

Pakistan Islamia Higher Secondary School Sharjah



Well-Being Policy (2024-2025)



Thriving, Flourishing, and Cultivating a Safe Environment

Why Mental Health and Well Being is Important?

At PIHSS, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and care givers), and recognize how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognize that children’s mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. All children go through ups and downs during their school career and some face significant life events. Health and wellbeing is everyone’s responsibility and we encourage an open and honest culture whereby anyone can discuss any issues they may have.

Our Core Values

Day-to-day positive interactions

Promoting a culture of respect and Empathy

Develop self-esteem and self-worth

Aims of the Policy

Our aim is to help develop the protective factors which build resilience to mental health problems and to be a college where:

- Everyone is valued as unique individuals Everyone feels a sense of belonging and feels safe
- Everyone knows they are able to talk openly, if they choose, about things that effect their mental health and wellbeing without feeling any stigma
- Positive mental health is promoted and valued Respect and tolerance is expected
- Everyone is supported to access help

Principles of Well Being at PIHSS

PIHSS has strong principles about well being of the whole school

Physical Well Being	<ul style="list-style-type: none">• Ensure a safe and clean physical environment.• Encourage regular physical activity among students and teachers.• Promote healthy eating habits through nutritious meal options.
Emotional Well Being	<ul style="list-style-type: none">• Implement programs that focus on emotional intelligence and resilience.• Provide access to counseling services for both students and teachers.• Foster a supportive and inclusive atmosphere to address emotional needs.
Social Well Being	<ul style="list-style-type: none">• Encourage positive social interactions and teamwork.• Promote a sense of belonging within the school community.• Implement anti-bullying measures and conflict resolution programs.
Teachers' Professional Well Being	<ul style="list-style-type: none">• Provide professional development opportunities for continuous growth.• Establish a supportive feedback system for teacher performance.• Encourage a healthy work-life balance and manage workload

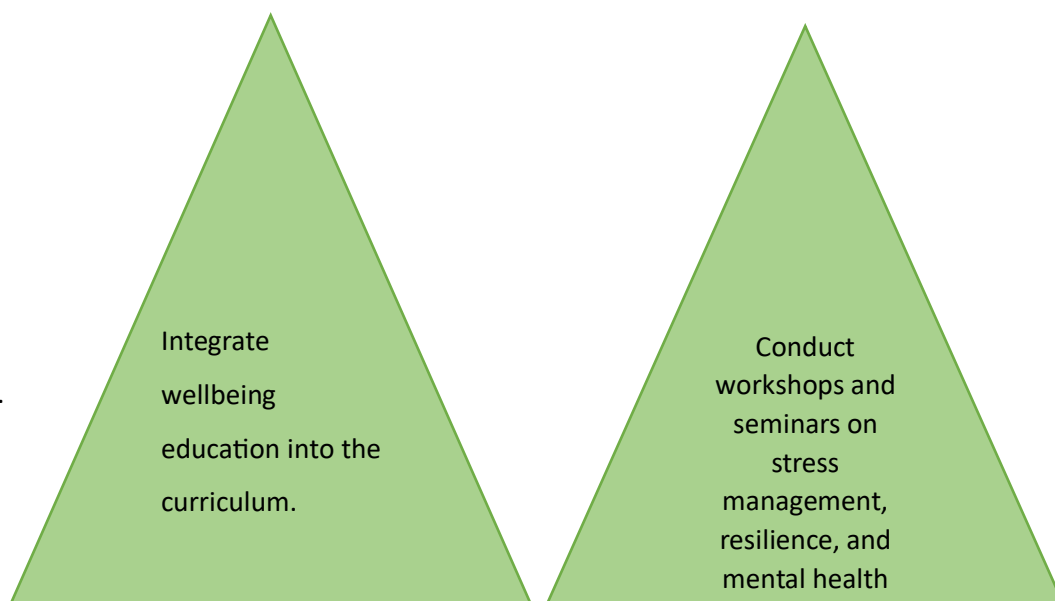
Expectations in Classrooms

In the classroom we would expect to see:

