



The Central School Dubai
Al Nahda 2 Dubai, United Arab Emirates

1]. Section-A

Title of the Policy	Happiness and Wellbeing	Designation	School Psychologist
Name of Policy Writer	Mr.Joshi	Date of Next Revision	28.03.2020
Date of Policy Revision	29.03.2019	Department/Section	Department of Empowerment to Inclusion and Well-being
Policy Code	TCS/PC/1920/11		

2]. Section-B

Purpose	<ol style="list-style-type: none"> 1. To create awareness of physical and mental wellbeing among teaching, non-teaching staff and students 2. To induce a sense of happiness and positivity within the teaching, non-teaching staff and students 3. To instill within students and teachers a habit of embracing and expressing positive emotions 4. To induce a sense of purpose and meaning within the teachers and students with regard to their respective occupations and positions in accordance to their responsibilities
Approach: Structure of Inclusive Environment	

<p>Rationale</p>	<p>As Dubai, under the leadership and patronage of His Highness Sheikh Muhammad, aims to be the happiest city in the world, it is imperative that all academic institutes take measures to sustain and increase the happiness and wellbeing of students and staff alike. The Central School aims to implement the National Agenda Parameters (NAP) for Happiness and Wellbeing purported by the UAE Government.</p> <p>The Central School further aims to ensure the optimal levels of happiness and wellbeing amongst its students and employees, and to create an environment in which the positivity amongst the staff and students is optimized and increased and to implement the parameters that are part of 5.4 of the DEIW Action Plan.</p>																																
<p>Definitions & Context</p>	<ol style="list-style-type: none"> 1. Happiness: A state of wellbeing or contentment 2. Wellbeing: The state of being comfortable, happy or healthy 3. Mental Health: A person's condition with regard to their psychological and emotional well-being. 4. Physical Health: The state of being free from illness or injury. 5. Positive Attitude: Having a positive outlook towards life and things in general. 6. Self-Image: the idea an individual has of their abilities, appearance, and personality 7. Self Esteem: An individual's overall sense of self-worth or personal value. 8. Positive Relationships: The relationships an individual may have with their parents, family members, teachers and members of peer group. 9. Anxiety: a feeling of worry, nervousness, or unease about something with an uncertain outcome. 10. Depression: feelings of severe despondency and dejection. 11. Stress: a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. 																																
<p>Policy Committee Members</p>	<table border="1"> <thead> <tr> <th data-bbox="365 1222 756 1255">Name</th> <th data-bbox="756 1222 1141 1255">Designation</th> <th data-bbox="1141 1222 1533 1255">Role</th> </tr> </thead> <tbody> <tr> <td data-bbox="365 1255 756 1289">MrGhalib</td> <td data-bbox="756 1255 1141 1289">Director</td> <td data-bbox="1141 1255 1533 1289">President</td> </tr> <tr> <td data-bbox="365 1289 756 1323">Mrs Mala Mehra</td> <td data-bbox="756 1289 1141 1323">Principal</td> <td data-bbox="1141 1289 1533 1323">Secretary</td> </tr> <tr> <td data-bbox="365 1323 756 1402">MsTitty Abraham</td> <td data-bbox="756 1323 1141 1402">Special Educator cum support teacher</td> <td data-bbox="1141 1323 1533 1402">Incharge of Happiness and Wellbeing DEIW</td> </tr> <tr> <td data-bbox="365 1402 756 1478">MsArti B</td> <td data-bbox="756 1402 1141 1478">Head of Section FN 6-12</td> <td data-bbox="1141 1402 1533 1478">Executive Committee Member</td> </tr> <tr> <td data-bbox="365 1478 756 1554">MsSangeeta M</td> <td data-bbox="756 1478 1141 1554">Head of Section AN</td> <td data-bbox="1141 1478 1533 1554">Executive Committee Member</td> </tr> <tr> <td data-bbox="365 1554 756 1629">MsJaseena A</td> <td data-bbox="756 1554 1141 1629">Head of Section KG</td> <td data-bbox="1141 1554 1533 1629">Executive Committee Member</td> </tr> <tr> <td data-bbox="365 1629 756 1705">MsAnsa N</td> <td data-bbox="756 1629 1141 1705">Head of Section Primary FN/AN</td> <td data-bbox="1141 1629 1533 1705">Executive Committee Member</td> </tr> <tr> <td data-bbox="365 1705 756 1780">MsShawana</td> <td data-bbox="756 1705 1141 1780">Teacher</td> <td data-bbox="1141 1705 1533 1780">Happiness and Wellbeing Coordinator</td> </tr> <tr> <td data-bbox="365 1780 756 1810"></td> <td data-bbox="756 1780 1141 1810"></td> <td data-bbox="1141 1780 1533 1810"></td> </tr> </tbody> </table>			Name	Designation	Role	MrGhalib	Director	President	Mrs Mala Mehra	Principal	Secretary	MsTitty Abraham	Special Educator cum support teacher	Incharge of Happiness and Wellbeing DEIW	MsArti B	Head of Section FN 6-12	Executive Committee Member	MsSangeeta M	Head of Section AN	Executive Committee Member	MsJaseena A	Head of Section KG	Executive Committee Member	MsAnsa N	Head of Section Primary FN/AN	Executive Committee Member	MsShawana	Teacher	Happiness and Wellbeing Coordinator			
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Roles and Responsibilities of Committee Members

