Wellbeing Policy

AY 2025-2026

CAMBRIDGE
International Education

Cambridge International School

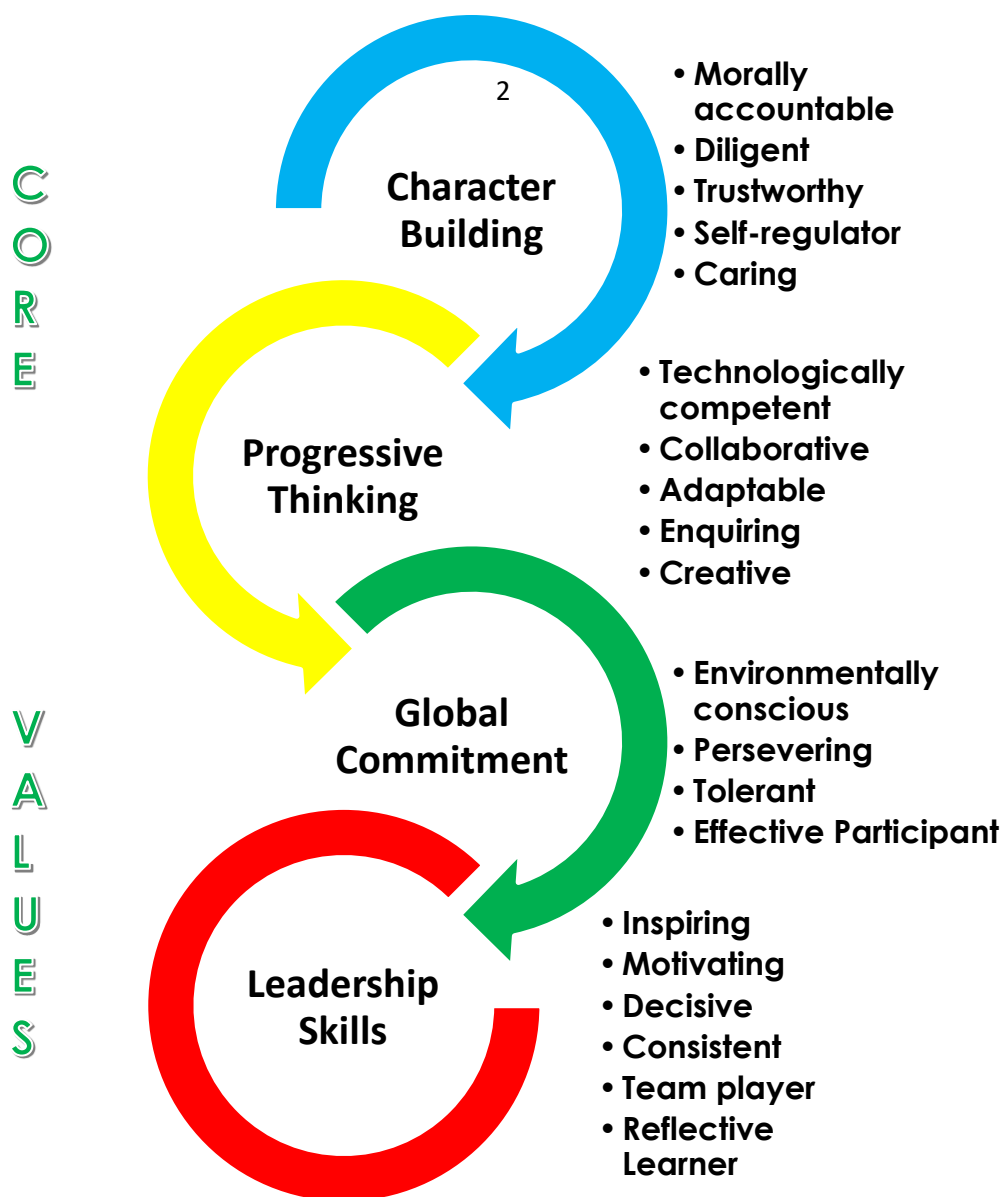|	
Policy No.	**AUS School Policy_Academics_03**
Date reviewed	**August 2025**
Next update	**August 2026**
Prepared by	**Ms. Dhanya Augustus**
Reviewed by	**Executive Leadership Group**
Approved by	**Governor of Inclusion, Wellbeing, Child Protection and Safeguarding, Ms. Amna Al Mutawa**

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

C O R E

V A L U E S

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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

WELLBEING VISION

"AUS aims to foster an inclusive environment that allows students to become resilient, respectful, and reliable positive change makers of tomorrow who demonstrate care, and tolerance in the wider community."

