

Dubai International Private School Al Qouz

Emotional & Physical Wellbeing Policy

2023-2024

DIPS Vision:

DIPS, in partnership with parents and community, strives to ensure all students are digitally literate, lifelong learners, productive citizens and nurture their well-being in an inclusive learning environment.



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Emotional & Physical Wellbeing Policy

Vision

DIPS, in partnership with parents and community, strives to ensure all students are digitally literate, lifelong learners, productive citizens and nurture their well-being in an inclusive learning environment.

Mission

DIPS is committed to provide education following international standards yet adhering to local values and traditions.

Introduction

At DIPS, we reiterate the importance of both mental and physical wellbeing to our students and staff. We strive to provide quality services for our students and staff in multiple domains, including setting and achieving SMART personal, academic, and professional goals. We make every effort possible to enable the development of healthy, happy, successful, and productive individuals and to ensure their flourishing as well as to promote supportive and inclusive atmosphere in our school community.

Purpose of Policy

This policy addresses the approaches that DIPS takes to care and nurture both physical and emotional wellbeing of all members of the school community.

Aims and Objectives

At DIPS, we aim to establish a healthy and well-informed school community, where students and staff can thrive, connect, and succeed. We intend to develop an enthusiastic learning environment, where students can have the ability and the opportunity to reach their full potential and contribute back to their communities.

In addition, we plan to provide students with the necessary support at each stage of their development and learning in an individualized manner that fits the individual's needs and enhance his/her well-being. We operate on senses of mutual respect as well as shared care and responsibility in order to assume a school community development of quality teaching, learning, and engagement at all levels for every member at DIPS.

Our school system is eager to assist students and staff members with access to information, resources, policies, educational services as well as accommodations to create partnerships at the local level, in order to strengthen the collective wellbeing of schools and their communities.

Rationale

We believe that learning occurs more effectively in the context of positive minds and bodies. Feeling mentally and physically safe and healthy contribute to well-being. At DIPS, we intend to

provide for safety, and support good health, as well as improve learning experiences for all members in the school by taking the following approaches:

- ✓ Attending to students' needs to ensure their engagement in learning and healthy lifestyle
- ✓ Making sure the delivery of subjects is aligned with class standards as well as curriculum
- ✓ Providing students with choices and opportunities that motivate them
- ✓ Parent's involvement in school life and learning
- ✓ Promoting achievement opportunities to ensure students' high self-esteem and confidence
- ✓ Improving attendance and participation rates
- ✓ Creating positive and professional relationships between students and staff

Promoting Emotional Wellbeing

- ✓ Teaching effective skills to help students cope with emotional distress and build resilience using social emotional program SEL
- ✓ Conducting group/individual counseling sessions
- ✓ Creating a student wellbeing group
- ✓ Enabling positive, caring, and respectful relationships between school staff, students, and their peers
- ✓ Providing personalized learning experiences
- ✓ Parental workshops and meetings
- ✓ Providing accommodations for students with special educational needs as well as students with SEN
- ✓ Reinforcing students' learning through dojo points and celebrating their achievements
- ✓ Utilizing a range of teaching styles appropriate to students' interests and abilities to increase their motivation for learning

Promoting Physical Wellbeing

- ✓ Enabling safe, secure, and healthy school environment
- ✓ Enhancing school, classroom settings, clinic facilities, and resources
- ✓ Facilitating healthy food options at the school canteen
- ✓ Engaging students in school trips and extracurricular activities
- ✓ Participating in student councils
- ✓ Implementing health and wellbeing policies

Monitoring and Review

- ✓ Implementing the wellbeing policy to create a positive teaching and optimistic learning environment
- ✓ Recognizing the significance of developing and strengthening the character of the individual and provides opportunities for personal growth
- ✓ Principle and department heads personnel implement systems of accountabilities regarding wellbeing policy in the school community