

Child Wellbeing Policy

Whole School

Last Reviewed Date: 20th June 2021

Reviewed by: Principal

Next Review Date: 20th June 2022

1. Purpose

Newton International School Lagoon seeks to promote and support the health and well being of all students and will provide education and care that recognises the individual needs of every child and that the health and welfare of our students is paramount. We know that children who feel happy and secure are more able to achieve and thrive within school and the wider community. We deeply care about each individual and recognise the uniqueness of every child. The purpose of this policy is to provide a framework for procedures and responsibilities to support the health and well being of all our students.

2. Aims

The school aims to serve its community by providing education of the highest quality embedded in the context of our school ethos and practices. It encourages an understanding of the meaning of wellbeing and promotes both Qatari and British values through the experience it offers students. The ethos of the school promotes the spiritual, moral, cultural, emotional, social and academic progress of every child, within a safe, secure and positive learning environment, in which all learners can thrive.

3. Our Wellbeing Curriculum

In our mission, we endeavor to find ways to show care, courtesy and concern to others in our daily lives. We emphasise the importance of gratitude and resilience and how, through expressing our feelings, we can pursue true lasting happiness.

One way that we aim to support the wellbeing of our students is through research conducted by The New Economics Foundation (NEF). The NEF describes 5 ways to wellbeing: Connect, Be Active, Keep Learning, Give and Take Notice. These strands were developed based on evidence from the government's Foresight Project on Mental Capability and Wellbeing.

Through the five key dimensions, we promote ways in which children can support their own wellbeing, and in doing so, they can seek fulfilment, strengthening connections of mind, body and spirit.

The School Council devise suggested activities within the 5 pillars that students from across the school can enjoy, either in class, or at home. These 'Student-5-a day' activities are grouped under

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the 5 categories of:

- Learn
- Notice
- Volunteer
- Exercise
- Connect

Suggested activities are shared each term with every class by the school counselor, as well as on the school website. We also celebrate the importance of wellbeing through an annual Wellbeing Week, where both students and staff engage in a variety of activities to promote health, wellbeing and creativity, linked to the five strands.

We provide many opportunities which encourage students to have responsibilities in school in their roles as Class Captains, School Council, Corridor Monitors and Playground helpers. We also encourage students to take initiative through volunteering e.g. fundraising projects.

4. Health, Safety and Safeguarding

The students have the right to feel safe and free from risk of harm. As a school, we seek to actively promote a happy and a healthy lifestyle and acknowledge the importance of positive mental health as a key factor in achieving this. We seek to achieve this through our PSHE and Wellbeing Curriculum, as well through events such as Children’s Mental Health Awareness Week, Anti Bullying Week and E-Safety weeks.

5. Student Supervision

Students should feel happy and secure in whatever activity they are taking part in. The students are supervised at all times, and we place great emphasis on the welfare and wellbeing of the children in our care.

Full supervision continues during all extra-curricular activities, such as school clubs. No child remains in the classrooms, corridors, toilets or other areas of the building during break-times without adult supervision.

6. A Listening School

All of the students should feel able to talk freely and openly to any member of staff, if they have any worries or problems of any kind on a work or personal level. Staff will respond to students in an appropriate manner, offering advice, support, guidance and reassurance in conjunction with our other policies, including our Child Protection Policy (in the case of child protection issues, confidentiality cannot be guaranteed, and the staff member may have to involve the designated person for Child Protection).

We encourage parents to share their views, concerns and comments. The leadership team and staff are always willing to meet with parents to discuss any issues.

7. Social and Emotional Wellbeing

The school believes that students who are emotionally literate and able to operate well within the social environment of school, will be happier and learn better- consequently achieving higher standards. Therefore, we take this aspect of school life very seriously, planning regular learning opportunities for the students to explore their emotions and feelings. This is currently supported through our delivery of PHSE lessons in daily tutor time. We also offer a full support network from our learning mentors and Wellbeing Counselor. These are fully trained facilitators within school, to support students who have experienced a range of wellbeing issues including loss and bereavement.

8. Getting On and Falling Out

Students have disagreements at times- like all human beings, but our focus is always placed upon reaching a positive conflict resolution. The class teacher or the member of staff on duty usually resolves minor difficulties, worries or upsets involving any child, which arise within the classroom or at break-times. The child (or children) concerned participates in any discussion about an incident. Incidents that are more serious, or concerns about a child's behaviour, health or welfare, will be referred to the Head Teacher, the Senior Leadership Team, and the Wellbeing Counselor.

A child's parents are contacted if it is felt advisable to involve them in a particular situation or issue. This contact is in person, when the child is collected from school, or by a telephone call, email or letter.

9. Working with Parents

If there are any concerns or worries, parents are encouraged to talk to their child's class teacher initially, followed by a Senior Teacher or Leader whose door is always open. Parents should feel able to share concerns about home circumstances or medical matters that might affect their child's work or behaviour in school. All discussions are treated as confidential. However, Child Protection procedures must be followed where appropriate.

10. Bullying

The school has a very clear policy in place. **All forms of bullying behaviour are unacceptable and will not be tolerated.** Students and parents should feel free to talk to a member of staff at any time about this issue. Bullying diminishes both the bullied and the bully- we work with both in all cases of bullying, and their parents if necessary.

Two Student and Parent surveys are completed every year which are shared with the School Council, Wellbeing Counselor and Leadership team. The surveys are reviewed and appropriate actions are taken as a consequence.

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11. Healthy Lifestyles

The school's curriculum promotes at least two sessions of quality Physical Education each week. This is often added to through extra-curricular activities. We encourage meaningful play at break-times (the use of suitable toys and equipment in EYFS & Primary sections of the school). The Science and PSHE curriculum also promotes healthy lifestyles through a deeper understanding of our bodies.

12. Working with Outside Agencies

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Newton International School Lagoon maintains close links with various outside agencies involved in the care of children.

We also maintain a very close working relationship with the School Nurses and visitors from the Ministry of Public Health. In addition, we run a variety of Parenting Courses termly and have a fully supportive PTA (Parent Teacher Association)

13. Medical Needs/ Accidents and Injuries

The school works with relevant health professionals to ensure vision, hearing and health checks are conducted as appropriate. There is a school policy on the giving of medicine in school. All accidents are recorded by the school nurses and are communicated home. If they are of deeper concern, they will be communicated to parents as soon as possible.

14. Further Provision

At Newton International School Lagoon, we are aware that certain groups of children are at particular risk and a programme of support may be put in to place to support such students if needed:

- “ looked-after children
- “ children with special needs
- “ those from families experiencing stress, e.g. bereavement
- “ children with school phobias
- “ children with long-term absence from school for medical reasons

Please refer to these **key policies** which support our Child Wellbeing Policy:

Teaching and Learning

Health and Safety

Child Protection

Safeguarding

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Anti-Bullying
Equality
Behaviour
Personal, Social and Health Education (PSHE)
Healthy Eating
Physical Education

15. Conclusion

All staff at Newton International School Lagoon are committed to promoting the health and wellbeing of every child, through providing the highest possible level of care and education for all of the children and families who we serve.