

## Mental Health and Well-being Policy

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### **School Vision:**

Our vision is for all students to develop at Woodlem Park School as independent learners with self-belief and respect for others with a lifelong love for learning and a strong foundation for future success.

### **School Mission:**

At Woodlem Park School we value every student. We work together as a community to ensure that students develop well in all aspects of learning so that they are equipped to face the opportunities and challenges of the 21st century wherever they may be.

### **To Do This:**

We provide the best possible learning opportunities in academic subjects, personal development, moral values, and life skills. Staff members and students work together in a spirit of cooperation and mutual harmony.

### **Introduction:**

The Teaching and Learning Policy Is a statement of how students are enabled to learn and how teachers are empowered to impart knowledge. In an endeavor to ready K-10 students for the 21st century, teachers are required to fuse the 3 Rs- reading, writing and arithmetic with the 6Cs:

- Creativity and innovation
- Critical Thinking and problem Solving
- Communication
- Collaboration
- Citizenship and culture
- Character education and connectivity

### **Preamble:**

Mental health is a fundamental aspect of overall well-being, encompassing emotional, psychological, and social wellness. According to the World Health Organization, mental health is defined as a state where individuals recognize their abilities, manage normal life stresses, work productively, and contribute to their community.

At Woodlem Park School, we are dedicated to fostering positive mental health and well-being among our students, their families, staff, and governors. We recognize that mental health significantly impacts all facets of life, including behavior, learning, and social interactions.

### **Aim**

The aims of this policy are to:

Enable children to understand and manage their emotions effectively.

Encourage a supportive environment where children feel comfortable expressing concerns or worries.

Assist children in forming and maintaining healthy social relationships.



Promote self-esteem and ensure children understand their value.  
Encourage confidence and individuality in our students.  
Foster resilience and perseverance in the face of challenges.  
Cultivate a 'Growth Mindset' among students.  
Implement activities and a well-being calendar for the well-being of students, staff, and parents.

The policy seeks to achieve the following outcomes:

- Develop resilient, happier, and more motivated students and staff.
- Enhance student engagement in the learning process.
- Improve concentration and learning capabilities in students.
- Elevate standards across all subjects, including literacy and numeracy.
- Boost overall student attainment.
- Enhance the effectiveness of teaching.
- Increase parental and carer involvement in school life, learning, behavior, and attendance.
- Foster high self-esteem and confidence in students.
- Ensure students have a voice in school matters.
- Promote engaged and motivated learners.
- Maintain good behavior, attendance, and concentration.
- Encourage positive peer relationships.
- Maintain high morale among students and staff.
- Support staff well-being, leading to lower absenteeism.
- Cultivate a stable, content, and consistent workforce.
- Establish positive and effective relationships between students and staff.

### WELL-BEING TEAM



Mr. Joseph Sebastian  
Head of Well-being



Ms. Jwalria Saleem  
Principal



Ms. Hazrabee Shaikh  
Vice Principal



Ms. Lavita Mascarenhas  
Head of Grades 9 & 10



Ms. Madhu Hanshetti  
Head of Grades 5 to 8



Ms. Kavita Joshi  
Head of Grades 1 to 4



Ms. Sneha Gosavi  
Head of Kindergarten



Dr. Arti Goel  
Head of Curriculum



Ms. Dhanalatha  
Head of Teaching and Learning



Ms. Namrata Purohit  
Head of Assessment



Ms. Dinu Lipin  
Counsellor  
Grades 9 & 10  
Kindergarten



Ms. Suha Shafeel  
Counsellor  
Grades 5 to 8



Ms. Reshma Praveen  
Counsellor  
Grades 1 to 4



Dr. Lija Jayan  
School Doctor



Ms. Jyolsna V George  
Head Nurse



Ms. Nada Nisumon  
Student Ambassador  
for Health & Wellbeing  
Grade 9



Ms. Arfa Sakib  
Prefect Health  
and Wellness  
Grade 8



Ms. Samridhi Rajan  
Prefect Health  
and Wellness  
Grade 4

## Strategies

**Curriculum Integration:** Mental health and well-being will be explicitly addressed through the curriculum, particularly during PSED (Personal, Social, and Emotional Development) and moral education lessons. Our shared ethos and values will serve as a cornerstone for promoting ongoing positive mental health and well-being. We adhere to the CASEL (Collaborative for Academic, Social, and Emotional Learning) framework, ensuring our approach aligns with best practices in social and emotional learning (SEL).

## Support Services

- **Promotion of Support Services:** We actively increase awareness and understanding of both internal and external mental health support services.
- **Guidance and Support:** We offer guidance and support to all members of the school community to help them manage mental health and emotional well-being confidently.
- **Training and Information:** We provide comprehensive training and information to staff and governors regarding mental health and emotional well-being.

## Leadership and Coordination

- **Well-being Team:** We have appointed a dedicated Well-being team responsible for coordinating and implementing the school's mental health and well-being strategy.
- **Curriculum Integration:** We integrate mental health and emotional support throughout the curriculum.

## Cultural Support

**Supportive Culture:** We promote a culture that supports and encourages open discussions about mental health and well-being.

**Staff Responsibility:** Our staff are responsible for identifying and addressing potential mental health needs, involving class teachers for students and line managers or the Senior Leadership Team for staff.

## Collaboration and Confidentiality

**Inter-organizational Cooperation:** We collaborate with external organizations involved in providing mental health and emotional support services.

**Confidentiality and Data Protection:** We adhere to principles of confidentiality and data protection in all matters related to mental health and emotional well-being.

## Well-being Calendar and Activities

- **Well-being Calendar:** We follow a comprehensive well-being calendar that includes activities and events aimed at promoting the well-being of students, staff, and parents.



- **Engagement:** These activities are designed to foster social connections, resilience, and a supportive school community.

### Policy Review

- **Regular Review:** We keep this policy under regular review, ensuring it remains current and reflects the latest legislation and best practices.

### Implementation and Monitoring

- **Policy Implementation:** The Senior Leadership Team oversees the implementation of this policy, ensuring all strategies are effectively executed.
- **Monitoring and Evaluation:** Regular monitoring and evaluation are conducted to assess the impact of this policy on student outcomes, staff well-being, and the overall school environment.
- **Feedback Mechanism:** We have established a feedback mechanism to gather input from students, staff, and parents to continually improve our mental health and well-being initiatives.

**Conclusion:** Woodlem Park School Dubai is committed to creating an environment that promotes and supports the mental health and well-being of its entire community. Through dedicated strategies, ongoing support, and a culture of openness and understanding, we aim to foster a thriving, resilient, and well-balanced school community. We are guided by the CASEL framework to ensure our efforts in social and emotional learning are effective and impactful.

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