



**RAHA INTERNATIONAL SCHOOL  
KHALIFA CITY CAMPUS**

**POLICIES**

Policy title	Health and Well-being
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### Rationale

In accordance with our Mission Statement, we endeavour to work together in a safe, happy and caring environment that cultivates knowledge, courage and connection to unlock the unique potential in all. We aim to develop all our learners through fostering a climate of intercultural understanding and respect to become responsible and thoughtful global citizens.

Raha KCC is committed to support the positive mental health and well-being of our school community. We endeavour to ensure that students are able to manage times of change and stress and aim to ensure that they are supported to reach their potential or to access help when they need it. We also have a role to ensure that students learn about what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health issues, and where they can go if they need help and support.

### Aims

- To continue to make health, safety and wellbeing of all students, staff, and families our top priority.
- To develop skills to enable students to make the right choices.
- To create a sense of mutual respect, care and responsibilities shown for everyone in school.
- To promote health and well-being through a healthy lifestyle.

- To promote students' cultural, social, and mental growth to enable them to become strong, self-confident members of society.
- To reassure and provide comfort during difficult times.
- To create an engaged learning community.

This will ensure that the KCC community is supported through existing policies, procedures, initiatives as well as through individual pastoral care and advice.

### **Purpose**

At KCC we support the emotional needs of all stakeholders. We are committed to providing clear, consistent, and accessible communication across different channels to support our students, staff and families with their health and wellbeing.

### **Promoting Emotional Health & Wellbeing**

At KCC we promote emotional health and well-being in the following ways:

- Promoting and strengthening student voice
- Promoting a healthy lifestyle
- Monitoring students' bag weight in accordance with ADEK policy
- Promoting parent engagement
- Enhancing environment for learning
- Counselling services

### **Early Identification and Warning Signs**

All staff will be vigilant in identifying a range of possible difficulties that may be contributing to a pupil's mental health. Any staff should communicate any mental health concerns pertaining to students with the Designated Safeguarding Lead or the school counsellor.

### **Staff Wellbeing**

All staff will be supported by the well-being team whenever they face any personal situation that affects their mental health. Confidentiality will be maintained at all times.

## Monitoring & Review

The Well-being Team and Principal are committed to reviewing the impact of the Health and Well-being policy as part of the school's strategic direction and improvement plans.

## Links to other KCC Whole School Policies

This policy should be read in conjunction with the following policies:

- Child protection policy
- Safeguarding policy
- Health and Safety policy
- Behaviour policy
- Student support policy
- ADEK bag weight policy

## Revision Log

Date	Changes	Reviewed By