

Al Ittihad Private School Mamzar



Well Being Policy AY 2024-2025

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IPS Mamzar Well-being Policy

I. INTRODUCTION

At **IPS Mamzar (IPSM)**, we are committed to fostering an environment that prioritizes the **well-being** of our students and staff. Well-being encompasses **physical, mental, emotional, and social health**, which are essential for **personal growth, learning, and success**. This policy outlines our commitment to promoting well-being across the school community.

1.1 Purpose

The purpose of this policy is to:

- Establish a **framework** that integrates well-being into school culture.
- Promote **mental, emotional, and physical health** among students, staff, and parents.
- Provide **strategies** to ensure a **positive, safe, and nurturing** learning environment.

1.2 Scope

This policy applies to:

- **All students** enrolled at IPSM.
- **School staff**, including teachers, administrators, and support staff.
- **Parents and guardians**, as partners in student well-being.
- **School visitors and external partners** engaged in well-being initiatives.

1.3 Objectives

The well-being policy aims to:

- **Promote a culture** that values and prioritizes well-being.
- **Encourage awareness** about physical and mental health.
- **Strengthen relationships** and create a sense of belonging in the school community.
- **Provide a safe space** for students and staff to discuss well-being concerns.
- **Implement programs that foster well-being education and support.**

1.4 Alignment with UAE and ADEK Guidelines

Our well-being policy aligns with:

- UAE laws on student welfare and education.
- Abu Dhabi Department of Education and Knowledge (ADEK) regulations.
- The KHDA (Knowledge and Human Development Authority) well-being framework, ensuring student-centered, strengths-based, and community-inclusive approaches.

1.4.1 Legal Compliance

This policy adheres to **UAE laws, ADEK regulations, and KHDA well-being standards.**

1.4.2 Policy Updates & Review

IPSM reserves the right to **revise this policy** to reflect regulatory changes.

1.4.3 Implementation & Enforcement

The school is committed to well-being but is **not liable** for factors outside its control.

1.4.4 Confidentiality & Support

Well-being concerns will be handled **confidentially** by authorized personnel.

1.4.5 Acknowledgment

By engaging with **IPSM**, all community members **commit to upholding** this policy.

II. VISION

Our vision is to cultivate a **supportive school culture** where every student and staff member feels **valued, safe, and empowered** to pursue personal and academic excellence.

Well-being Philosophy at IPSM

At IPSM, well-being is at the **heart of education**. A **healthy mind and body** lead to academic success, emotional stability, and **strong social connections**.

IPSM Well-being Slogan: "Your Well-being Matters"

Our slogan, "**Your Well-being Matters**," represents our commitment to:

- Creating a **safe, inclusive, and nurturing** school environment.
- Supporting **mental health, personal growth, and emotional resilience**.
- Encouraging a **balance between academic success and personal well-being**.

III. KEY PRINCIPLES

IPSM follows **five guiding principles** to enhance student and staff well-being:

3.1 Student and Family-Focused Approach

- Recognizing that each student's **well-being journey is unique**.
- Understanding the role of **family and community** in shaping student experiences.

3.2 Strengths-Based Perspective

- Focusing on **individual strengths** rather than deficits.
- Encouraging students to **develop resilience and self-confidence**.

3.3 Equity and Inclusion

- Creating an **inclusive learning environment** for all students.
- Ensuring **fair and equal access** to well-being resources.

3.4 Diversity and Well-being

- Valuing the **diverse cultural backgrounds** of students and staff.
- Recognizing diversity as a **key contributor to student growth**.

3.5 Community-Centered Approach

- Engaging **teachers, students, parents, and school staff** in well-being initiatives.
- Promoting a **collaborative approach** to emotional and mental well-being.

IV. IMPLEMENTATION

4.1 Well-being Awareness Programs

- Conduct **workshops, campaigns, and initiatives** on mental health, stress management, and self-care.

4.2 Physical Health and Mental Well-being Initiatives

- Encourage **physical activity and healthy eating**.
- Provide **mental health resources**, such as counseling and peer support groups.

4.3 Establishment of a Well-being Committee

- A **dedicated team** will oversee and evaluate well-being initiatives.
- Members include **students, teachers, counselors, and administrators**.

4.4 Classroom Integration of Well-being Education

- Incorporating **social-emotional learning (SEL)** in daily lessons.
- Training **teachers** to support student well-being in classrooms.

4.5 Teacher and Staff Support & Training

- Provide **professional development** on well-being strategies.

- Support teachers in **handling student well-being concerns**.

4.6 Student Engagement in Well-being Activities

- Encourage **peer support groups and student-led initiatives**.
- Organize **extracurricular activities** promoting well-being.

V. INVOLVING PARENTS AND GUARDIANS

5.1 Workshops & Seminars for Parents

Sessions on **mental health awareness, stress management, and digital well-being**.

5.2 Information Sharing & Communication

Newsletters, brochures, and online platforms will provide updates on well-being.

5.3 Parental Involvement in Well-being Initiatives

Parents will be invited to **school programs, events, and discussions**.

5.4 Building a Collaborative Support System

Strengthening **home-school communication** on student well-being.

VI. GLOSSARY

Well-being

Well-being refers to a **state of overall health and happiness**, encompassing **physical, mental, emotional, and social well-being**. It includes feeling **safe, valued, and supported** in daily life, both academically and personally.

Mental Health

Mental health is a **person's emotional, psychological, and social well-being**. It affects how individuals **think, feel, and behave** in different situations. Good mental health enables people to **cope with stress, build relationships, and make decisions** effectively.

Resilience

Resilience is the ability to **adapt and recover** from challenges, stress, or adversity. A resilient individual can **bounce back from setbacks, manage emotions, and develop coping strategies** to maintain well-being.

Inclusion

Inclusion is the practice of ensuring that **all individuals, regardless of background, ability, or differences, feel welcomed, respected, and supported**. In an inclusive school environment, **every student has equal access to learning, opportunities, and resources** to reach their full potential.

VII. DISCLAIMER

DISCLAIMER

This policy was developed by Al Ittihad Private School – Mamzar . It is intended for use exclusively by school staff and students. Any external use, whether in whole or in part, requires management approval. Any exceptions to this policy must also be approved in advance by the school management.

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