



DUBAI
INTERNATIONAL
ACADEMY

Al Barsha

STUDENT WELLBEING INITIATIVES



Dream. Inspire. Achieve. *Belong*



Wellbeing Initiatives for Students...

School Counsellor:

The introduction of a dedicated school counsellor has provided students with a confidential and supportive space to discuss personal challenges, significantly reducing emotional barriers to wellbeing.

Canteen Provider:

A healthier and diverse canteen menu, following feedback from students, has positively impacted students' physical wellbeing, contributing to improved energy levels and concentration in class.

Wellbeing Initiatives for Students...

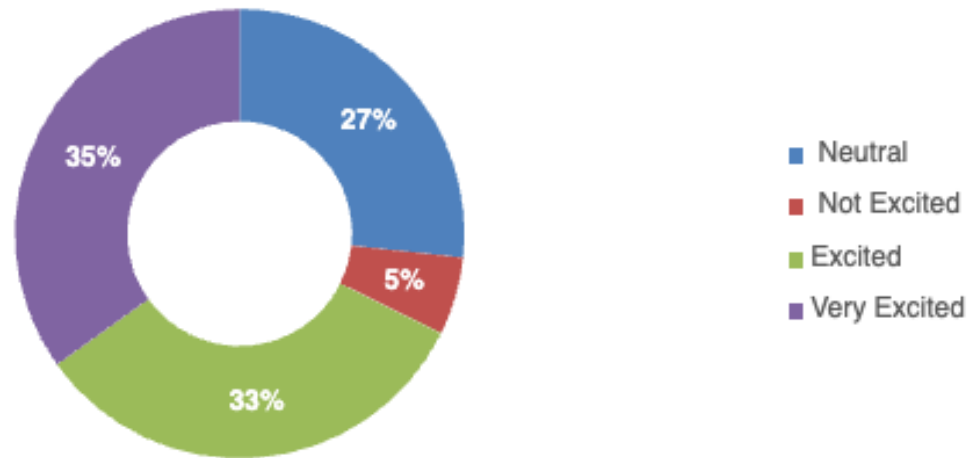
Eco Garden and Greenhouse:

Cultivating the eco garden and greenhouse not only connects students with nature but also serves as an educational hub for sustainability practices. Students actively participate in growing organic fruits and vegetables, promoting healthy eating habits while integrating sustainability lessons into the curriculum. This holistic approach ensures that students not only appreciate the environment but also understand the direct link between sustainable living, nutritious foods and their overall wellbeing.



Wellbeing Initiatives for Students...

HOW DO YOU FEEL ABOUT COMING TO SCHOOL EACH DAY



Outside Seating during Lunch:

Creating outdoor lunch spaces based on student feedback has increased social interactions, providing a positive atmosphere and fostering a sense of community among primary school students.

Regular Student Surveys:

Implementing regular surveys has given students a voice in shaping wellbeing initiatives, ensuring that interventions are tailored to their specific needs and preferences.

Wellbeing Initiatives for Students...

Wellbeing Wednesdays:

In the secondary school we have dedicated Wednesdays to celebrate student wellbeing. An example of this was the pyjama day, as part of our drive to promote the importance of sleep. The student leadership group also make and sell popcorn to students at lunchtime on these Wednesdays.



Student Council

Wellbeing Initiatives for Students...

Head - Grade 5D Sports Ambassador
Hello, I'm Iyad and I am the Sports Ambassador. I would like to have friendly benches in the playground to promote student wellbeing. We could select one bench and decorate it to be the official "Friendship Bench". We could ask students to participate and send in decoration ideas - the best one selected could be made!

Hussein - Grade 5A Deputy Head Boy
Hello, my name is Hussein and I am Deputy Head Boy. I applied for this role because I want to make the school a better place. One of the things I want to do is make the school more eco friendly. I would like to promote a love of Maths throughout the school.

Tara - Grade 5B Head Girl
Hello everyone! My name is Tara and I am your head girl this year. As part of student council, we all would like to add recycling bins/bags to make our school more eco friendly. Personally, I would like to organize a fundraising movie night where you can donate to countries or people in need.

Reya - Grade 5F Deputy Head Girl
Hello everyone! My name is Reya and I am your Deputy Head Girl. I would like to have friendly benches in the playground to promote student wellbeing. We could select one bench and decorate it to be the official "Friendship Bench". We could ask students to participate and send in decoration ideas - the best one selected could be made!

Ruby - Grade 5E Earth House Captain
Hello, my name is Ruby and I am the Earth House Captain. I would like to have friendly benches in the playground to promote student wellbeing. We could select one bench and decorate it to be the official "Friendship Bench". We could ask students to participate and send in decoration ideas - the best one selected could be made!

Salma - Grade 5B Air House Captain
Hello, my name is Salma and I am the Air House Captain. I would like to have friendly benches in the playground to promote student wellbeing. We could select one bench and decorate it to be the official "Friendship Bench". We could ask students to participate and send in decoration ideas - the best one selected could be made!