Our motto, "My heart for yours," reflects our dedication to holistic wellbeing, ensuring that every individual thrives in mind, body, and spirit.

We align with the KHDA's "Wellbeing Matters" framework, promoting psychological, cognitive, social, physical, and digital wellbeing. Our wellbeing initiatives are data-driven, culturally sensitive, and technologically integrated, equipping students with the skills to navigate challenges and contribute positively to the wider community.

Our wellbeing mascots, Ausman and Sanaya, represent our commitment to wellbeing.
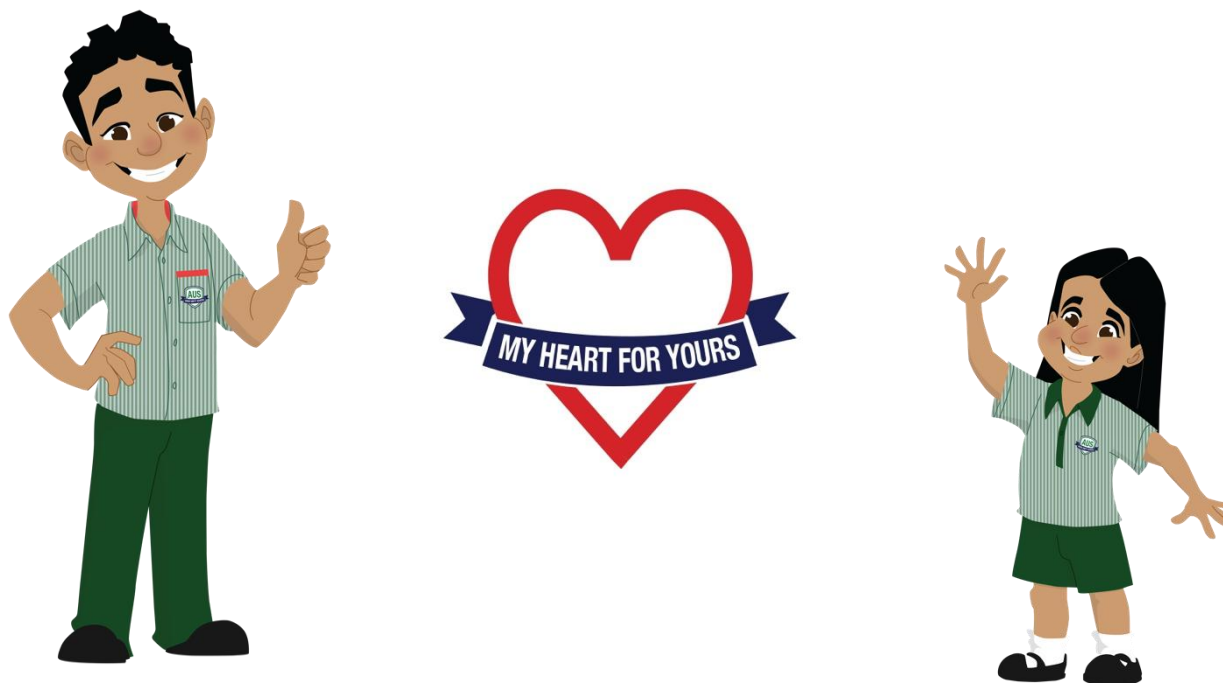
CORE PRINCIPLE

Our wellbeing approach is built on the following principles:

1. Holistic Wellbeing – Addressing psychological, cognitive, social, physical, and digital dimensions.
2. Inclusivity and Equity – Ensuring every member of the community feels valued and supported.
3. Resilience and Empowerment – Equipping individuals with life skills to navigate challenges.
4. Cultural Sensitivity – Integrating UAE values of tolerance, respect, and community.
5. Data-Driven Approach – Using feedback and analytics to refine wellbeing programs.

6. Technological Integration – Leveraging technology to enhance wellbeing education and support.

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

1.Academic Support

- A balanced curriculum that nurtures personal and social skills.
- Improved school and classroom environments, facilities, and resources.
- Diverse extracurricular activities and events.
- Varied teaching styles suitable for different abilities and learning levels.
- Emphasis on reward and recognition for efforts and achievements.
- Opportunities for reflection and personal growth.
- Health and development guidance.

