PROGRESSIVE ENGLISH SCHOOL (L.L.C.)
(Approved by the Ministry of Education, UAE, Affiliated to CISCE (ICSE / ISC), New Delhi)
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WELL BEING POLICY

Policy reviewed	March 2026
Policy updated	April 2026



Well-being policy of Progressive English School, Sharjah (PESS) encompasses physical health, mental and emotional stability, and a sense of purpose and fulfilment. At Progressive English School, we recognize that well-being is critical to enabling individuals to overcome challenges, manage stress, and achieve their goals.

This policy outlines our approach to promoting well-being among students and staff by addressing physical health, mental wellness, balanced lifestyles, and emotional resilience. Our commitment to a whole school approach ensures that everyone in the school community benefits from a supportive and enriching environment.

Purpose

Our primary goal is to foster a positive environment that supports the well-being of all members of the Progressive English School community. Specifically, we aim to:

Help students grow into healthy, confident, and responsible adults.

Ensure that students are:

- Healthy.
- Safe.
- Able to enjoy and achieve.
- Empowered to make positive contributions.
- Equipped to maintain economic and mental well-being.

Promoting well-being is embedded in our curriculum and daily practices. This includes teaching students the importance of physical activity, balanced nutrition, good sleep habits, and time management to ensure their mental and physical health.

Objectives

The key objectives of this policy are to:

1. Equip students with the knowledge and skills to make informed decisions about their health and lifestyle.

2. Promote physical activity, balanced nutrition, and mental wellness as essential aspects of daily life.

3. Foster emotional resilience and the ability to manage stress effectively.

4. Create opportunities for students to succeed and contribute positively to the school and wider community.

5. Improve the overall physical and emotional well-being of students, staff, and families.

6. Establish a safe, hygienic, and supportive environment.

7. Raise awareness about food allergies and promote a nut free school environment.

8. Outline roles and responsibilities for staff involved in promoting well-being.

Leadership in Well-being

- Head of Well-being: Principal

Guidance Counsellors:

- Grade 9,10,11 & 12: Anie Philip

- Grade 5 to 8: Deena Joy
- KG to Grade 4: Esther Praiseena

Strategies for Well being

1. Curriculum Integration

Well-being is addressed through various subjects and activities:

- Healthy eating and nutrition education integrated across subjects.
- Sports and physical education to promote active lifestyles.
- Social and emotional learning (SEL) to develop coping mechanisms and interpersonal skills.

2. School Clinic

The school clinic plays a vital role in promoting well-being:

- Health Campaigns: Covering topics like hygiene, healthy eating, and mental health awareness.
- Regular Health Checks: Including vision, height, weight, and vaccination updates.
- Collaboration: The clinic coordinates with the school counselor to provide support for students facing medical or emotional challenges.

3. School Environment

Healthy eating is promoted through daily lunchbox checks and encouragement to eat fruits and nutritious meals.

- Water dispensers are placed throughout the school to encourage hydration.
- Nut free policy to safeguard students with allergies.
- Fizzy drinks, chocolate, and chewing gum are prohibited on school premises.

4. Welfare Team

The welfare team addresses students' emotional and behavioural concerns:

- Counselors provide one on one support, observations, and follow up plans for students in need.
- Behavior reports and action plans are created for students requiring additional support.
- Anti-bullying campaigns and student leadership programs promote a positive school culture.

5. Staff Well being

To ensure staff members feel valued and supported:

- Open door policies and regular feedback sessions are implemented.
- Continuous professional development and opportunities for growth are provided.
- E learning support and IT training are conducted to improve teaching experiences.

6. Promoting Mental Well being

- Activities like gratitude journaling, mindfulness sessions, and positive time outs are incorporated into daily routines.
- Students are encouraged to voice their opinions and take ownership of projects.
- Workshops for parents and teachers raise awareness about mental health and resilience.

Well-being Initiatives

For Students:

1. Interactive and engaging e learning sessions to reduce eye strain and mental fatigue.
2. Balanced class schedules, especially during Ramadan, to support physical and mental well-being.
3. Random inspections by school leaders to maintain high educational standards.

For Staff:

1. Work life balance encouraged through flexible policies and support systems.
2. Weekly performance reviews to identify areas of improvement.
3. Recognition of efforts and contributions to foster motivation and positivity.

Monitoring and Review

The Senior Leadership Team (SLT), in collaboration with the counsellor, school doctor, and physical education head, will regularly review this policy to ensure its effectiveness. Feedback from students, parents, and staff will be incorporated into annual updates.