



BANGLADESH ENGLISH PRIVATE SCHOOL

المدرسة البنجلاديشية الإنجليزية الخاصة

WELLBEING POLICY

DEVELOPED BY	SENIOR LEADERSHIP TEAM
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1. INTRODUCTION

At BEPS, we are committed to fostering a positive environment that supports the mental health and wellbeing of students, staff, parents, and caregivers. We firmly believe that a happy, safe, and secure school community is fundamental to learning and growth. Wellbeing is a collective responsibility of the entire school community, and this policy provides a framework for supporting and enhancing the wellbeing needs of all members. BEPS aims to create a nurturing and caring environment that promotes self-esteem, resilience, and the ability to overcome challenges, ensuring a positive and lasting impact on everyone in the school community.

2. AIM AND OBJECTIVES

- To provide a safe, secure, supportive, and nurturing environment that addresses the personal, social, and emotional needs of the school community.
- To promote positive and healthy relationships among students, staff, and parents.
- To build resilience in students and staff, enabling them to face mental health challenges effectively.
- To value and respect all students, fostering an inclusive and supportive environment.
- To encourage open communication, allowing students to express their feelings without fear or stigma.
- To promote the importance of mental health and wellbeing across all aspects of school life.
- To cultivate trust, faith, and mutual respect within the school community.
- To enhance self-esteem and confidence, supporting personal and professional growth for all.

3. DEFINITION

Mental health is an integral part of overall health. According to the World Health Organization: *"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."*

Mental health is the state in which an individual recognizes their potential, copes with daily stresses, works productively, and contributes meaningfully to their community. Promoting, protecting, and restoring mental health is vital for individuals, communities, and societies.

4. BEPS APPROACH TO WELLBEING AND MENTAL HEALTH

BEPS emphasizes:

- | | |
|---------------------------------|--------------------------|
| 1. Self-awareness | 5. Empathy |
| 2. Managing emotions | 6. Interpersonal skills |
| 3. Coping with stress | 7. Social skills |
| 4. Developing coping mechanisms | 8. Essential life skills |

These elements are integrated into the Annual Curriculum Plan (ACP) and lesson plans, ensuring a consistent approach to wellbeing.

5. KEY COMPONENTS OF THE WELLBEING FRAMEWORK

BEPS has developed a comprehensive framework to promote wellbeing across the school community, which includes:

- **Awareness and Education:** Training for staff, students, and parents on mental health and wellbeing to build awareness and reduce stigma.
- **Prevention and Early Intervention:** Systems to identify and support individuals facing challenges early.
- **Support Systems:** Access to counselors, social workers, and peer support groups.
- **Inclusion:** Strategies to embrace diversity, ensuring all members feel valued and supported.
- **Safe Environments:** Creating physical and emotional safety through policies, classroom practices, and support networks.
- **Community Partnerships:** Collaborating with local organizations and mental health professionals to provide additional resources and expertise.
- **Monitoring and Evaluation:** Regular assessment of wellbeing initiatives to ensure effectiveness and adaptability.

6. EQUAL OPPORTUNITIES AND INCLUSION

BEPS promotes an inclusive culture that values diversity, ensuring every individual feels respected, valued, and supported. We are committed to eliminating discrimination and fostering equality across the school community.

Inclusion is at the heart of our wellbeing framework. All students, including Students of Determination, are given equal opportunities to thrive. The school ensures accessible learning environments, provides necessary accommodations, and fosters collaboration between students, parents, and staff to create a truly inclusive culture where everyone feels they belong.

7. PARENTAL INVOLVEMENT

Parents are encouraged to share any changes in home situations that may affect their child's wellbeing. Open communication between parents, counselors, and teachers ensures that children receive the necessary support. BEPS works collaboratively with parents to create a partnership that nurtures children's mental health.

8. THE ROLE OF THE COUNSELLOR

The school counselor and social worker are trained to provide support to students, staff, and families with empathy and understanding. They respond to incidents that impact student wellbeing and follow established procedures to address concerns. The counselor collaborates with staff to ensure holistic support is provided.

9. ASSESSMENT AND RECORDING

The counselor maintains records of support provided to students through an incident log. Ongoing monitoring ensures tailored interventions, and progress is tracked to meet individual needs effectively.

10. ROLES AND RESPONSIBILITIES

BEPS believes in a shared responsibility for wellbeing:

- **All Staff:** Recognize early signs of mental health issues and provide timely interventions.
- **Class Teachers:** Support the social and emotional wellbeing of their students and seek additional support when needed.
- **Senior Leadership Team (SLT):** Provide guidance to staff and ensure the consistent implementation of this policy.
- **Counselor and Social Worker:** Provide specialized support and train staff and students on mental health awareness.
- **Parents:** Collaborate with the school to support their children's wellbeing.
- **School Nurse:** Monitor physical and mental health, identifying areas of concern.

11. COUNSELLING

Students and staff coping with anxiety or trauma are offered individual counseling sessions with the school counselor. Counseling services are tailored to the needs of Students of Determination, with an emphasis on empathy, understanding, and support.

12. SAFEGUARDING STUDENTS FROM ONLINE HARASSMENT AND EXPLOITATION

The school takes proactive measures to ensure online safety:

- Regularly reviewing and updating policies to address emerging risks.
- Educating students on identifying and responding to cyber bullying.
- Providing tailored resources and guidance for Students of Determination.
- Supporting parents with awareness sessions on cyber safety.
- Promptly addressing reports of online harassment and taking decisive action.

13. RELATED LINKS

<https://www.hw.gov.ae/en/download/uae-national-wellbeing-strategy-2031>

Approved by



Principal