2. Mental Health and Counseling Services

- Positive relationships and social skills development.
- Flexible friendships and a culture of inclusivity.
- Resilience training through sports and interactive activities.
- Explicit social skills instruction for students facing challenges.
- Zero-tolerance policy on bullying with thorough follow-up procedures.
- Access to school counselors for further support.
- A clear, accessible system for reporting mental health concerns is implemented.
- Mental health awareness campaigns is conducted regularly.

3. Emotional & Social Support

- Staff serve as role models for positive social interactions.
- Curriculum that promotes cooperation and collaboration.
- Encouragement of diverse friendships.
- Resilience-building through structured activities.

4. Support for Students with Determination

- Dedicated support teams and personalized academic strategies.
- Enhanced IEPs/BIPs to address academic and behavioral concerns.
- Additional learning resources and agency collaborations for specific needs.

5. Digital Wellbeing

- Encouraging responsible technology use and screen time balance.
- Educating students on online stress management and cyber safety.
- Promoting mindfulness regarding social media interactions.

6. Physical Wellbeing Initiatives

- School meals and snacks will align with nutrition guidelines.
- Students will engage in regular physical activities, including PE, extracurricular sports, and active breaks.
- Health screenings, hygiene education, and access to medical support is provided.

7. Parental Wellbeing

- Increased parental involvement through meetings, workshops, and surveys.
- Open-door policy for parent engagement.
- Regular updates on students wellbeing.

8. Staff Wellbeing

- Active staff involvement in decision-making through surveys and discussions.
- Comprehensive training and support for staff.
- Open-door policy for wellbeing support and counseling.
- Team-building activities and staff wellbeing programs.

9. Student Leadership in Wellbeing

- Student-led Wellbeing Committee for peer support.
- Student involvement in wellbeing initiatives and activities.

10. Cultural and Community Wellbeing

- Integration of UAE cultural values and tolerance education into wellbeing programs.

- Collaboration with external organizations for wellbeing workshops and awareness campaigns.

Responsibilities for Wellbeing Implementation

Students

- Treat peers with kindness, respect, and empathy.
- Engage in wellbeing activities and support initiatives.
- Develop emotional awareness and self-regulation strategies.
- Report concerns about their own or others' wellbeing.
- Actively participate in peer mentorship and student-led wellbeing programs.

Parents

- Support open discussions at home about mental health and wellbeing.
- Attend parent workshops and wellbeing seminars.
- Communicate concerns with school staff regarding their child's wellbeing.
- Reinforce digital wellbeing practices at home.

All Staff

- Model positive wellbeing behaviors for students.
- Identify and support students experiencing challenges.
- Maintain open communication with students and parents.
- Collaborate with the Wellbeing Team to address concerns.

Senior Leadership Team (SLT)

- Foster a culture of trust, respect, and cooperation.
- Promote positive management behaviors to reduce stress.
- Ensure clear communication channels for wellbeing concerns.
- Conduct regular check-ins with staff and students.
- Maintain transparent professional development and appraisal processes.
- Use data and feedback to enhance wellbeing initiatives.

Wellbeing Team

- Monitor and review the implementation of wellbeing policies.
- Organize training and awareness programs.
- Support leadership in risk assessment and crisis intervention.
- Plan school-wide wellbeing events and initiatives.

Wellbeing Committee

A dedicated Wellbeing Committee oversees the implementation and evaluation of wellbeing programs.

Committee Members:

- External Governor for Inclusion, Wellbeing & Safeguarding
- Internal Governor for Wellbeing
- Head of inclusion
- Wellbeing Champion
- Wellbeing Officer
- Wellbeing Liaison officers
- Student Wellbeing Ambassadors
- Doctors
- Head of PE

Monitoring and Evaluation

- The Wellbeing Policy is accessible on the school website and parent portal.
- The Wellbeing Committee meets regularly to review initiatives.
- Student, staff, and parent feedback is collected to refine policies.
- Wellbeing programs are assessed through data analysis and case studies.

By embedding holistic, inclusive, and proactive wellbeing strategies, the school ensures that every member of its community can learn, grow, and thrive in a safe, supportive, and empowering environment.

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
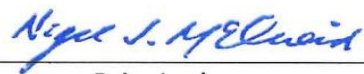- Counselling Policy
- Inclusion Policy

Signed by

Governor for Inclusion
Wellbeing& Safeguarding

Nigel S. McElwain
Principal

Internal Governor for
Wellbeing

Head of Inclusion