



**PAMIR**  
PRIVATE SCHOOL

**Distance Learning Student  
Wellbeing Policy**



**Academic Year 2021-2022**

Written by:	<b>Ms. Sally David-Ty Primary Coordinator</b>	Reviewed:	<b>March 2021</b>
Endorsed by:	<b>Ms. Azoora Sudheer Academic Coordinator</b> <b>Mr. Muhammad Zahid Azeem Principal</b>	Next Review:	<b>Sept. 2021</b>
Approved by:	<b>School Officials</b>		

## Student Well- being Policy

### Purpose:

We are committed to ensuring that we nurture a positive atmosphere for the entire Pamir Private School community.

With regards to students in our care, we nurture their growth into healthy adults, by ensuring that they:

- be healthy
- stay safe
- enjoy and achieve
- make a positive contribution
- achieve economic and mental health well-being

Promoting a healthy lifestyle is integral to our curriculum, we recognize our role in ensuring students not only are physically fit and make healthy eating choices but they also take steps that enable them to experience mental well-being as well. As a school, we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. And along with this, we are also cognizant of the fact that physical activity, sleep and learning to manage our time all contribute to a child's overall mental well-being.

Consequently, Pamir Private School does its utmost to teach students the key points about living a healthy life. It is only through a whole-school approach that the key messages about physical and mental health can be achieved.

Adults should be good role models and support the students in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

### Rationale:

This policy statement provides an overarching structure encompassing existing, ongoing and developing work in this area. Its implementation is an ongoing process that will ensure the necessary focus on supporting children and young people in having a sense of purpose and fulfillment, and the skills necessary to deal with life's challenges.

Learning at Pamir Private School enables the student's formation of knowledge, capabilities and values. We value opportunities for learning and reflection that challenge us to aspire to individual excellence, whilst maintaining the dignity and worth of the whole person.

## Aims:

- Through our Wellbeing Policy we aim to:
  - Create a positive Distance Learning routine in which all staff assumes responsibility for the wellbeing of students and colleagues.
  - Establish a Classroom through distance learning environment where each individual feels safe, respected and valued.
- Encourage students to develop self-discipline and to take responsibility of their own actions.
- To develop policies and implement programs that are both proactive and oriented towards prevention, intervention and restoring wellbeing.
- To provide appropriate professional learning for all staff so that they are skilled and proactive in the management of student wellbeing issues.
- To build strong partnerships with parents that geared towards the learning progress of students.
- Ensure that students, staff and parents clearly understand the school's expectations for Distance Learning Behavior Management.
- Reinforce positive behavior and develop self-esteem.
- Establish a set of procedures that will consistently be followed across the online learning for dealing with unacceptable behavior.

Pamir Private School is committed to providing a safe, caring and supportive learning environment, which ensures that the experience of social, emotional and academic learning is positive for all students. The school fosters a culture of positive and respectful relationships towards other individual's responsibility on their behavior to peers, parents and staff and will work in partnership to parents to assist students in developing a healthy social practices and personal well-being.

Our policy reflects the shared values of our school community through distance learning and ensures its own efficacy by an on-going process of review. Our programs and practices are dynamic and therefore responsive to any ways that need the demands of change in the pursuit of excellence.

## Rules and Expectations:

Rules and expectations are consistent throughout our school distance learning context. This consistency supports students, staff and parents at all times. At Pamir Private School we have a concrete Distance Learning Behavior policy which is blended in giving importance to the well-being of student and child rights. The implementation of this program is fundamental to our whole school Behavior Management Policy which

promotes positive behaviors and a productive learning environment. Having a school wide distance learning discipline program promotes consistent and appropriate behavior.

**Corporal punishment is not part of our discipline policy and is not to be used by any staff of Pamir Private School to consistently adopt the real sense of wellbeing. We have implemented some basic rules during online classes to cater the wellbeing of everyone in the class.**

### School rules during E-learning:

- I will follow directions.
- I will take Zoom Links and Password Confidential.
- I will listen to teacher and respect teacher at all times.
- I will speak appropriately. (I will not tease, yell or swear.) (I will always use my manners.)
- I will respect everyone on class.
  
- I will value my teachers' efforts on imparting as good knowledge.

### Encouraging and reinforcing Positive Behaviors:

- Some procedures that teachers apply to promote appropriate behavior are:
  - Class awards, class points or other class incentive schemes
- Star of the Month award for KG & Primary.
- Best Attendance Award.
- Stickers, free time or a special activity
- Verbal praise or recognition
- Principal's Award
- A note or phone call to parents

### Our Well-being Team:

Our team is on hand to provide counseling and intervention.

#### School Social Worker Roles & Responsibilities:

- Open and maintain a file for any student referred to her.
- Conduct observations.
- Write up observation reports.
- Maintain a case log detailing reason for referral and details of each counseling session with next steps noted.
- Providing crisis management services.
- Provide counseling for SEND students to develop their academic, social and

emotional skills.

- Attend and schedule a meeting with students across the school. Identify trends in the behavior that are a concern within the school.
- Raise awareness of the role of the school social worker within the school.
- Advocating for student services and students' best interests.
- Providing case management services including, but not limited to, referrals to community resources, collaboration with other professionals.
- Run the anti-bullying campaign within the school.
- Devise programs, policies, etc., to curb negative behavior and promote positive behavior.
- Place students on a behavioral report and conduct follow up with teachers to determine if a student has met his/her targets.
- Raise awareness of mental wellness among students and parents.  
Create student leadership opportunities in the form of training students to be mentors, playground buddies or helping students to take on a school community project or external volunteering project.

#### Staff and Well-being Team:

<b>Mr. Muhammad Zahid Azeem</b>	<b>Well Being Head</b>
<b>Ms Sally David-Ty</b>	<b>Well Being In-Charge</b>
<b>Members:</b>	
<b>Ms. Mehreen</b> <b>Ms. Mahrukh</b> <b>Ms. Aswathi</b> <b>All Teachers</b>	

#### Monitoring and Review:

The Senior Leadership Team, will monitor this policy to ensure that our students are taught the importance of Well-being. This policy will be reviewed every 6 months or more often if necessary due to changes in regulations or

**CONFORME:**

**We understand the Distance Learning Student Well-Being Policy.**

**We accept and we will adhere to every rule about it.**

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**Parent's Name and Signature**

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**Class**

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**Date**