Yussein - Grade 5C Head Boy
Hello, my name is Yussein and I am the Head Boy. I would like to have friendly benches in the playground to promote student wellbeing. We could select one bench and decorate it to be the official "Friendship Bench". We could ask students to participate and send in decoration ideas - the best one selected could be made!

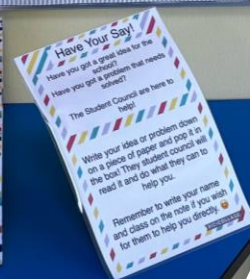
Ashyana - Grade 5A Water House Captain
Hello, my name is Ashyana and I am the Water House Captain. I would like to have friendly benches in the playground to promote student wellbeing. We could select one bench and decorate it to be the official "Friendship Bench". We could ask students to participate and send in decoration ideas - the best one selected could be made!

Wellbeing Student Ambassador:

Appointing a Wellbeing Student Ambassador reinforces the idea that wellbeing is a student-driven initiative. This ambassador not only champions mental health awareness but also ensures that student voices play a central role in shaping and refining wellbeing programs, fostering a culture where students actively contribute to and influence the initiatives that impact their own mental health and overall well-being.

Rewards for Students:

Recognising and rewarding students for achievements has boosted self-esteem and motivation, creating a positive school environment that supports overall wellbeing.



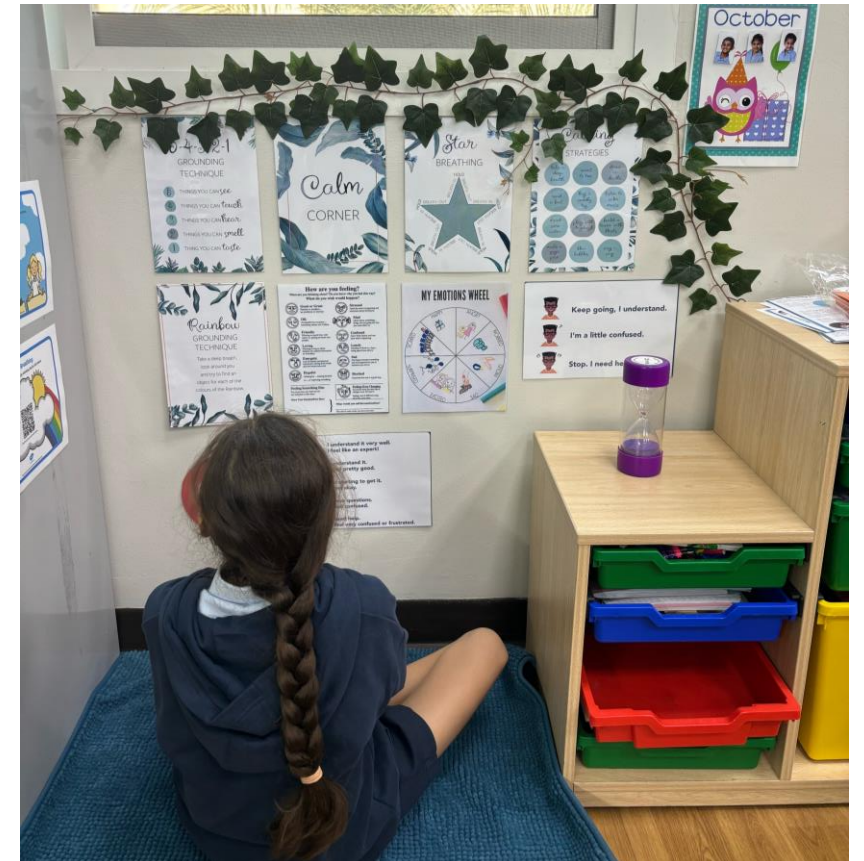
Wellbeing Initiatives for Students...

Wellbeing Displays in Classrooms:

Creating vibrant wellbeing displays, walls and corners within classrooms has transformed these spaces into visual reminders of positive mental health practices. These displays showcase affirmations, coping strategies and mental health resources, contributing to a supportive learning environment that encourages open discussions about wellbeing among students.

Wellbeing Days:

Dedicated wellbeing days provide a break from routine, offering students activities and resources focused on mental health, relaxation and stress management.



Wellbeing Initiatives for Students...

Increase in After School Clubs:

Expanding after-school club options not only provides students with opportunities to pursue diverse interests but also focuses on promoting physical wellbeing. Students engage in activities that not only spark their interests but also contribute to a holistic approach to wellness, recognising the interconnectedness of physical and mental health.

Entering DASSA Sports Competitive League:

Participation in sports leagues has not only improved physical health but also boosted teamwork, sportsmanship and self-confidence, positively impacting overall student wellbeing.





Wellbeing Initiatives for Students...

Inquiry Room in Primary School:

Establishing an inquiry room provides a designated space for students to engage in self-directed learning and exploration, fostering curiosity and a sense of autonomy.

