



مدرسة البراعم العامة Buds Public School

Wellbeing Policy

Purpose

Buds Public School is committed to ensure that we create a positive atmosphere for our students. The safety and welfare of our students are of the utmost importance, and therefore a part of this commitment is taking steps to proactively safeguard the mental and physical wellbeing of every student at BPS.

This Policy mainly aims to:

- To help students know and understand how they can take steps to improve their overall mental wellbeing.
- To help students develop the skills they need to make the right choices.
- To create an enthusiastic and engaged learning community.
- To design teaching and learning that is personalised, creative, challenging and fun.
- To create a sense of mutual respect, care and responsibilities shown to everyone in school.
- To promote the physical and emotional wellbeing of all our students.
- To ensure a safe, hygienic, learning environment for students

Promoting Emotional Health & Wellbeing

BPS promotes wellbeing in students through:

- Selection of student council representatives, student wellbeing coordinators.
- Regular meetings with the student leadership team.
- SMILE Programme – Student Mentorship in the Lower End.
- School based programs which are linked to the curriculum to promote student Wellbeing and happiness.

Roles and Responsibilities

The qualified health care professionals will be available to diagnose and treat health conditions, whether psychological or physical. As a community of educators, it is our responsibility to support and safeguard our students, staff and parents' health and wellbeing through the appropriate channels.

The School Senior Leadership Team (SLT) will:

- Regularly review this policy and update.
- Ensure that continuous development programmes are organized to enhance the wellbeing and safety of students across the school.

Designated Safeguarding Leads (DSL) will:

- Ensure that mental and physical wellbeing considerations are embedded within safeguarding and child protection practice, including environmental and social factors that form part of the provision's contextual safeguarding approach.
- Ensure that all staff understands their safeguarding duties about mental and physical wellbeing
- Regularly review systems for supporting good mental and physical health and wellbeing within their provision.

School Counsellor will:

- Support students and staff to cope with anxiety and other stressful situations.
- Identify students who are in need of counselling support and provide it at the right time.
- Implement the DREAMS programme- Developing Resilience and Enhancing Anxiety Management Skills.

Monitoring and Review

This policy will be reviewed by Ms. Sangeetha K.U – Head of Inclusion. At every review, the policy will be approved by Mr. Donald Weilson – Principal

Effective and revision dates

This policy is effective from April 2023 and will be reviewed in March 2024.