



IPS MAMZAR WELL-BEING POLICY

2025-2026

Contents

1. Introduction	2
2. Vision	2
3. Our Commitment to Well-being	2
4. Objectives	2
5. Key Principles	2
6. Implementation	3
7. Monitoring and Review	3
8. Conclusion	3

1. Introduction

At IPSM, we are committed to fostering an environment that prioritizes the well-being of students, staff, and parents. We recognize that well-being encompasses physical, mental, and emotional health, and is essential for personal growth, learning, and overall success. This policy outlines our dedication to promoting well-being throughout our school community.

2. Vision

Our vision is to create a school culture where every member of the community feels valued, safe, and supported in their well-being journey. We aim to provide a nurturing environment that enables students, staff, and parents to thrive academically, emotionally, and socially.

3. Our Commitment to Well-being

We are dedicated to upholding the well-being standards set by the Knowledge and Human Development Authority (KHDA) and the Council of International Schools (CIS). At IPSM, we view well-being as a fundamental right for all members of our community.

We believe in a holistic approach that enhances student well-being while also supporting parents and staff, recognizing that a thriving school community is essential for student success.

IPSM Well-being Slogan: *“Your Well-being Matters”*

This motto reflects our belief that well-being is not only a priority but also the foundation upon which all achievements are built.

4. Objectives

The well-being policy aims to:

- Promote a positive school culture that values and prioritizes well-being.
- Build awareness among students and staff to maintain physical and mental health.
- Foster strong relationships and a sense of belonging for all.
- Encourage open communication and provide safe spaces for discussing concerns.
- Implement initiatives that promote well-being education and awareness.

5. Key Principles

Our approach is guided by the following principles:

- a. Student and family-focused: Recognizing each student's individuality, personality, and context, including family and community influences.
- b. Strengths-based: Building on individual and community strengths rather than focusing on deficits.
- c. Equitable: Ensuring an inclusive learning culture that supports equity for all.
- d. Diverse: Valuing diversity as a key driver of student well-being.

- e. Collectivist: Recognizing that every member of the community contributes to and benefits from well-being development.

6. Implementation

To embed well-being into daily school life, IPSM implements the following:

- a. Awareness & Education: Programs on resilience, stress management, digital safety, and healthy lifestyles.
- b. Healthy Living: Promotion of physical activity and balanced nutrition through curriculum and community events.
- c. Well-being Committee: A representative group of leaders, teachers, parents, and students to oversee and evaluate initiatives.
- d. Communication & Support: Open, confidential channels for reporting concerns and accessing counseling.
- e. Curriculum Integration: Embedding Social and Emotional Learning (SEL) and well-being into lessons.
- f. Teacher Resources & Support: Tools and strategies to foster positive, nurturing classrooms.
- g. Professional Development: Ongoing training for staff on mental health, well-being, and SEL.
- h. Student Voice & Engagement: Opportunities for students to contribute to discussions, projects, and initiatives.
- i. Parent Engagement: Workshops, resources, and sessions to empower parents in supporting well-being at home.

7. Monitoring and Review

This policy will be reviewed regularly to ensure effectiveness. Feedback from students, staff, and parents will be actively sought and incorporated into the review process.

8. Conclusion

At IPSM, the well-being of students, parents, and staff is central to our mission. This policy reflects our commitment to creating a supportive, nurturing environment where every individual can flourish. Together, we will continue to prioritize well-being as the foundation of success and growth for all.