

Wellbeing Policy

Our Vision

Empowering students with values and skills to excel in a dynamic world.

Our Mission

To deliver high-quality, forward-thinking education that equips every student with the knowledge, skills, attitudes and global competencies to excel.

To create a nurturing, inclusive environment where all learners are enabled to contribute meaningfully to their communities and beyond.

To inspire a passion for discovery, nurture innovative mindsets.

To develop individuals to embrace every learning experience, build emotional and mental fortitude and a growth mindset to navigate challenges confidently.

Vision & Philosophy

The school's wellbeing vision is clear and aspirational: to develop resilient, self-regulated and emotionally intelligent learners equipped with the wellbeing skills needed to navigate change, sustain personal success and engage confidently as responsible global citizens. Our school is committed to nurturing a safe, inclusive, and empowering environment where students, staff, and parents flourish emotionally, socially, physically, and mentally. Wellbeing is embedded across curriculum, culture, and community partnerships, ensuring every learner develops resilience, self-awareness, empathy, and the skills needed for lifelong success.

Policy Purpose

This policy outlines the school's whole-school approach to wellbeing and SEL, aligned with the best practices. It integrates wellbeing at the core of the curriculum, pastoral care, safeguarding, staff wellbeing, parent partnerships, and student voice.

Wellbeing Domains

The school's wellbeing framework addresses:

- Emotional & Mental Wellbeing
- Physical Health & Safety
- Social & Relationship Skills

- Academic & Career Wellbeing
- Digital Wellbeing
- Spiritual, Moral & Ethical Development

Comprehensive SEL & Wellbeing Curriculum

A structured, age-appropriate SEL curriculum is implemented from Early Years to Grade 12. It focuses on self-awareness, emotional regulation, empathy, resilience, decision-making, stress management, conflict resolution, digital citizenship, leadership, and career readiness. Wellbeing learning is integrated across subjects, assemblies, advisory programs, extracurricular activities, and service learning.

Student Wellbeing & Support Systems

- School counsellors, wellbeing team, nurse, and doctor provide proactive and responsive support.
- Early identification through observation, referral, and monitoring.
- Individual support plans, counselling, and external referrals where required.
- Anti-bullying, child protection, and safeguarding protocols are strictly implemented.

Physical Health & Healthy Lifestyle

The school promotes healthy eating, physical activity, sleep hygiene, and balanced routines. Nut-free guidelines, safe drinking water, and regular health screenings are ensured. Sports, ECAs, and outdoor learning opportunities support physical and emotional development.

Staff Wellbeing

Staff wellbeing is prioritised through professional support, wellbeing workshops, peer collaboration, mental health awareness, manageable workloads, recognition initiatives, recreation initiatives and celebrations and access to counselling support. A positive staff culture is recognised as essential to student wellbeing.

Parent Partnership & Community Engagement

Parents are active partners in wellbeing. The school provides parent workshops, guidance sessions, regular communication, and resources to support children's emotional, social, and academic wellbeing. Community partnerships and volunteering opportunities further enhance student development.

Student Voice & Leadership

Students are encouraged to participate in wellbeing councils, peer mentoring, surveys, leadership roles, and service projects. Their voice informs school initiatives, policies, and improvement planning.

Digital Wellbeing

The school promotes responsible technology use, online safety, balance, and digital citizenship. Students are educated about screen time, cyber safety, cyberbullying, and healthy digital habits.

Monitoring, Evaluation & Review

Wellbeing initiatives are regularly monitored through surveys, student data, attendance, behaviour records, and stakeholder feedback. This policy is reviewed annually to ensure continuous improvement and implementation.

Reviewed by:



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