



GEMS

مدرسة جيمس وينشستر

Winchester School

ABU DHABI

Learner Mental Health & Wellbeing Policy

UPDATED BY	LAST PUBLISH DATE	MONITORING CYCLE
Ms. Michelle Hayfron	September 2025	September 2026

Learner Mental Health and Wellbeing Policy

Mental health is a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (World Health Organisation)

At WSA we strive to promote positive mental health and wellbeing for every member of our school community. Wellbeing is valued and we actively promote it whether the Learners are in school or learning remotely. We promote a supportive and inclusive ethos, which values parental/carers involvement and contribution.

Purpose of Policy

Promoting a healthy lifestyle, physically and mentally is integral to our curriculum. We uphold our role in ensuring Learners are making healthy choices and taking steps to enable them to experience mental wellbeing. Learners may at some point experience bereavement, loss or isolation due to varying circumstances. This policy outlines the ways in which we, as a school care for and nurture the emotional wellbeing of our pupils.

Aims and Objectives

- Promoting positive mental health and wellbeing in all learners
- Providing support to learners suffering mental ill health and their peers and parents/carers
- Promoting physical activity and resilience
- To ensure learners are well nourished at school and that every learner has access to safe, tasty and nutritious food and refreshment
- To outline the roles and responsibilities of key members of staff who work to promote living an all-around healthy lifestyle within our school community

Rationale

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

- Parents and carers more involved in school life and learning
- Pupils with high self-esteem and confidence
- Improved behaviour and attendance

GEMS Winchester School, Abu Dhabi

Madinat Zayed

+971 (02) 403 5499

<http://gemswinchesterschool-abudhabi.com/>

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- Fewer disengaged pupils
- Positive and effective relationships between staff and pupils

The school promotes and strengthens the pupil voice through:

- A democratic process for the election of School Council representatives and student leaders
- Allocating a wellbeing budget
- Establishing a learners wellbeing group
- Pupil well-being surveys

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

- Parent awareness meetings
- Having an 'open door policy'
- Involvement in school trips and extracurricular activities
- Regular communication and involvement regarding pupil progress, behaviour and pastoral issues
- Involvement in school priorities and reviews for learners with special educational needs

The school enhances pupil motivation and learning through:

- Consistent support for vulnerable and learners of determination children from teaching assistants and other agencies where appropriate
- Celebrating success and achievements in the classroom through behaviour points, house points, appreciation letters and Gem of the week certificates given out in assemblies
- Establishing and communicating clear rules, routines and expectations about behaviour for learning
- An exciting and varied range of extra-curricular events and trips
- A balanced curriculum with opportunities for intellectual, physical and expressive development
- Encouraging independence in learning
- Using a range of teaching styles appropriate to pupils' age, ability and level of maturity

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

- The Personal Development Curriculum which includes Social Studies, Moral Education and PSHE
- Wellness Wednesday articles that are learner and counsellor/teacher led
- A focus on Growth mindsets

- Opportunities for learner leadership through Student Council, Head Boy and Girl Teen-teen Mental Health training
- Opportunities for reflection and personal development through art, Islamic values and mindfulness
- Access to school counsellor for further support when required

School Clinic

2 school nurses are onsite to conduct eye checks, weight and height and mandatory immunizations. Checks are also conducted for lice. Nurses coordinate with the school counsellor to identify and refer pupils who show signs of concern that include learners who keep coming for attention, refusing to return to class or who report injury through fighting etc.

Nurses also ensure staff are made aware of learners with medical conditions and general information heat indexes that may affect productivity.

School lunches

When canteen is open, only health food stuff is sold. Vegetarian options are available. Fruit and water are always in stock.

Parents are informed of healthy well balanced packed lunches through newsletters consistently. Learners are mandated not to share lunches and snacks. Parents are aware that food brought to school must not contain nuts.

Welfare Committee

A Student Welfare Team is in place consisting of Year leaders, Vice Principal, Student Counsellor and SEN Department. The Committees meet regularly and have the following terms of reference:

- To ensure the health, safety and physical, mental, social, emotional and academic wellbeing of our pupils and to identify any causes of concern that may have a detrimental impact on these areas. Committee then implement a cohesive action plan to address the concerns
- To identify key personnel who will be responsible for implementing follow ups, monitoring of the next steps
- To ensure close and effective communication between key persons, in and out of school.

School Counsellor role and responsibilities among others:

- Provision of confidential counselling service to pupils experiencing a wide range of emotional problems
- Provide support advice and guidance to pupils, parents, guardians and staff
- Maintain appropriate records, and be responsible for keeping these secure
- Respond appropriately to Safeguarding and child protection issues
- Devise programs to promote positive behaviour.

Monitoring and Review

The Principal and SLT are committed to reviewing the impact of the Mental Health and Wellbeing Policy as part of the school's strategic direction and improvement plans. This policy should be used in conjunction with other policies, including, but not restricted to:

- Safeguarding and Child Protection
- Behaviour & Anti-Bullying
- Health and Safety