



迪拜中国学校
CHINESE SCHOOL DUBAI

P.O.Box : 624355, Dubai, UAE Tel: 04-2202275
Address : 58C St. Mirdif, Dubai, United Arab Emirates

Mental Health and Emotional Wellbeing Policy

This policy was written in consultation with staff, pupils, parents and professionals involved in mental health and wellbeing.

Policy Statement

At Chinese School Dubai, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued. At our school, we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school, we:

1. help children to understand their emotions and feelings better
2. help children feel comfortable sharing any concerns or worries
3. help children socially to form and maintain relationships
4. promote self-esteem and ensure children know that they count.
5. encourage children to be confident and 'dare to be different'
6. help children to develop emotional resilience and to manage setbacks.

We promote a mentally healthy environment through:

1. Promoting our school values and encouraging a sense of belonging.
2. Promoting pupil voice and opportunities to participate in decision-making
3. Celebrating academic and non-academic achievements
4. Providing opportunities to develop a sense of worth through taking responsibility for themselves and others
5. Providing opportunities to reflect.
6. Access to appropriate support that meets their needs.

We pursue our aims through:

1. Universal, whole school approaches
2. Support for pupils going through recent difficulties including bereavement.
3. Specialized, targeted approaches aimed at pupils with more complex or long term difficulties including attachment disorder.

Lead Members of Staff

Whilst all staff have a responsibility to promote the mental health of students, staff with a specific, relevant remit include:



迪拜中国学校 CHINESE SCHOOL DUBAI

P.O.Box : 624355, Dubai, UAE Tel: 04-2202275
Address : 58C St. Mirdif, Dubai, United Arab Emirates

Xinyi Wang- Designated child protection / safeguarding officer

Yulu Luo- Designated child protection / safeguarding officer and Mental Health and Emotional wellbeing lead

Our School Clinic

1. Our team of School Doctor and Nurse work to produce educational campaigns on a range of health-related topics. These include campaigns on personal hygiene, germs, healthy eating, obesity, breast cancer awareness, etc.
2. Our clinic staff conduct checks of eyes, weight and height and monitor the obesity percentages in each phase. In addition, our clinic staff ensure all students are up to date on the required vaccinations.
3. Our clinic coordinates also with our School Counselor to identify students who show signs of concern ensuring counselling is offered to both students and their parents as needed.
4. Our clinics also ensure teachers are made aware of students with any medical conditions.
5. The implementation of all clinic and safety policies will be monitored systematically to ensure protocols for the enhanced well-being of our staff.

Key Principles

The development of this policy has been guided by **key principles**, which in turn will guide its implementation and monitoring:

1. **Child/Young person-centered:** The wellbeing needs and the best interests of our children and young people are a central focus of this policy. This requires us to respect and value the voice of children and young people and foster their belonging and connectedness to the school community. This ensures a sound developmental base for present and future wellbeing, as well as academic achievement.
2. **Equitable, fair and inclusive:** All children and young people need access to equitable, fair and inclusive opportunities to develop their wellbeing in ways that are responsive and suitable to their needs and contexts. Practices need to be tailored, responsive and relevant, building on the existing strengths of children and young people, school staff, families and school communities. This means that practices will vary across schools and centers for education and from student to student.
3. **Evidence-informed:** This policy promotes the use of evidence-informed practice, which brings together local experience and expertise with the best available evidence from research. It acknowledges that what works in one context may not be appropriate or feasible in another.



迪拜中国学校

CHINESE SCHOOL DUBAI

P.O.Box : 624355, Dubai, UAE Tel: 04-2202275

Address : 58C St. Mirdif, Dubai, United Arab Emirates

4. **Outcomes focused:** This policy promotes continuous improvement practices and the use of data relating to outcomes to guide practice in our schools in relation to the promotion of wellbeing for all children and young people. This policy and framework for practice will ensure the use of a self-reflection process for the identification, monitoring and review of outcomes.
5. **Partnership/Collaboration:** The wellbeing of our children and young people is a shared responsibility. Working in partnership with other departments and agencies is key to ensuring this policy is implemented.

Identifying needs and Warning Signs

School staff may also become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these warning signs should communicate their concerns with the designated child protection and safeguarding officer or the emotional wellbeing lead as appropriate.

All staff will complete termly wellbeing trackers on their pupils aimed at identifying a range of possible difficulties including:

1. Attendance
2. Punctuality
3. Relationships
4. Approach to learning
5. Physical indicators
6. Negative behaviour patterns
7. Family circumstances
8. Recent bereavement
9. Health indicators

Possible warning signs include:

1. Changes in eating / sleeping habits;
2. Becoming socially withdrawn;
3. Changes in activity and mood;
4. Talking or joking about self-harm or suicide;
5. Expressing feelings of failure, uselessness or loss of hope;
6. Repeated physical pain or nausea with no evident cause;
7. An increase in lateness or absenteeism.

Working with Parents

To support parents, we will:

1. Highlight sources of information and support about mental health and emotional wellbeing on our school website;



迪拜中国学校

CHINESE SCHOOL DUBAI

P.O.Box : 624355,Dubai,UAE Tel:04-2202275

Address : 58C St. Mirdif, Dubai, United Arab Emirates

2. Share and allow parents to access sources of further support e.g. through parent forums;
3. Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child;
4. Make our emotional wellbeing and mental health policy easily accessible to parents;
5. Share ideas about how parents can support positive mental health in their children;
6. Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.

Working with other agencies and partners

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

1. The school nurse
2. Educational psychology services
3. Counselling services
4. Family support worker
5. Therapists

Training

As a minimum, all staff will receive regular training about recognizing and responding to mental health issues as part of their regular child protection training to enable them to keep students safe.

Training opportunities for staff who require more in depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due to developing situations with one or more pupils.