



AL ROWAD BRITISH PVT.SCHOOL, SHARJAH

Student Well-Being Journal

Improving Well-Being at Al Rowad British School

Students' well-being and their success in and outside school depend on their ability to use their competences for democratic culture.

Since well-being has many facets, improving students' well-being in school requires a whole-school approach, involving both teachers and parents.

We provide lessons focused on the responsible use of the Internet, the need to adopt a healthy lifestyle and how to prevent or cope with health problems, in collaboration with those involved, including health and social services, local authorities and civil society organisations.

What is Well-being?

Well-being is the **experience of health and happiness**. It includes mental and physical health, physical and emotional safety, and a feeling of belonging, sense of purpose, achievement and success.

Well-being is a broad concept and covers a range of psychological and physical abilities. Major types of well-being are said to be:

- **Emotional well-being** – the ability to be resilient, manage one's emotions and generate emotions that lead to good feelings
- **Physical well-being** – the ability to improve the functioning of one's body through healthy eating and good exercise habits
- **Social well-being** – the ability to communicate, develop meaningful relationships with others and create one's own emotional support network

Why is well-being important at school?

Well-being is important at school because school has an essential role to play in supporting students to make healthy lifestyle choices and understand the effects of their choices on their health and well-being.

Childhood and adolescence are a critical period in the development of long-term attitudes towards personal well-being and lifestyle choices. The social and emotional skills, knowledge and behaviours that young people learn in the classroom help them build resilience and set the pattern for how they will manage their physical and mental health throughout their lives.

There is a direct link between well-being and academic achievement and vice versa. Physical activity is associated with improved learning and the ability to concentrate. Strong, supportive relationships provide students with the emotional resources and explore new ideas and ways of thinking, which is fundamental to educational achievement.

How are we active?

Addressing student well-being at school begins with helping students feel they are known and valued as an individual in her or his own right, and that school life has a meaning and purpose for them. well-being.

- providing opportunities for all members of the school community to participate in meaningful decision-making in school, e.g., through consultations, opinion surveys, electing class representatives, student parliaments, focus groups, in-class feedback on learning activities.
- taking steps to reduce the anxiety students feel about examinations and testing through the introduction of less stressful forms of assessment, e.g., formative assessment, peer assessment and involving students in the identification of their own assessment needs;
- using teaching methods that contribute to a positive classroom climate and well-being, e.g., cooperative learning, student-centred methods, self-organised time, outdoor activities;

- finding curriculum opportunities to talk about well-being issues with students, e.g., healthy eating, exercise, positive relationships;
- integrating democratic citizenship and education for intercultural understanding into different school subjects and extra-curricular activities, e.g., openness to other cultures in Religious Education, knowledge and critical understanding of human rights in Social Science, empathy in Literature;
- introducing student-led forms of conflict management and approaches to bullying and harassment, e.g., peer mediation, restorative justice;
- improving the physical environment of the school to make it more student-friendly, e.g., new furniture and fittings, carpeted areas, appropriate colour schemes, safe toilet areas, recreational areas;
- encouraging healthier eating by providing healthy options in the school canteen, e.g., avoiding high amounts of sugar, saturated fats and salt;
- working with parents to enhance students' achievement and sense of purpose in school, e.g., on healthy food, safe internet use and home-school communications.
- Addressing student well-being at school always goes hand in hand with action to protect the health and well-being of teachers and other staff at school.

Student checklist for staying on top of their Well being

Looking after your mental wellbeing has never been so important – so, don't fall behind on those key things that can make all the difference when you're feeling low. Everyone has good and bad days. We've all been there and it's totally normal. The trick is in spotting those early signs, and taking action before they overwhelm you.

After all, you don't need to be reminded that it's been a weird year. Many of us have felt the mental struggle more keenly than ever before.

1. Get active

Regular exercise can boost your self-esteem, help you concentrate and improve your sleep. Walk, cycle, dance or try something completely new. It's a great way to make new friends too.

If you don't want to put on your trainers and hit the Gym, why not try an online yoga class instead? Even just a 20-minute exercise can increase your body's Hormone levels the brain associates with feeling happy and confident, while beating down those thoughts of stress and anxiety.

2. Monitor your social media usage

Social media has become a big part of everyday life. From catching up with friends to scrolling through hilarious videos, it's not hard to suddenly realise you've spent hours on Social Media.

But does it make you feel happy? There's a growing concern that, as a society, using these channels could be causing a rise in anxiety. So, if watching other people's stories is making you worry about your own goals, take a break.

Everyone is different, and not everything online is based on real life, monitor your social media usage to avoid stress.

3. Sleep well

It's probably one you've heard many times before, but there's nothing like a good night's sleep to help you feel more alert and focused. We all know lack of sleep quickly leads to feeling irritable

If you're are struggling to fall asleep, try avoiding your phone or tablet screen an hour before you go to bed. Research has revealed that the blue light effect from these devices can make our sleep a constant battle.

Follow these tips to nurture your wellbeing and increase your resilience.

4. Share

Don't keep things bottled up. Talking about your feelings with friends, family or your teacher is not a sign of weakness but of taking charge of your own wellbeing.

5. Balance studying with other activities

Participate in activities, follow your passions and keep up your hobbies. You need a break from your studies.

6. Accept who you are

You are unique, don't compare yourself to other people. Each person is on a different journey and following their own path.

7. Give to others

Helping others makes you feel better about yourself, even something as small as a smile, a thank you or a kind word.

8. Keep in touch with family and friends

You will make lots of new friends but it is important to keep contact with people who care about you and know you well.

9. Eat healthily

There are strong links between what we eat and how we feel. Eat regular meals and make sure you get some fruit and vegetable in every day's meal. A good diet means a healthier life.

10. Unplug

Switch off phones and social media for a short time each day. A change of scene is good for mental health. Go for a walk, sit, think and breathe.

Think about comfort, light, temperature and noise levels. Go to bed when you are tired and get up at the same time every day. Napping or staying in bed for longer may impact on your sleep the following night. Have a cool or warm shower or bath (not hot), download and listen to something relaxing and take time out from other activities before trying to sleep. Don't read, watch TV or use a smartphone in bed.

11. Take a break

This is also the perfect opportunity to give yourself time to reflect on what you've learnt and how you can apply it in practice. If you can tie this in with another healthy habit like a walk or meditation, even better.

12. Communicate

A problem shared is a problem halved and strong relationships are important for your emotional wellbeing. Studying can be a stressful time and this is where leaning on your friends and family for support can be key.

Building good relationships will give you an opportunity to share experiences and emotions – good and bad. So, take the time to try and bond with your family when you can.

Remember – you're never alone.

13.Go outdoors

If you're feeling a bit down or like your study schedule is getting on top of you, we recommend taking some time out – outside. It's been said that spending time outdoors is one of the best ways to improve your mental health and happiness.

The benefits of filling your time being outside are even backed by science. A new study by the International Journal of Environmental Health Research has found that spending just 20 minutes in a park boosts your wellbeing.

So next time the sun makes an appearance, or you have the chance to walk– take the opportunity and see how it makes you feel.

14.Keep things in perspective

It's all too easy to let stress and worries get on top of you. But it's important to take a deep breath and consider how far you've come.

You might not be there yet, but with continued hard work and motivation, you'll succeed.

The best thing to do is to keep your head up and stay motivated.

15.Ask for help

Don't keep things bottled up if you're stuck. Seek help from your class teacher and other adults in the school.