



**ARZANA PRIVATE SCHOOL –
STUDENT MENTAL HEALTH POLICY**

ACADEMIC YEAR (2025 – 26)

ARZANA PRIVATE SCHOOL – STUDENT MENTAL HEALTH POLICY

Effective from: Academic Year 2025–2026

Revision Date: July 2025

Next Review: July 2026

1. Purpose

This policy establishes Arzana Private School’s framework for promoting, protecting, and supporting student mental health and wellbeing in accordance with the ADEK Student Mental Health Policy (2024).

The purpose of this policy is to:

- Integrate mental health education, prevention, and support into all areas of school life.
- Ensure early identification and intervention for students experiencing emotional or psychological challenges.
- Provide access to qualified counseling and support services.
- Strengthen a school-wide culture of wellbeing through collaboration among students, staff, and parents.

2. Scope

This policy applies to all students in Grades 1–8 at Arzana Private School and involves all staff, parents, and external service providers engaged with the school community.

3. Policy Statement

Arzana Private School recognizes that students’ emotional, psychological, and social wellbeing are foundational to their academic and personal development. The school is committed to fostering a safe, inclusive, and supportive environment that promotes mental health awareness, resilience, and coping strategies for every learner.

4. Key Components

4.1 Student Awareness and Education

- Age-appropriate lessons on emotional regulation, mindfulness, resilience, and stress management are embedded in the Social Studies, Moral Education, and Wellbeing programs.

- Cycle 2 students receive targeted awareness sessions on topics such as anxiety, depression, substance misuse, gaming addiction, and digital balance.
- Awareness activities (assemblies, classroom sessions, posters, and campaigns) promote positive mental health and reduce stigma.

4.2 Counseling and Support Services

- A qualified School Socialworker provides counseling sessions and wellbeing support in accordance with ADEK's In-School Specialist Services Policy.
- Counseling is confidential and conducted within ethical and legal parameters of Federal Decree Law No. 45 of 2021 on Data Protection.
- The school maintains a Wellness Space accessible to students needing a calm, restorative environment.
- Social Worker supports home–school coordination, family intervention, and community referrals where necessary.

4.3 Referral Pathways

- Internal referrals: Any staff member or student can refer a concern to the School Socialworker or Child Protection Officer via the *Concern Report Form*.
- External referrals: Cases requiring specialized intervention (e.g., clinical counseling, psychiatry) are referred to ADEK-approved or DoH-licensed professionals.
- Parental engagement: Parents are informed and consulted where appropriate, ensuring the child's best interest remains the priority.
- Referral pathways are included in the Parent and Staff Handbooks.

4.4 Support During Vulnerable Phases

The school identifies and supports students during stressful periods, including:

- Examinations and assessments: Workshops on stress and time management.
- Cycle transitions: Orientation and mentoring programs.
- Post-assessment phases: One-on-one feedback sessions with teachers to discuss academic and emotional progress.
- Study leave periods: Supervised academic and emotional support sessions for students preparing for external assessments.

4.5 Inclusion and Individual Support

- The Head of Inclusion ensures coordination between the Inclusion Team, School Socialworker, and teachers to support the mental health of Students of Determination and those with Additional Learning Needs.

- Documented Learning Plans (DLPs) address emotional and behavioral goals alongside academic targets.
- Individual accommodations include:
 - Modified timetables or break times for students with anxiety.
 - Flexible uniform adjustments for students with sensory sensitivities.
 - Close monitoring of students at risk of bullying or social isolation.

5. Roles and Responsibilities

Role	Responsibilities
Principal, Vice Principal	Ensure implementation and monitoring of this policy; review compliance with ADEK requirements.
Social Worker	Support families, coordinate external referrals, and ensure community collaboration, maintain records and lead awareness initiatives.
Head of Inclusion	Integrate emotional and social goals into DLPs and oversee inclusive wellbeing strategies.
Teachers	Identify early warning signs and refer students of concern using the referral pathway.
Parents	Cooperate with school interventions and reinforce positive mental health at home.
Students	Participate actively in wellbeing programs and seek help when needed.

6. Confidentiality and Consent

- All counseling interactions are confidential except in cases where student safety is at risk (e.g., self-harm, abuse, neglect).
- Parental consent is obtained for structured or ongoing counseling.
- Where parents decline consent, the decision is documented, and the case may be referred to the Child Protection Specialist if risk persists.

7. Monitoring, Evaluation, and Reporting

- The Mental Health Committee, led by the School Socialworker, meets each term to review the effectiveness of mental health initiatives.
- Annual reports on student wellbeing, attendance, and referrals are submitted to school leadership and ADEK if requested.
- Student feedback is collected through wellbeing surveys.

8. Communication

- This policy is published in the Parent and Staff Handbooks and displayed on the school's internal communication platforms.
- Awareness sessions ensure that all stakeholders understand their roles in safeguarding mental health.

9. Compliance

Arzana Private School will be fully compliant with ADEK's Mental Health Policy by the start of Academic Year 2025–26, as per ADEK directives.

Non-compliance will result in accountability measures as per ADEK's policies and UAE Federal Laws.

10. References

- ADEK Student Mental Health Policy (2024)
- ADEK Wellbeing Policy (2023)
- ADEK In-School Specialist Services Policy
- ADEK Inclusion Policy
- Federal Decree Law No. (45) of 2021 – Data Protection
- Federal Decree Law No. (3) of 2016 – Child Rights
- Federal Decree Law No. (29) of 2006 – Rights of Persons with Disabilities

Approved by: School Governing Board – Arzana Private School

Revision Date **July 2025**
Next Review **July 2026**