NAME OF POLICY	EMOTIONAL HEALTH AND WELL-BEING POLICY DURING DISTANCE LEARNING
APPROVED BY	PRINCIPAL
APPROVED ON	March 2026
NEXT REVIEW	March 2027
RELATED POLICIES	E-Safety Policy, Digital Citizenship Policy, Child safeguarding Policy, Student Mental health Policy

Distribution list:

- Principal & Director
- VP's
- HM's
- Sr. Manager (Admin)
- Supervisors
- Admin Staff
- Teaching and non-teaching staff
- School Counsellors

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Introduction

Mental health is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to his or her community. (World Health Organization)

At Delhi Private School, Sharjah, we aim to promote positive mental health for every member of our staff and student body through distance learning. We promote a supportive and inclusive ethos, which values parental involvement and contribution. This policy outlines how we, as a school, care for and nurture the emotional well-being of our students and staff.

Purpose of the Online Policy

The policy describes how we support the emotional needs of students at Delhi Private School Sharjah, and the importance it places on the well-being of all members of our community.

Aims and objectives

We aim to develop a community where all members can flourish and feel safe, and which:

- Creates an enthusiastic and engaged learning community that will achieve its full potential.
- Develops the whole child.
- Aspires to be at the heart of our community.

We aim to be a school where:

- Online Teaching and Learning is personalized, creative, challenging, and fun.
- A sense of mutual respect, care, and responsibility is shown to everyone at school.

Rationale

The emotional health and well-being of everyone in the care of Delhi Private School, Sharjah is fundamental to our vision and our daily running. We believe it promotes school improvement and success in a multitude of ways:

- Students are engaged with their distance learning.
- More effective teaching with various online resources.
- Parents are more involved in school life and learning at home.
- Students have developed high self-esteem and confidence with eLearning.
- Improved behavior and attendance.

Promoting Emotional Health and Well-being (Distance Learning)

Student Voice and Participation

The school actively promotes and strengthens student voice within the online learning environment through:

- Regular virtual Student Council meetings conducted via secure digital platforms.
- Digital suggestion forms and online feedback tools to ensure all students can express their views.

Parental Engagement in Online Learning

The school promotes active parental involvement in students' online learning through:

- Scheduled virtual parent-teacher meetings.
- Regular consultation on school developments through digital platforms and webinars

- Continuous communication regarding student progress, behaviour, and wellbeing via school portals and communication apps
- Parent workshops and webinars focusing on digital wellbeing, online safety, and learning support.

Creating a Positive Online Learning Environment

The school ensures a safe and supportive virtual learning environment by:

- Recognising students' physical, social, and emotional needs within e-learning contexts
- Establishing clear online behaviour expectations, digital etiquette, and safeguarding protocols
- Promoting respectful, inclusive, and supportive interactions between students and staff
- Ensuring structured routines to provide consistency and security in online learning

Enhancing Student Motivation and Engagement

The school strengthens motivation and engagement in online learning through:

- Celebrating achievements through virtual assemblies and online recognition systems
- Delivering a balanced and interactive online curriculum supporting academic, physical, and creative development
- Catering to diverse e-learning styles through varied digital tools and approaches
- Encouraging independent learning and self-regulation skills
- Using a range of interactive teaching strategies appropriate to students' age, ability, and developmental stage

Developing Self-Esteem and Personal Growth

The school promotes students' personal development in the online environment through:

- A comprehensive Personal Development Curriculum delivered digitally (Social Studies, Moral Education, Development Guidance)
- Providing guidance on health, nutrition, and digital well-being
- Promoting a growth mindset through online workshops and mentoring sessions
- Encouraging reflection through activities in art, literature, values education, and mindfulness practices
- Providing access to school counsellors via secure online platforms for emotional and psychological support

Supporting Students of Determination (SOD) in Distance Learning

- In line with the school's commitment to inclusive education, Students of Determination (SOD) are provided with equitable access to learning opportunities within the e-learning environment.
- A robust Inclusion Department support system provides continuous academic, psychological, emotional, and social support, while also assisting students in adapting to digital platforms and technologies

- The Inclusion team monitors the overall well-being of SOD during e-learning through regular check-ins, progress tracking, and collaboration with parents and support staff.
- Individual learning needs are addressed with appropriate accommodations, differentiation, and personalised learning strategies.
- A well-coordinated communication system between students, parents, teachers, and special educators facilitates ongoing monitoring, support, and feedback.
- The school supports families by offering additional guidance sessions, flexible support, and after-school interventions, helping to ease the responsibility on parents of SOD.

Enhancing Staff Motivation, Learning and Professional Development (Distance learning)

The school promotes staff motivation, continuous learning, and professional growth within the online learning environment through:

- Provision of whole-school digital training, including structured use of platforms such as Microsoft tools to support effective e-learning delivery.
- Maintaining regular communication and well-being check-ins with staff during periods of absence to ensure continued support and inclusion
- Providing opportunities for staff to engage in open dialogue with the Principal and Senior Leadership Team through scheduled virtual meetings
- Encouraging professional collaboration and sharing of best practices through online communities of practice and peer learning sessions

Monitoring and Review

The Policy is reviewed annually as part of the School Development Plan.

STANDARD OPERATING PROCEDURE (SOP)

1. Needs Identification	
Identify the well-being, academic, and inclusion needs of students, staff, and parents in the online environment	**Responsibility: SLT / Coordinators / Inclusion Team**
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2. Planning & Resource Allocation	
Develop action plans, allocate well-being resources, and design online support systems	**Responsibility: SLT / Wellbeing Team / IT Team**
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3. Student Voice & Participation	
Facilitate student engagement through Student Council, wellbeing groups, and digital feedback platforms	**Responsibility: Teachers / Student Leaders / Coordinators**
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4. Parental Engagement	
Conduct virtual meetings, workshops, and surveys, and ensure continuous communication with parents	**Responsibility: Teachers / SLT / Counsellor**
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5. Safe Online Learning Environment	
Establish clear digital behavior expectations, safeguarding protocols, and structured routines	**Responsibility: SLT / Teachers / Safeguarding Team**
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6. Teaching & Learning Implementation	
Deliver inclusive, engaging, and differentiated online learning experiences	**Responsibility: Teachers / Inclusion team**
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7. Motivation & Engagement	
Promote achievement through recognition, interactive teaching strategies, and independent learning	**Responsibility: Teachers / Coordinators**
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8. Personal Development & Wellbeing	
Implement personal development curriculum, wellbeing sessions, and counselling support	**Responsibility: Counsellor/ Teachers/ Wellbeing team**

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9. Inclusion – Students of Determination (SOD)	
Provide personalized support, equitable access, and continuous monitoring for SOD	**Responsibility: Inclusion Team / SEN Coordinator / Teachers**

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10. Staff Development & Wellbeing	
Provide digital training, professional development, and well-being support for staff	**Responsibility: SLT/ HR/ Coordinators**

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11. Communication & Collaboration	
Maintain structured communication between students, staff, parents, and leadership	**Responsibility: All Stakeholders**

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12. Monitoring & Evaluation	
Track wellbeing, engagement, progress, and feedback using data and surveys	**Responsibility: SLT / Coordinators / Counsellor**

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13. Review & Continuous Improvement	
Evaluate impact, refine strategies, and update policy and practices regularly	**Responsibility: SLT**