



مدرسة الشروق الدولية  
SUNRISE INTERNATIONAL SCHOOL  
Abu Dhabi, UAE

## Wellbeing Policy

### Purpose of Policy

To establish and maintain a comprehensive Wellbeing Strategy that aligns with ADEK's policies, promotes awareness across the school community, monitors wellbeing through regular evaluation and surveys, and fosters continuous improvement in the overall wellbeing of students, staff, and stakeholders.

### Approval for this policy given by

Principal

### Responsibility for its update

Principal

### Policy applies to

All staff of Sunrise International School

### Introduced on

April 2025

### Compliance From

AY 2025/26

### 1<sup>st</sup> Review Date

November 2025

### Next Review Date

April 2026

### Principal's Signature

### School Seal



## **Introduction**

At Sunrise International School, we believe that wellbeing is fundamental to fostering a positive and productive learning environment. Our Wellbeing Policy is aligned with the Abu Dhabi Department of Education and Knowledge (ADEK) Wellbeing Policies and supports a whole-school approach to promoting the physical, mental, social, intellectual, digital, and environmental wellbeing of all members of our school community.

We recognize that children and youth learn more effectively when they feel supported, valued, and engaged. This policy outlines our commitment to creating a safe, inclusive, and nurturing environment for all students and staff, emphasizing prevention, intervention, and continuous improvement.

## **Purpose**

The Wellbeing Policy aims to:

- Implement a comprehensive Wellbeing Strategy that aligns with ADEK's wellbeing policies and the school's vision.
- Promote awareness and understanding of the Wellbeing Strategy among students, staff, parents, and the wider school community.
- Regularly monitor, evaluate, and improve wellbeing through data-driven insights and annual wellbeing surveys.
- Foster a culture of inclusion and support for all, including students with additional learning needs.

## **1. Wellbeing Strategy**

### **1.1 Development and Implementation**

Sunrise International School will develop and maintain a Wellbeing Strategy that includes:

- A clear statement of the school's wellbeing goals and vision.
- Policies and initiatives aligned with ADEK's Wellbeing and Inclusion Policies.
- Specific action plans addressing psychological, social, mental, physical, intellectual, digital, and environmental wellbeing.
- Mechanisms to monitor and review wellbeing data and progress annually.
- Adequate resources to effectively implement and sustain the Wellbeing Strategy.

### **1.2 Annual Review**

The Wellbeing Strategy will undergo an annual review process to:

- Evaluate progress against established wellbeing goals and milestones.
- Oversee the design, administration, and analysis of wellbeing surveys.
- Adjust action plans based on survey findings and other evaluation measures.
- Ensure alignment with ADEK guidelines and evolving community needs.

### **1.3 Inclusion**

The Wellbeing Strategy will account for the unique needs of students with additional learning needs, ensuring compliance with the ADEK School Inclusion Policy and fostering a holistic and supportive environment for all learners.

### **1.4 Policy Compliance**

All school policies will be reviewed annually to ensure they do not negatively impact student wellbeing (e.g., ensuring reasonable access to washroom breaks and respecting religious practices).

## **2. Awareness of Wellbeing Strategy and Policies**

### **2.1 Communication and Promotion**

The school will actively promote awareness of its Wellbeing Strategy through:

- Integration into the school curriculum and co-curricular activities.
- Staff training and professional development, including new staff induction.
- Publicizing the strategy on the school website and in the Parent Handbook.
- Hosting wellbeing-related events and initiatives to engage the community.

### **2.2 Wellbeing Committee**

Sunrise International School will appoint a Wellbeing Committee or Wellbeing Lead to oversee the Wellbeing Strategy. Their responsibilities will include:

- Monitoring and evaluating the Wellbeing Policy annually.
- Designing, administering, and analyzing annual wellbeing surveys.
- Updating the Wellbeing Strategy based on data insights and community feedback.
- Ensuring all stakeholders are informed and involved in wellbeing initiatives.
- Providing ongoing training for staff and volunteers.

## **3. Monitoring and Evaluation**

### **3.1 Wellbeing Surveys**

Annual wellbeing surveys will be conducted to assess and monitor the wellbeing of students and staff. These surveys will evaluate:

- Psychological wellbeing (e.g., self-esteem, personal development)
- Physical wellbeing (e.g., health practices, participation in activities)
- Social wellbeing (e.g., relationships, sense of belonging)
- Intellectual wellbeing (e.g., learning engagement, academic motivation)
- Digital wellbeing (e.g., digital literacy and online safety)
- Environmental wellbeing (e.g., sustainability and physical environment)

Survey results will be analyzed to identify trends, strengths, and areas for improvement while ensuring anonymity and data confidentiality.

### **3.2 Action Plans and Reporting**

Based on survey findings:

- Action plans will be created to address identified wellbeing priorities.
- The Wellbeing Strategy will be updated accordingly.
- Insights and progress will be shared with ADEK annually.

## **4. Inclusion**

### **4.1 Supporting Students with Additional Learning Needs**

The Head of Inclusion will work with stakeholders to ensure the Wellbeing Strategy addresses the needs of students with additional learning needs, in line with ADEK's Inclusion Policy.