

مدرسة الوحدة العربية

ARAB UNITY SCHOOL



WELLBEING POLICY



Cambridge Assessment
International Education

edexcel

advancing learning, changing lives

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Date reviewed	September 2023
Next update	September 2024
Reviewed by	Ms. Susan Rubin Varghese

VISION STATEMENT

Our vision is that Arab Unity School aims to provide a stimulating, inclusive learning environment that challenges our students to discover their potential and develop into respectful, reliable, resilient and purposeful leaders of the global community.

MISSION STATEMENT

Our mission is to provide an affordable education with a solid foundation of knowledge, technology and life skills enabling our students to be socially conscious and responsible individuals.

CORE VALUES

Character Building Morally accountable Diligent Trustworthy Self-regulator Caring	Progressive Thinking Technologically competent Collaborative Adaptable Enquiring Creative
Global Commitment Environmentally conscious Persevering Tolerant Effective Participant	Leadership Skills Inspiring Motivating Decisive Consistent Team player Reflective Learner

Rational:

Arab Unity School's Vision and Mission statement reflects the school's commitment to fostering wellbeing. The school strives to create a supportive learning environment that cultivates resilient, adaptable, and empowered students who can achieve excellence. We fully endorse the UAE National Strategy for Wellbeing 2031, which aims to create an environment where students and staff can flourish, build meaningful connections, and thrive.

Introduction:

Arab Unity School promotes well-being in all learning experiences by providing an environment and curriculum that helps the students to develop knowledge, understanding, and skills to manage their own health and well-being and develop the capacities to support the well-being of others.

Our wellbeing team works to promote and protect the social and emotional well-being of Arab Unity community including that of students, families, and staff. We aim to work proactively and reactively, to ensure sound emotional development, which in turn allows pupils to flourish within the classroom. The values we promote for our community of students, staff and parents are based on the PERMA model of positive psychology applied to education.

We are committed to providing a caring and supportive environment for all students, staff and parents. This policy outlines the ways in which we, as school care for and nurture the emotional wellbeing of our students and staff.

Aim:

1. Maintain our unwavering commitment to the safety, health, and wellbeing of all our staff, students, and parents as our foremost priority.
2. Cultivate an environment of enthusiasm and active engagement within our learning community.
3. Craft personalized, imaginative, and enjoyable teaching and learning experiences.
4. Foster the development of essential skills that empower students to make informed and responsible choices.
5. Cultivate a culture of mutual respect, care, and shared responsibility for everyone in the school community.

These aims will ensure the continued support and well-being of the Arab Unity School (AUS) community through the application of established policies, procedures, initiatives, as well as personalized pastoral care and guidance

Wellbeing at AUS

The KHDA defines wellbeing in their 2022 "Wellbeing Matters" framework as:

The psychological, cognitive, social, and physical functioning and capabilities that students need to live a happy and fulfilling life..

AUS is committed to promoting and supporting the wellbeing of all its students. We believe that wellbeing is essential for learning and achievement. We also believe that all students have the right to thrive in a safe and supportive environment.

We offer a range of programs and services to support student wellbeing, including:

- Academic support services
- Counseling and mental health services
- Emotional and Social services
- Health and wellness services
- Extracurricular activities and opportunities
- A positive and inclusive school culture

We also work closely with parents and caregivers to support student wellbeing at home.

Student Wellbeing Academic Support:

- A balanced and integrated curriculum that gives them opportunities to nurture their personal social capacities and equip them with the skill to face challenging times.
- Improved school and classroom environment, facilities and resources.
- An exciting and varied range of extra-curricular activities and events.
- Using a range of teaching styles appropriate to age, ability, and level.
- An emphasis on reward and recognition for effort and achievements.
- Opportunities for reflection and personal development through art, religious and moral values.
- Information and guidance on health and development.

Mental Health and Counselling Services:

- AUS staff are committed to maintaining positive and professional relationships with all members of the AUS community, including students, fellow staff, parents, and visitors, to ensure that everyone feels respected, valued, and a strong sense of belonging.
- Staff serve as role models for positive social interactions and consistently demonstrate good social skills.
- The AUS curriculum encourages cooperation and collaboration, fostering the development of essential social skills.
- We promote the idea of flexible friendships, emphasizing that students can have diverse friend groups based on their varied interests. We encourage both students and staff to embrace wide-ranging friendship circles.
- Through engaging in games and sports activities, students are taught to handle both success and setbacks from a young age.
- AUS places a special focus on teaching social skills, providing explicit planning and instruction for individual children facing specific challenges in this area, with the support of the inclusion team.
- AUS maintains a zero-tolerance policy against bullying, diligently recording all instances or allegations of bullying on Guard. The Safeguarding Team follows up with individual students and their families to address these concerns.

- Access to school counselor for further support when required.

Emotional & Social:

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Student with Determination:

- Strong and dedicated team for support.
- Enhanced IEPs/ BIPs/ strategies for academic and behaviour concerns.
- Pupil passport of individual students shared with all stakeholders at school.
- Active involvement of parents in school priorities and reviews for children with special education needs.
- Counselors support for students who are identified to have wellbeing needs.
- Consistent support for Students through additional learning support, resources, modifications and other agencies where appropriate.

Parent Wellbeing

- Increased parental involvement through the parent-teacher meeting and other programs.
- Having an 'open door policy'.
- Conducting parental surveys and workshops.
- Parental involvement in school life and learning.
- Regular communication and involvement regarding student progress, behaviour & pastoral issues

Staff wellbeing

- Involving all staff in decision making and proposed change through timely surveys.
- Well-organized training and induction to new staff and existing ones.
- Consultation in training, support and resource needs through regular review.
- Opportunities to discuss with the principal/ senior leadership team on any issues/ concerns.
- Provide additional support at times of particular stress or any difficulty through an open door policy to approach the counselor or wellbeing in charge.
- Frequent workshops to enhance new learning, emotional and healthy lifestyle.

Wellbeing Committee:

The Arab Unity School wellbeing team is dedicated to the emotional, physical and social well-being of every individual and aims to support healthy, safe, productive, capable and responsible lives.

The role of the Well-being team is to use the well-being data along with other observations to respond to students personal, social, emotional, and academic concerns. T

Member of Wellbeing Committee

- Governor for Inclusion Wellbeing & Safeguarding
- Principal
- Vice Principal
- Head of Inclusion
- Counselors
- Wellbeing teacher representative of each section
- Student Ambassadors for wellbeing
- Parent wellbeing representative

Links with other policies

Student Wellbeing Policy should not be viewed in isolation; it is a strand that runs through all aspects of school improvement, supported by our policies on:

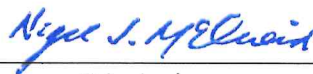
- Safeguarding Policy
- Behaviour Policy
- Anti-bullying Policy
- Counselling Policy
- Inclusion Policy

Monitoring and Evaluation

The Arab Unity Wellbeing policy is available on the school website and on education. If required hard copies for parents can be obtained from the school office. The well-being committee is controlled and monitored by the Principal, Senior Leadership Team by timely meeting and reports.



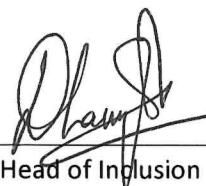
Governor for Inclusion
Wellbeing & Safeguarding



Principal



Internal Governor for
Wellbeing



Head of Inclusion