



# RUSSIAN INTERNATIONAL SCHOOL

Academic Year 2023 – 2024

## WELLBEING POLICY

*The Wellbeing Policy includes the key points of the KHDA and DHA Protocols for the Private Schools in Dubai.*

### **Wellbeing is supported by:**

- School Board
- School Management
- Wellbeing School Committee
- Health and Safety Committee
- SoD Team
- Parents Council
- Students Council

### **RIS promotes Wellbeing through:**

- **academic, mental, physical, social and emotional development of Students, Parents and Teachers**

### **RIS strives for healthy development with core values:**

- Health Awareness throughout the academic year;
- Strong relationships between Students, Parents and Teachers;
- Cooperation with Health, Educational and Public Communities;
- Students' progress, achievements, competencies or challenges.

### **RIS Wellbeing Objectives:**

- Social Inclusion of all Students (*for all Educational Models of Teaching and Learning*)
- monitoring established channels of communication between Teachers, Students, Parents
- commitments / timelines / learning experience
- psychological support
- peers' relationship
- School-Families Partnership
- Students of Determination Welfare; Academic and Behavioral Performance
- Students Emotional-Wellbeing Surveys
- Parents Wellbeing Surveys

### **RIS Wellbeing Protective Factors include:**

1. Positive relationships with Peers and Teachers
2. Positive Teacher Classroom Management strategies
3. Positive Behavior Management practices with Parents
4. Safety at school through a positive school atmosphere based on specific principles outlined in “Child Protection Policy”, “Anti-Bullying Policy”, “E-Cyber Safety Policy”, “Health and Safety Policy”
5. Social and Emotional learning including the development of self-awareness, self-management and responsible decision-making skills
6. Fostering expectations, achievements and providing opportunities for success
7. Wellbeing of School Personnel
8. Stress Management strategies that may be linked to school work/stress-related situations

### **We aim to be a School where:**

- **Everyone feels safe, happy, supported, important and valued**
  - a) School Psychologist Support
  - b) Health and Safety Team Support
- **Teaching and Learning is creative, encouraging and challenging**
  - a) Inclusive Approach
  - b) SoD Wellbeing Support
  - c) Individual Support

### **The School Wellbeing is implemented in Key Areas:**

1. Curriculum (Teaching and Learning)
2. Culture and Environment
3. Relationship and Partnership

### **Educational Provision of Curriculum for Wellbeing:**

- Curriculum Delivery is as per:
  - *Student’s needs*
  - *Parents preferred choice*
  - *Child’s wellbeing/medical scenario/SoD/financial challenges*
  - *Curriculum balance with opportunities for intellectual, physical and social development/cognitive learning potential/behavioral/emotional/health needs/expected outcome*
  - *Social Inclusion/success academically, behaviorally, and socially.*

## **Culture and Environment Principles for Wellbeing Promotion:**

- Healthy Routines and Behavior School Code including preventive measures
- Tolerance and Empathy in a multicultural environment
- Healthy food and the importance of exercising
- Clean Study/Work Areas

## **Relationships and Partnerships for Wellbeing Promotion:**

- **Students' Leadership/Initiatives through:**
  - a) Students Wellbeing Survey
  - b) Students Senior Council
  - c) Students Junior Council
  - d) Students Safety Council
  - e) Students Scientific Council
  - f) Students Ecological Council
  - g) Students Literature Council
- **Gifted and Talented Wellbeing:**
  - a) School Program for Gifted and Talented
  - b) Emphasis on praise for efforts and achievements
- **Support for SoD Wellbeing:**
  - Wellbeing Coordinators' and Psychologist's Support for SoD
  - Subject Teachers' Support based on IEP/Differentiated Approach
  - Inclusion Support Team Cooperation with Parents
  - Subject Teachers' Progress Monitoring with Follow Up
  - Feedback for Students of Determination
  - Flexible Support Time Table for Students of Determination
- **Medical and Psychological Support for Wellbeing related to:**
  - child abuse/child bullying
  - peer's relationships/sexual – gender education
  - harmful habits addiction (drinking/smoking/drug awareness)

## **Wellbeing Team / School Clinic / Health and Safety Team coordination is:**

- to identify students who show signs of concern (behavioral, bullying...)
- to ensure Counselling to both Students and their Parents as needed
- to conduct case log-in detailing reports followed by counselling sessions
- to provide crisis management services
- to provide counselling for SoD students to develop their social and emotional skills
- to advocate for Students' best interests and welfare
- to collaborate with authorized communities
- to regularly conduct the anti-bullying campaigns within the School

- to implement all School Policies in order to promote positive behavior, health and safety
- to raise awareness of mental, physical, emotional wellness among Students, Parents and Teachers.
- **Parents Council meeting with School Management for Wellbeing at RIS:**
  - Channels of communication with Parents
    - Hotline Whats App: +971-50-613-60-91
    - Tel. Administration: +971-4-264-15-15
    - Email: parents.ris@dubairuschool.com

### **E-Cyber Wellbeing Promotion:**

- Safeguarding;
- Official School Learning Platforms;
- Cyber-Safety monitoring;
- Child Protection monitoring;
- Inclusion for all the Students;
- Health and Safety channels of communication with Students.

*Promoting a healthy lifestyle is integral to the School curriculum. RIS role is ensuring the academic, mental, physical, social and emotional Wellbeing for Students, Parents and School Staff.*