- ✓ Lessons that are creative, purposeful and contextual.
- ✓ Lesson plan is personalized and annotated.
- ✓ When planning work for children with special educational needs (SEN), we give due regard to information and targets contained in the student's Personalized Learning Plans (PLPs).
- ✓ Learning intentions and success criteria are shared and referred to throughout the lesson.
- ✓ Pace that enhances learning and maintains positive engagement.
- ✓ Dialogic talk. There should be opportunities in the lesson to ensure children share their opinions with peers and collaborate.
- ✓ High level questioning. It could be differentiated as per the needs of the students. WSF Teaching and Learning Policy
- ✓ Progress checks to ensure students achieve during the lesson

How do We Implement Our Policy?

Educational Programs



Taking Health and Safety Measures

Provision for regular safety
and hygienic facilities

Regular Health checkups of
Students and Teachers

Adherence to safety
protocols and emergency
procedures

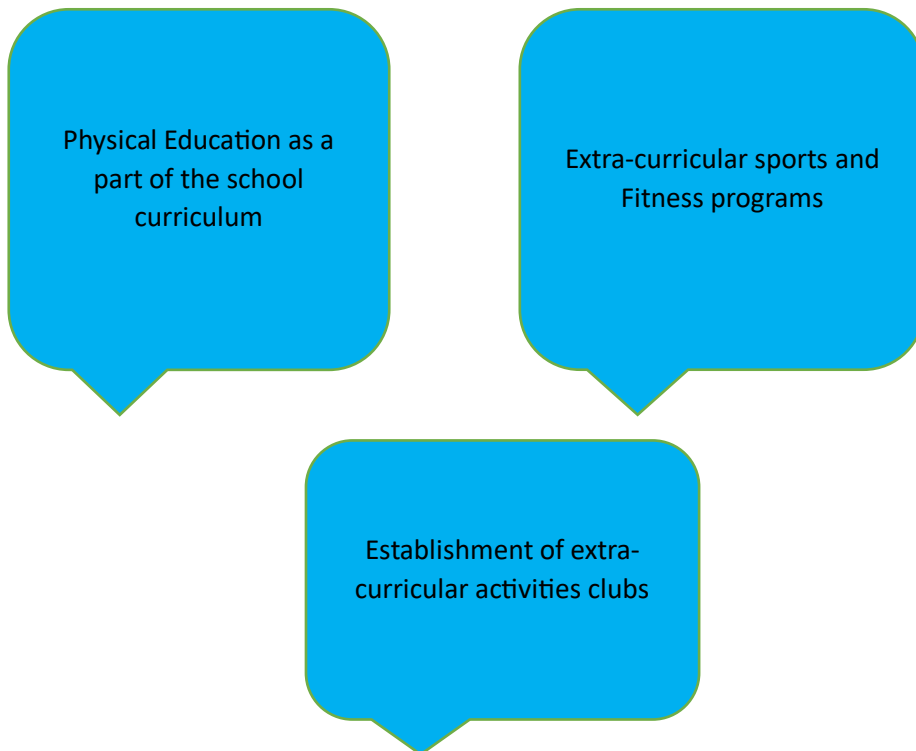
Counseling and Support

Qualified Counselors

Confidential Reporting of
concerns

Availability of Mental health
Resources

Physical Activities



Monitoring of Well Being and Evaluation

- ✓ Regularly assess the effectiveness of wellbeing programs.
- ✓ Seek feedback from students, teachers, and parents to identify areas of improvement.
- ✓ Monitor indicators of wellbeing, such as attendance, academic performance, and teacher satisfaction.

Policy Review

This Wellbeing Policy will be reviewed annually to ensure its relevance and effectiveness. Amendments may be made based on feedback, changes in the school environment, or emerging best practices in wellbeing. This policy reflects our commitment to creating a positive and supportive environment for the holistic development of both students and teachers at Pakistan Islamia Higher Secondary school.
