



DELHI PRIVATE SCHOOL, AJMAN

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WELLNESS POLICY

Objectives of the Policy

Delhi Private School, Ajman ensures that an atmosphere to support learning will be maintained at all times for every DPSite.

- A safe and conducive learning process will be provided to every student.
- Every member of the staff will be adequately supported professionally to provide a positive learning environment.

Responsibilities

- All governors, teaching staff, and parents of DPS Ajman should respect and encourage the wellbeing of students in remote learning at all times.
- All governors, teaching and non-teaching staff of DPS Ajman should know the importance of wellbeing policy for students and ensure that the wellbeing of the students is taken care of and to report if any mental health issues are brought to their notice.

Focus Areas

- Wellness policies are an important tool for parents and school staffs in promoting student wellness, preventing and reducing childhood obesity and providing assurance that the school educate the students about their nutritional intake and the need of regular exercise. The goal of nutrition education is the development of healthy eating habits among students. Promoting student health and nutrition improves readiness for learning and increases potential for achievement.

- The School management shall appoint a Wellness Committee comprising of student counsellor, special educator, a teacher and Senior Leadership Team members. The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for maintaining compliance with the Wellness Policy.
- Children need access to healthy food and opportunities to be physically active in order to grow, learn, and thrive. Good health nurtures students' concentration and memory power. We, at DPS Ajman will make sure that the students are healthy and fit by including physical education period in the distance learning classes as obesity rates have doubled in children and tripled in adolescents over the last two decades, due to physical inactivity and excessive calorie intake.
- Class teachers will socialize and communicate with the students during home period to identify the issues that the students face because of the remote learning classes and will also promote and protect children's mental health and well-being.
- Counsellors will regularly intervene when any incidents affecting wellbeing have been notified by the teachers. Classes on wellbeing and mental health will be given to parents as well as students on a regular basis. Counsellors will also plan for a wellbeing activity sheet for a month to encourage the students to be active and to enjoy family time.
- School management will make sure that regular intervals are given between online classes for the students to relax and to reduce screen time. They will also encourage students to take healthy snack during the break. Brain gym exercises will be given during classes to ensure that the students are calmed down and not pressurized.
- Ensuring strong family bonding is the need of the hour at a time when the world is moving towards social distancing. Activities based on family oriented activities such as *Story Telling, Making it Together* will be practiced to ensure this.
- Boosting teacher morale is a great motivator in achieving effective teaching and learning results. Recognition of the Teacher of the Month for the one who walks the extra mile with innovative ideas and adds a great value to the growth of DPS will be a great motivating factor.

- Students who are being referred through the Pastoral Form with behavioural or social issues will be referred to the counsellor for further guidance.
- All policies will be shared with teachers to make them aware of the overall well being procedures followed at DPS.

Point of Contact in the School

In case the students/parents face any mental health or wellbeing issues, the following people may be contacted.

- i. Class Teacher
- ii. Mr. Christy Cherian (counsellor@dpsajman.com) (+971543862341)
- iii. Ms. Shajidha Kareem (specialeducator@dpsajman.com) (+971569777986)

Concerns may also be shared with the following SLT members

- iv. Ms. Anu Thomas, Supervisor Sr. School (sr.supervisor@dpsajman.com)
- v. Ms. Khadeeja, Headmistress (hm@dpsajman.com)