



RUSSIAN INTERNATIONAL SCHOOL

Academic Year 2020-2021

WELLBEING POLICY

The Wellbeing Policy includes the key points of the KHDA and DHA Protocols for the Reopening of Private Schools in Dubai, providing Health and Safety for all school participants and preventing the spread of Covid-19.

Wellbeing is supported by:

- School Board
- School Management
- Wellbeing School Committee
- Health and Safety Committee
- SEND Team
- Parents Council
- School Students Council

RIS promotes Wellbeing through:

- **academic, mental, physical, social and emotional development of Students, Parents and Teachers**

RIS strives for healthy development with core values:

- Health Awareness throughout the academic year;
- Strong relationships between Students, Parents and Teachers;
- Cooperation with Health, Educational and Public Communities;
- Students' progress, achievements. competencies or challenges.

RIS Wellbeing Objectives:

- Social Inclusion of all Students (*for all Educational Models of Teaching and Learning*)
- monitoring established channels of communication between Teachers, Students, Parents
- commitments / timelines / learning experience
- psychological support
- peers' relationship
- School-Families Partnership
- Students of Determination Welfare / Academic and Behavioral Performance
- Students' Emotional-Wellbeing Surveys
- Parents Wellbeing Surveys
- "Mindfulness and Share-Thoughts" Wellbeing

RIS Wellbeing Protective Factors include:

1. positive relationships with Peers and Teachers
2. positive Teacher Classroom (Face-To-Face) Management strategies

3. positive Teacher Online (Distance Learning) Management strategies
4. positive Behavior Management practices with Parents (*as per KHDA and DHA Protocols – online communication is the prioritized one*)
5. Safety at school through a positive school atmosphere based on specific principles outlined in “Child Protection Policy”, “Anti-Bullying Policy”, “E-Cyber Safety Policy”, “Health and Safety Policy”
6. Social and Emotional learning including the development of self-awareness, self-management and responsible decision-making skills
7. fostering expectations, achievements and providing opportunities for success
8. Wellbeing of School Personnel
9. Stress Management strategies that may be linked to school work / Covid-19 stigma/stress-related situations

We aim to be a School where:

- **Everyone feels safe, happy, supported, important and valued**
 - a) School Psychologist Support (at School and/or via Zoom Online)
 - b) Health and Safety Team Support (at School and/or via Zoom Online)
- **Teaching and Learning is creative, encouraging and challenging**
 - a) Inclusive Approach
 - b) SEND Wellbeing Support
 - c) Individual Support (if suspected / confirmed Covid-19 case or Close Contact)
 - d) DL Support during additional Support Time
- **Teaching and Learning is adapted to Covid-19 situation as follows:**
 - a) Blended Educational Model (Face-To-Face at School + Digital IT Provision)
 - b) Distance Learning Educational Model (DL Provision via Zoom and Google Classroom)

The School Wellbeing is implemented in Key Areas:

1. Curriculum (Teaching and Learning)
2. Culture and Environment
3. Relationship and Partnership

Educational Provision of Curriculum for Wellbeing:

- Curriculum Delivery is via different Educational Models (Conventional / Blended / Distance Learning) as per:
 - *Student’s needs*
 - *Parents preferred choice*
 - *Child’s wellbeing / medical scenario / SEND / financial challenges*
- Each Grade is divided into smaller cohort groups / at allocated classrooms
There is non-classroom rotation for Students

- Adaptive learning resources are for Student's Individual Pace of Learning if needed
- Curriculum balance with opportunities for intellectual, physical and social development / cognitive learning potential / behavioral / emotional / health needs / expected outcome;
- Social Inclusion / success academically, behaviorally, and socially.

Culture and Environment Principles for Wellbeing Promotion:

- Healthy Routines and Behavior School Code including preventive measures
- Tolerance and Empathy in a multicultural environment
- Healthy food and the importance of exercising (*PE lessons as per DHA protocol, healthy lunch boxes*)
- Clean Study/Work Areas (*disinfection of classrooms/facilities as per DHA protocol*)

Relationships and Partnerships for Wellbeing Promotion:

- **Students' Leadership/Initiatives through:**
 - a) Students Wellbeing Survey
 - b) Students Senior Council
 - c) Students Junior Council
 - d) Students Safety Council
 - e) Students Scientific Council
 - f) Students Ecological Council
 - g) Students Literature Council
- **Gifted and Talented Wellbeing:**
 - a) School Program for Gifted and Talented
 - b) Emphasis on praise for efforts and achievements
- **Support for SEND Wellbeing:**
 - Wellbeing Coordinators' and Psychologist's Support for SEND
 - Subject Teachers' Support based on IEP / Differentiated Approach
 - Inclusion Support Team Cooperation with Parents
 - Subject Teachers' Progress Monitoring with Follow Up / Feedback for Students of Determination
 - Flexible Support Time Table for Students of Determination
- **Medical and Psychological Support for Wellbeing related to:**
 - child abuse / child bullying
 - peer's relationships / sexual – gender education
 - harmful habits addiction (drinking/smoking/drug awareness)

Wellbeing Team / School Clinic / Health and Safety Team coordination is:

- to identify students who show signs of concern (behavioral, bullying...)
- to ensure Counselling to both Students and their Parents as needed
- to conduct case log-in detailing reports followed by counselling sessions
- to provide crisis management services
- to provide counselling for SEND students to develop their social and emotional skills
- to advocate for Students' best interests and welfare
- to collaborate with authorized communities
- to regularly conduct the anti-bullying campaigns within the School
- to implement all School Policies in order to promote positive behavior, health and safety
- to raise awareness of mental, physical, emotional wellness among Students, Parents and Teachers.

▪ Parents Council meeting with School Management for Wellbeing at RIS:

- Channels of communication with Parents
 - Hotline Whats App: +971-50-613-60-91
 - Tel. administration: +971-4-264-15-15
 - Email: parents.ris@dubairuschool.com
- Communication with Parents via Zoom Online Video Sessions
 - a) Parents are requested to consider the sensitivities around COVID-19, to avoid stigma and panicking situations.
 - b) There are dedicated teams from DHA and KHDA as well as the Health and Safety Team at School ready to support in case of Covid-19 situations.
 - c) Parents preferred choices for Blended or Distance Learning Models / their recommendations analysis
 - d) Parents Wellbeing Survey

Distance Learning for Wellbeing Promotion:

- Safeguarding (password protected online support sessions);
- official School Learning Platforms;
- video conference online sessions recording only by Academic Staff / Counsellors;
- Cyber-Safety monitoring;
- Child Protection monitoring;
- Inclusion for all DL Students;
- "unwell / sick" scenario support.
- Health and Safety channels of communication with Students.

Promoting a healthy lifestyle is integral to the School curriculum. RIS role is ensuring the academic, mental, physical, social and emotional Wellbeing for Students, Parents and School Staff.