental health education helps students and staff members develop a better understanding of mental health issues, reducing stigma and misconceptions surrounding mental illnesses.
2. **Early Recognition:** Education equips students with the knowledge to recognize signs of mental health challenges in themselves and others, enabling early intervention and support.
3. **Building Resilience:** Mental health education teaches coping strategies, stress management techniques, and resilience skills, enabling individuals to navigate challenges more effectively.
4. **Creating Supportive Communities:** By fostering empathy and understanding, mental health education promotes a culture of support and inclusivity within the school community.
5. **Preventing Bullying:** Educating students about mental health can help reduce instances of bullying and discrimination, creating a safer environment for everyone.
6. **Improving Academic Performance:** Addressing mental health concerns positively impacts students' concentration, focus, and overall academic performance.
7. **Enhancing Life Skills:** Mental health education equips students with essential life skills, including communication, emotional regulation, and conflict resolution, which are valuable in various aspects of life.
8. **Supporting Teachers:** Mental health education provides teachers with tools to recognize signs of distress in students, enabling them to offer appropriate support and referrals when needed.
9. **Preparing for Challenges:** Life inevitably brings challenges. Mental health education prepares students to handle setbacks, fostering resilience and adaptability.
10. **Promoting Self-Care:** Teaching about mental health encourages self-care practices, emphasizing the importance of physical activity, adequate sleep, and relaxation techniques for overall wellbeing.

**When integrating mental health education into the curriculum, it's essential to:**

- **Start Early:** Introduce age-appropriate mental health concepts from the early grades, gradually addressing more complex topics as students' progress.
- **Provide Safe Spaces:** Create a safe and supportive environment where students feel comfortable discussing mental health topics openly without fear of judgment.
- **Involve Professionals:** Collaborate with mental health professionals to conduct workshops, seminars, and awareness campaigns, ensuring accurate and evidence-based information is shared.

- **Involve Parents:** Engage parents in mental health education initiatives, providing resources and guidance to support mental health discussions at home.

By incorporating mental health education into the school's wellbeing policy, educational institutions can contribute significantly to the overall wellbeing and development of their students and staff members.

### **Monitoring and Review:**

The Principal and the Wellbeing Team are dedicated to evaluating the effectiveness of the Wellbeing Policy as part of the school's strategic objectives and development plans. This policy should align with other existing policies.

Input from the student wellbeing team and representatives from the student council is considered to gather valuable feedback. Regular staff and student meetings throughout the year provide opportunities to discuss improvements and monitor progress.

## REFERENCES:

- <https://www.betterhealth.vic.gov.au/health/healthyliving/wellbeing>
- <https://education.nsw.gov.au/schooling/school-community/wellbeing-framework-for-schools#:~:text=The%20Wellbeing%20Framework%20for%20Schools,%2C%20happy%2C%20engaged%20and%20successful.>
- <https://www.mocd.gov.ae/en/about-mocd/initiatives/national-program-for-happiness-and-wellbeing.aspx#:~:text=A%20national%20program%20that%20aims,the%20National%20Wellbeing%20Strategy%202031.>
- <https://www.khda.gov.ae/en/safetyatourprivate-schools/wellbeing.>

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