



RADIANT INDIAN SCHOOL FOR GIRLS & BOYS - SHARJAH

WELL-BEING POLICY

Introduction:

Radiant school firmly committed to providing high quality education to our students at all levels. With the increased use of the Internet for education, the safety of the children using the online applications is a priority with the school. The school recognizes three main stakeholders in the process of distance education and face to face education. These are the Students, Staff (teachers) and Parents.

Radiant school aims to achieve 100 % well being –physically, emotionally and socially.

Aims:

- 1. MAKE STUDENTS CONNECTED.**
- 2. KEEP LEARNING**
- 3. BE ACTIVE**
- 4. TEACH STUDENTS ABOUT ACTS OF SERVICE**
- 5. MINDFULNESS.**

WELL BEING POLICY AT RADIANT SCHOOL:

SOCIAL WELLBEING:

Radiant School promotes safe and good internet practice amongst its staff and students. While the safety of all the concerned stakeholders is of prime

importance to the school, the below are the responsibilities of each of the stakeholders.

Students:

- The school has various platforms through which instruction is imparted. Students are required to use these platforms exclusively for the purposes of their study. These are Zoom Meetings and school portal. (These are subject to change based on the utility of the platform).
- Students will not make comments on Social Media or any other public platforms about the individual teachers.
- Students are not allowed to record, or photograph any lessons, interactions or activities.

Staff:

- Staff will use authorized school platforms only for the purpose of Distance Education. These include Zoom Meetings and school portal. (These are subject to change based on the utility of the platform).
- Only authorized IDs and passwords issued or approved by the school will be used.
- Staff will not share IDs and passwords issued by the school.
- Class will be conducted in a respectful and courteous manner, ensuring that no foul language is used.
- Teachers will check any resources being used in the classroom to ensure that it does not contain any objectionable, offensive or obscene content.
- Teachers will communicate with parents through designated channels set by the school only.

PARENTS:

- It is recommended that parents find out what their wards are doing online when they are not in the Class.
- Use Parental Controls on the sites that are regularly used.
- It is recommended that parents use Children Safe search engines or remain present at the time that their children are conducting a search on the internet.
- Limit your child's time online after Class.

They are requested to go thru the channels set up by the school to request a meeting with the teacher for the same.

ROLE OF THE COUNSELLER:

The Role of the Counsellor Counsellors and wellbeing support staff should have appropriate knowledge of how to communicate with and support all members of the school community and demonstrate an understanding of their circumstances. School counselor with her counselling skills and, ideally, mental health first aid training. Crucially, ensure that students understand that there is help for them.

ROLE OF THE CLASS TEACHER:

Class teachers are ultimately responsible for the social and emotional wellbeing of the children in their class and need to set up systems within their classes whereby emotional support is available to them. This may be through circle time, worry boxes or other 'talk' time systems. If class teachers feel children need further support, they are to discuss this with parents and students counselor.

Our Senior Leadership Team is responsible for supporting the class teachers as necessary in promoting the wellbeing of the children at Radiant school.

ROLE OF THE SCHOOL NURSE:

Periodically assessing the children's height and weight's

Routing eye checkups, conducting health work shops periodically.

PHYSICAL WELLBEING:

Physical well-being is taken care at the during the first period or during the P.E period of the class by the class teacher, or student's counselor. During this time: —
At the beginning of each class, a 2-minute eye and head exercise recorded video is posted by the subject teacher for students to follow.

The school will encourage parents' efforts to provide a healthy diet and daily physical activity for their children.

1. Educate about the biology of stress: what stress is; how it affects us (each somewhat differently); recognizing symptoms; simple strategies to deal with each of the three categories of negative stress.
2. Ensure that no students or staff think stress is a weakness. Encourage openness and respect.
3. Reinforce the message that relaxation is not a luxury but essential for wellbeing and improves performance. Managing stress is as important a part of health and wellbeing as eating the right (and right amount of) food, having physical exercise and good quality sleep.
4. Teach instant calming strategies such as belly-breathing. This is sometimes called diaphragmatic breathing or abdominal breathing and refers to the fact that when we are stressed our breathing tends to become shallow and move to the upper chest. If we can learn to shift our breathing towards the abdomen, we immediately notice less tension and we feel better. Although it is simple, students should

practice this so that it is easy to activate at moments of extreme stress or in a panic attack.

5. Provide 'time-out' every day and encourage students to build this into their own day/evening. For some, this will be a place where there is peace and quiet; for others it will be somewhere they can let off steam with physical activity.

6. Be deliberate about this time-out: when we expect a result, we are more likely to notice and experience it; so, if we take a break, do some exercise, read a book deliberately as a stress management activity, we are likely to experience greater benefit than if we were not so conscious and deliberate.

7. Provide good sleep education . Understand the importance of sleep and how it is not only essential for mental and physical health and wellbeing but also for learning. Direct students to good advice about 'sleep hygiene', the term used to describe the things we should and should not do in the hour or so before sleep.

8. Emphasise the importance of a quiet, technology-free hour before bedtime.

9. Encourage daily exercise for pleasure: something each student can enjoy, whether team sport or solo exercise, energetic or not.

HEALTH AND NUTRITION:

School clinic staff conducts health awareness program during lessons. School nurse will continue with her sessions on 'Stay safe. Stay Healthy' for various classes of students.

Conducting workshop on health, celebrating health week, etc.

EQUAL OPPORTUNITIES:

The school recognizes the value of, and seeks to achieve, a diverse school community which includes people from differing backgrounds, with different skills and abilities. The school will take positive steps to create school culture through its governing body, managers and other employees, in which people can feel confident of being treated with fairness, dignity and tolerance, irrespective of their individual differences. This commitment extends to the whole school community and others connected with it. The school is committed to the elimination of unlawful discrimination and to the promotion of good relations between all.

LINKS TO OTHER POLICIES:

This policy links to our policies on Safeguarding, Anti-Bullying.

MONITORING AND REVIEW:

This policy has been discussed and agreed by the teaching staff and leadership teams for implementation.

