



Circular No.AUS/19-20

10th May, 2020

Wellbeing at Arab Unity School

Arab Unity School is dedicated to the physical social and emotional wellbeing of every student. We aim to provide a caring and non- judgemental environment in which the students at AUS can improve their wellbeing. We are in uncertain and unpredictable times. The whole world is faced with an invisible threat and all of us are being asked to make drastic changes to our lives. At AUS we urge our students and parents to contact designated adults who will guide and support them for any social emotional or physical concerns they may be going through during these times.

Medical

We at AUS, want all our students and parents to be safe and healthy always no matter what the situation entails.

Please refer to the following points and stay healthy:

- Continue following all the necessary precautions like washing hands with soap and water, covering mouth and nose while coughing and sneezing, not leaving the house unless necessary, maintaining social distancing and following all the statutory regulation issued by the government.
- Drinking warm liquids, eating healthy food, plenty of fruits and vegetables. Keep healthy snacks to munch on like dry fruits, dates, cereals etc.
- Children should know the importance of exercise. Parents should encourage them to be physically active. Children love the company of parents and siblings and this is the best time to play with them, walk with them and engage them in household chores.
- Take a good sleep for at least 8 hours a day; it also helps to develop immunity.
- Those having any chronic illnesses like diabetes, bronchial asthma, etc should take extra care of their health and take all the prescribed medications regularly. Get the tests and follow ups done as needed.
- All the children should be immunized as necessary according to their age. This is very important.
- Those fasting should have enough water and healthy food as they break their fast and avoid eating excessively greasy and oily food.

We have been speaking to the families who have been tested positive for Covid 19 and have been giving them necessary medical advice. Please feel free to contact the school medical team for any health-related queries. We will be happy to help you to the best of our professional ability.

Contd..2/-



: 2 :

Social Emotional Support

The mental and emotional wellbeing of our AUS Community is critical to us. We are aware that students, staff, and parents will be feeling anxious, stressed, or lonely, all of which are completely normal feelings, especially with the current global crisis. Our team of counsellors have been arranging virtual meetings to support and guide by providing coping strategies and interventions that will help during these challenging times. We have also built ties with external organisations to increase professional intervention and guidance. We request our parents and students to contact our Head of Inclusion or counsellors for any social emotional concerns or queries of developmental delays for early years students and special education needs.

Child Protection

We take all cases identified as child protection seriously. After thorough investigation necessary interventions are put in place involving parental counselling, warning letters, and roping in external organisations and authorities whenever necessary. All stakeholders are guided and instructed to share any forms of child abuse to the school leaders or to the child protection officer.

E-Safety and Cyberbullying

As stated in our E-safety policy, AUS does not tolerate any forms of bullying. We have a designated E-safety officer who investigates all forms of online threats and concerns to safeguard our school community. All incidents reported to members of staff are investigated carefully with a team of specialists including the students involved. Strict actions and consequences are taken against the bullies as prescribed in the behaviour policy of the school. In worse cases it may also lead to expulsion of the students from the school community. We urge students to get in touch with designated adults in school who will guide and take necessary measures to reduce bullying in the school community.

Ms. Stephy Abraham	Head of Inclusion Child Protection Officer	stephy@arabunityschool.com
Mr. Yamen Elsayed	E-Safety Officer	yamen.s@arabunityschool.ae
Dr. Dimple Gupta	School Doctor	drdimplegupta@arabunityschool.com
Ms. Aadhya Kesav	Counsellor (FS and Primary)	aadhya.k@arabunityschool.com
Ms. Reena Pillai	Counsellor (Secondary and Sixth form)	reena.p@arabunityschool.com

Stay healthy, feel positive and be safe!

Team Wellbeing.