Celebrating Events (e.g. World Cultures):

Celebrating diverse cultures and awareness days fosters a sense of inclusivity, promoting understanding and tolerance among students, contributing to their emotional wellbeing.

Wellbeing Initiatives for Students...

International Trips:

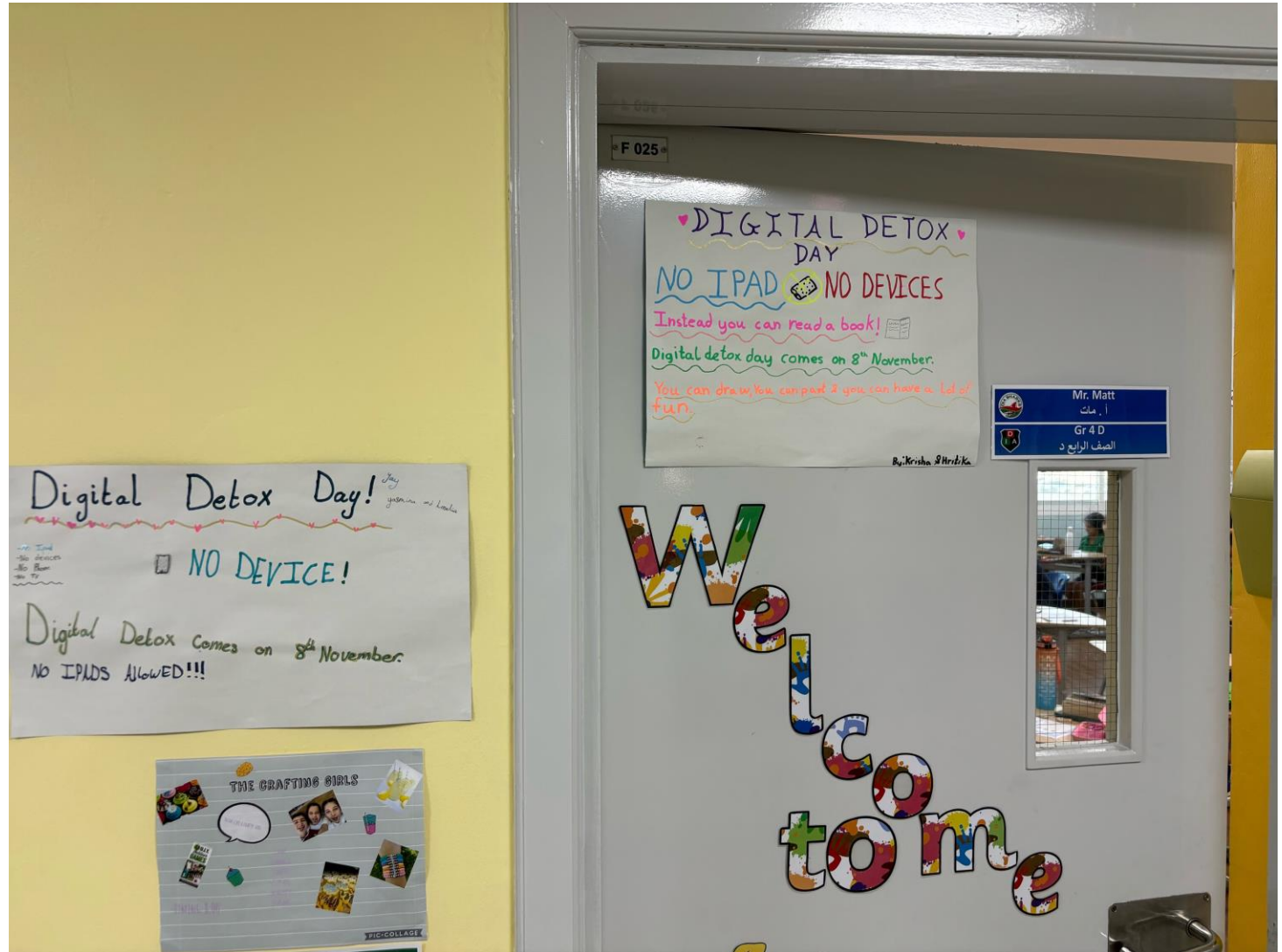
In the past twelve months we have carried out trips to Nepal, Borneo and Kenya. Students carry out a variety of activities that support their wellbeing such as caring for the environment, water sports and learning about new cultures.



Wellbeing Initiatives for Students...

Curriculum Initiatives (e.g. Digital Detox):

Incorporating initiatives like digital detox in the curriculum encourages healthy technology habits, reducing screen time-related stressors and promoting a balanced approach to life.



Wellbeing Initiatives for Students...

Focussed Curriculum Advice and Guidance:

We have increased our careers advice and guidance to ensure that students are well-informed about the choices they make and how these choices will impact their future.





Wellbeing Initiatives for Students...

Termly Reward Vouchers:

The student leadership team has generated funds through wellbeing Wednesday activities for us to be able to purchase mall shopping vouchers for our best performing students. A raffle is conducted at the end of each term, allowing two lucky students to win 150AED vouchers each!