Duties, Roles and Activities:

Incharge:

- To Advocate the implementation of the policy on Happiness and Wellbeing and take note of grievances and follow the policy of confidentiality and ethics. Ambassador of Happiness and Well being.

Secretary:

- To ensure that relevant activities pertaining to Happiness and Wellbeing of students and staff, in keeping with the Happiness and Wellbeing Policy, are carried out effectively; chairing the meetings of the committee from time to time.

DEIW:

- To create awareness of physical and mental wellbeing among teaching, non-teaching staff and students
- To induce a sense of happiness and positivity within the teaching, non-teaching staff and students
- To instill within students and teachers a habit of embracing and expressing emotions and feeling in socially acceptable way.
- To enhance a sense of psychological well-being especially amongst the teaching and non-teaching staff in order to enable them to be resilient
- Screening and identification of stress related co-morbid conditions effecting happiness and wellbeing.
- Counseling as and when needed to the staff, students and families.
- Awareness and Orientation sessions.

Teachers:

- To seek to improve mutual respect amongst staff and students and develop positive relationship between the teaching, non-teaching staff and students
- To develop the culture of gratitude and appreciation among students
- To encourage students to set higher goals and be willing to accept challenges for a healthy sense of wellbeing

	<ul style="list-style-type: none"> • To induce a sense of purpose and meaning within the students with regards to their role identity in family, school and society <p>PE Teachers:</p> <ul style="list-style-type: none"> • To create awareness about the necessity of physical activity and staying active for a healthy and happier life • Awareness and Orientation sessions. • To coach and guide students on various exercise and workout techniques and sports to stay healthy. <p>Doctor/Nurses:</p> <ul style="list-style-type: none"> • To advocate physical wellbeing among teaching, non-teaching staff and Students. • To create awareness about a healthy lifestyle, sleep hygiene and exercise • Awareness programs in regard to physiological responses to stress and physiological responses to happiness
<p><i>Opportunity and Community</i></p>	<p>The following measures will be taken by the Happiness and Wellbeing Policy Committee to ensure the happiness and wellbeing of students and staff during the course of the upcoming academic year:</p> <ul style="list-style-type: none"> • Arrangement of picnic trips for school staff • Arrangement of edutainment trips for students • Holding end of term and end of year class parties • Holding the yearly school carnival • Teacher Appreciation Awards • Ancillary Staff Appreciation Awards • Anti-bullying Program • Adult Literacy Program (RoShWEn) • Fitness Related Activities by various external organizations

Date:
29.03.2019

Approved by: Mala Mehra



Mehra
29/03/19
Signature of Principal