ANNEXURE TO NAS WELL BEING COUNSELING POLICY   **Drafted 22 March 2020**

NAS continues to prioritize the wellbeing of students during the COVID-19 pandemic. This document entails psychosocial support guidelines and procedures to be followed during the time students will be learning at home.

Our school is conscious that this unprecedented time may impact severely not only on the health and financial side but may also affect the psychosocial well-being of our students. Our students may be faced with challenges to deal with these unprecedented moments. The following are some of the changes our students are dealing with.

● Being restricted to movements to the school and the malls
● Repressed playtime with friend and sports activities
● Limited socialization and spontaneous interactions with friends

The above elements that are important to wellbeing are all factors crucial to the psychological development of the students and lack of may possibly lead to:

● Anxiety
● Withdrawal symptoms
● Resort to or overuse of social media

The Social Counselor will be available on her contact number/email and her email is shared with the teachers and parents to further share with the students.

Procedures to be undertaken during the distance learning period

1. One -to-One online Counseling

● Utmost confidentiality will continue to be maintained
● Students' Feedback forms and data will be protected

2. Online WHOLE SCHOOL POSITIVE BEHAVIORAL INTERVENTIONS AND SUPPORTS (PBIS)

● Teachers using positive reinforcement during the class i.e., use of praise words and make efforts to catch students doing right
● Reward students' appropriate behavior i.e., tokens, certificates (Distance Learning Star of the week) prizes, and incentives are in place to reinforce positive acts.
● Celebration of online birthdays and other events i.e., International Day celebration, Islamic Events celebration (Haq Al Laila), and Earth Day celebration

3. Dissemination of Information and strategies sharing

- Sharing positive talks and growth mindsets
- Sharing Positive messages with all Staff members in the Daily Bulletin
- Updating the school website with psychological strategies for parents and students

4. Strengthening the Online Behavior Code of Conduct

- Being vigilant of potential internet dangers and instilling cyber safety
- Education all stakeholders of internet safety

5. Data based intervention

- Using DATA from students' internal framed surveys as an external survey (PASS/DSWC) to analyze and inform staff of intervention decisions

6. Encouraging Mental Health Awareness

- Building Resilience and Maintaining Mental Health during COVID-19
- Online Groups regarding mental health

7. Ensuring Safeguarding and Protection for all including Students of Determination

- Protecting the vulnerable from cyber safety
- Offering counseling support to parent s of SOD concurrently with their 1 on 1 sessions

References

1. Wellbeing and Counseling Policy
https://docs.google.com/document/d/1mmRQy_xpdgqWz9TaoStOI0XhWvmO6mItR326pOwp0io/edit?usp=sharing

2. ELearning Policy (Distance Learning)
https://drive.google.com/file/d/1tqMqmMs3EfVelofPzK6m565CG8r5Y839/view?usp=sharing

3. WHOLE SCHOOL POSITIVE BEHAVIORAL INTERVENTIONS AND SUPPORTS (PBIS) POLICY
https://docs.google.com/document/d/1yqXHFouQ7JDJoI3oMnSOfxys02UmivHvd4rGg59K7fg/edit?usp=sharing