




Gulf Indian High School, Dubai



GIHS WELLBEING POLICY

(2023-2024)

Approved & Adopted on	03.04.2023	To be reviewed	Annually
Reviewed by	Governing Body	Signed	



Gulf Indian High School

GIHS Wellbeing Policy

Introduction

Wellbeing is now focused on and more important to the UAE than ever. GIHS WELLBEING Policy is reflective of the UAE leadership and their objective of a happy and positive country.

Student Wellbeing is at the heart of everything we do at GIHS.

As educators we understand that unless students feel safe, comfortable and happy it is very difficult for any meaningful learning to take place. As such, student wellbeing across the school is approached in a variety of ways to ensure the students can learn.

The GIHS Wellbeing model is built on the GIHS Values, the principles of Positive Education and particular focus on the **8 Ways to Wellbeing**.

We believe that any success from our students can only be achieved through a three-way partnership of **student, teachers and parents**. For this reason, regular and open communication with parents, not just on academic issues, but also wellbeing related issues is a priority.

GIHS WELLBEING PROGRAM

Our Wellbeing Program reflects the GIHS ethos by focusing on the holistic approach and supporting them at each stage of psychosocial, emotional, and spiritual growth. Students who feel secure in their learning environment are more likely to show improvement in both social confidence and academic learning. That's why we embed wellbeing into our school vision, as well as in our curriculum, so that our students have the opportunity to explore and negotiate any difficulties or challenges that they anticipate or are experiencing.

Overall, our Wellbeing Program helps to understand and prepares our students to be **receptive to the world with confidence**. The key pillars of the Wellbeing Program is to:

- enhance a sense of belonging and connectedness to the school
- explore self-image

- develop social and emotional capabilities
- develop an awareness of mental health issues
- Use restorative practices to build and maintain healthy relationships.
- **enhancing resilience**, such as being independent, taking risks, and self-acceptance
- refining individual decision-making capabilities
- building negotiating skills for relationships and friendships
- developing self-esteem and confidence
- imparting and actively practicing our values

Purpose of the GIHS WELLBEING PROGRAM

We are committed to ensuring that we nurture a **positive atmosphere for the entire Gulf Indian High school community**. With regards to students in our care, we nurture their growth into healthy adults, by ensuring that they:

- Stay safe
- be healthy and happy
- enjoy and achieve
- make a positive contribution
- achieve emotional and mental health well-being

There is a structured Wellbeing program which runs every Wednesday and daily with a wellbeing tip and regular wellbeing activity session in the assembly. Each wellbeing session is made up of a 15-minute program which cover different wellbeing areas according to the continuum of the Wellbeing Program.

GIHS WELLBEING WHEEL



- **Be Active**
- **Mindfulness**
- **Happiness**
- **Giving**
- **Healthy Food**
- **Connecting**
- **Positive Learning**
- **Planet Care**

Student Wellbeing in the GIHS takes on a more holistic approach and is a part of every classroom and teaching session. Activities such as meditation and Teamwork time are used extensively to help students recognize and manage their own wellbeing.

At GIHS we encourage our students to:

- Be able to form and maintain relationships with others
- Be able to enjoy life
- Be open to learning
- Be able to develop a sense of right and wrong
- Be adaptable to change
- Be able to develop the resilience to manage ordinary setbacks
- Be able to talk about their emotions

At GIHS we ensure that the whole school community:

- Is involved in promoting positive mental health and wellbeing

- Is valued for the role it plays in promoting positive mental health and wellbeing
- Contributes towards the ethos of the school

GIHS Healthy Lifestyle Program

In the Curriculum, we regard health education as a whole-school issue, and we ensure that opportunities to teach the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education is an important part of our school's curriculum and the importance of balanced nutrition and healthy food choices are taught throughout the school. We also promote healthy eating through the informal curriculum. We encourage students to participate in school games, clubs and sports, and so learn the benefits of a healthy lifestyle. We organize school visits to outdoor spots and provide opportunities for students to explore the natural world.

Objective of Healthy Lifestyle Program:-

1. To help students know and understand the importance of food and drink in a healthy lifestyle.
2. To help students know and understand the importance of living an active lifestyle.
3. To help students know and understand how they can take steps to improve their overall mental wellbeing.
4. To give students the skills they need to make the right choices.
5. To promote the physical and emotional well-being of all our students.
6. To improve the health of students, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet.
7. To ensure a safe, hygienic, learning environment for students.
8. To ensure students are well nourished at school and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

GIHS provides effective learning and teaching within secure, well-managed environment, **in partnership with parents and the wider school community.**

The objectives and outcomes that follow therefore relate to:

- Effective learning and teaching.
- Positive climate and good discipline.
- Community participation.

The Role of the Governing Body

The Governing body form the school's accountable body. They are responsible for the conduct of the school and for promoting high standards. The Governing Body aims to ensure that children are attending a successful school that provides them with a good education and supports their wellbeing.

The Governing Body:

Sets the strategic direction of the school by:

- Setting the values, aims and objectives for the school
- Agreeing the policy framework for achieving those aims and objectives
- Setting challenging goals and targets
- Agreeing the school improvement strategy, which includes approving the budget and agreeing the staffing structure

Challenges and supports the school by monitoring, reviewing and evaluating:

- The implementation and effectiveness of the policy framework
- Progress towards targets
- The implementation and effectiveness of the school improvement strategy
- The budget and the staffing structure

GIHS Wellbeing Policy should be read in conjunction with the following policies:

- Child Protection and Safeguarding
- Health and Safety
- Behavior and Discipline Policy
- Anti-Bullying and Cyber Bullying Policy
- Fire Safety Policy
- Field Trip Policy