



St. Joseph's School Abu Dhabi

EMOTIONAL HEALTH & WELL BEING POLICY

1. Introduction

At St. Joseph's School, we take the emotional health and wellbeing of our Students and staff very seriously. Our ethos is a caring one, which develops respect, self-esteem and gives a voice for all. Our school is committed to provide a caring and supportive environment for all staff and we recognize the importance of staff welfare. We promote a supportive and inclusive ethos, which values parental involvement and contribution. This policy outlines the ways in which we, as a school care for and nurture the emotional wellbeing of our students and staff.

2. Purpose of policy

This policy describes the way we support the emotional needs of all stakeholders at SJS and the importance we place on the wellbeing of our students and staff.

3. Aims and objectives

We aim to develop a community where all students and staff can flourish, feel safe and welcome and which:

- Creates an enthusiastic and engaged learning community who will achieve their full potential
- Develops the whole child
- Aspires to be at the heart of our community

We aim to be a school where:

- Teaching and learning is personalized, creative, challenging and fun
- A sense of mutual respect, care and responsibility is shown for everyone in school
- Everyone in school feels safe, supported, valued and happy
- All staff are supported through existing policies, procedures, initiatives and through individual pastoral care and advice.

4. Rationale

The emotional health and wellbeing of everyone in the care of SJS is fundamental to our vision and our daily running. We believe it promotes school improvement and success in a multitude of ways:

- Students are more engaged with their learning
- Improved standards in all subjects

- More effective teaching
- Parents are more involved in school life and learning
- Students with high self-esteem and confidence
- Improved behaviour and attendance
- Fewer disengaged students
- Lower rates of persistent absence
- Positive and effective relationships between staff and with students
- Positive impact on recruitment we believe that positive emotional health and wellbeing creates happier, motivated staff and students who strive to get the most out of life.

5. Promoting Emotional Health and Wellbeing

The school promotes and strengthens the pupil voice through:

- A process for the election of School parliament members
- Regular School Parliament meetings

The school promotes the involvement of parents in the life and learning of the school through:

- Parent meetings
- Having an 'open door policy'
- Parent questionnaires
- Involvement in school trips and extracurricular activities
- Regular communication and involvement regarding student progress, behaviour and other issues
- Involvement in school priorities and reviews for children with special educational needs

The school facilitates an enhanced environment for learning through:

- Improved school and classroom environment, facilities and resources
- Recognising the background of individual students and their physical, social and emotional needs
- Establishing clear rules, routines and expectations about behaviour for learning
- Encouraging positive, caring and constructive relationships

The school enhances pupil motivation and learning through:

- Consistent support for vulnerable children and those with learning support, teaching assistants and other agencies where appropriate
- Celebrating successes and achievements in the classroom through house points and certificates given out in assemblies
- An exciting and varied range of extra-curricular events and trips
- A balanced curriculum with opportunities for intellectual, physical and expressive development
- Recognising a range of learning styles
- Encouraging independence in learning

The school enhances pupil self-esteem and personal development through:

- Information, advice and guidance on health and development
- Opportunities for student leadership through school parliament, verte club, Head boy and Head girl, School houses
- Opportunities for reflection and personal development.
- Access to extracurricular activities and school trips.
- Access to school counselors for further support

The school enhance staff motivation, learning and professional development through:

- Curricular planning time within the school week. Student progress meetings held during the school day
- Involving all staff in decision making and proposed change
- Induction training and information for new staff
- Provide additional support at times of particular stress, change and/or difficulty
- Have a responsive and listening culture, reacting quickly to problems
- Maintaining contact with staff when they are absent.
- Opportunities to discuss with the Principal or other members of the Senior Leadership team any issues of worry/concern.

The Principal and other senior leaders will:

- Ensure the provision of a healthy working environment
- Take responsibility for his/her work life balance and be aware of the role model they are setting for others
- Provide welfare support for individual staff as required.
- Ensure that all staff are treated in a fair, sensitive and confidential manner.
- Promote a safe environment through the training and implementation of the safeguarding policy.

Prestina Rocha

Sr. Suranjana (Prestina Rocha)

Principal



Next Review: 31st March 2024