



### Happiness, Wellbeing and School Quality of Life Action Plan 2021-22

**SMART Wellbeing Goal:** *DNS is strongly committed to improve the school wellbeing outcomes of students much better than the present wellbeing averages of other Dxb Schools.*

Wellbeing Indicator	Target Area	Planned Activity	Dept./Sec. Responsible	Resources	Expected Outcomes
<b>Social and Emotional Wellbeing</b>  <b>KHDA 2020 Wellbeing Data</b> [DNS = 73, 78 & 77%] [DxbS = 78, 86 & 80%]	Happiness	Mood Meter (K-12)	DIIPCS Department [Replacement Classes]	PPTs, Videos, Posters, Case Reports and Audio Tapes etc.	80% Expected in Next KHDA Survey
	Optimism	Gratitude Journal Writing (K-12)	English Department	Journal Writing Guidelines with Samples of Writing from Students	85% Expected in Next KHDA Survey
	Perseverance	Lesson on Perseverance (K-12)	Mathematics Department	Lesson Plan, Video, Planned Activity Sheets etc.	83% Expected in Next KHDA Survey
<b>Relationships and Learning</b>  <b>KHDA 2020 Wellbeing Data</b> [DNS = 83 & 89 %] [DxbS = 88 & 93%]	Connectedness to Adults at School	Open Communications with Positive Peer Relationship Development and Peer Tutoring (K-12)	Activity Department + Administrative Supervisors + Social Studies and Arabic Department including NAP	External Seminar Presenter, Relevant Activity Lists for the Session and Peer Tutoring Timetables with Topics Covered etc.	87% Expected in Next KHDA Survey
	Connectedness to Adults at Home	Promote Students' Independent Decision Making in Families for Better Career Developments (9-12)	Science (PCB) & Math Departments with HSE Sciences + Career Counseling Department	Parent Presenter, Videos, Posters, Student, Teacher and Parent Representatives for Panel Discussions	95% Expected in Next KHDA Survey
<b>Physical Health and Lifestyle</b>  <b>KHDA 2020 Wellbeing Data</b> [DNS = 78 & 63%] [DxbS = 85 & 75%]	Breakfast	Importance of On-time Healthy Breakfasts and Consequences of Skipping Daily Breakfasts (K-12)	School Clinic + Canteen + Kindergarten & Elementary Sciences with K-12 Arabic, Islamic and PE Departments	Presentations, Parental Awareness Videos, Posters and Healthy Breakfast Challenges among Stakeholders	83% Expected in Next KHDA Survey
	Sleep	Sleep Smart Lesson with Educational Activities and Sleep Counseling (K-12)	Social Studies and Arabic Department including NAP + DIIPCS Counseling and PE Departments	Lesson Plan with Activities List, PPT, Videos of Smart Sleep, Sleep Diaries and Students' time Schedule Samples etc.	70% Expected in Next KHDA Survey



<p><b>Student Leadership Participation for the Promotion of Happiness and Wellbeing in School</b></p>	<p>Selection of K-12 Happiness, Wellbeing and School Quality of Life Ambassadors</p>	<p>Survey for Supervisors to Nominate 3 Best Students' for Happiness, Wellbeing and Quality of Life Ambassadors with 1 Adult Wellbeing Facilitator of the section. Selection will be Based on Defined Criteria from DIIPCS. (K-12)</p>	<p>All Section Supervisors</p>	<p>Meeting's Agenda Points, Roles and Responsibilities of Selected Ambassadors &amp; Adult Wellbeing Facilitator, and Survey Questionnaire.  [Need to Write Roles + Responsibilities of Ambassadors and Adult Wellbeing Facilitators as a separate Doc.]</p>	<p>80% Successful Happiness, Wellbeing and Quality of Life Ambassadors with 1 Adult Wellbeing Facilitator to get the desired results in Coming Wellbeing Survey under the guidance of DIIPCS Counselors.</p>
<p><b>Adjustment in Timetables and Schedules of Students and Staffs in School</b></p>	<p>Introduce Happiness, Wellbeing and School Quality of Life Time Slots for Students and Staffs in Weekly Timetables and Schedules</p>	<p>Free access to students and staffs in selected time slots for Guidance &amp; Counseling Sessions in DIIPCS with Counselors, Games &amp; Sports Participation, Group Activities Participation related to Selected Themes or Conducting Activities with Support from Ambassadors and Adult Wellbeing Facilitator for the Section. (K-12)</p>	<p>All Departments and Sections</p>	<p>Timetables and Schedules of Students and Staffs with Happiness, Wellbeing and School Quality of Life, Guidance and Counseling Records, Activities Lists of Ambassadors and Adult Wellbeing Facilitators of the Sections, Videos, Photographs etc.</p>	<p>100% Success Rate to Implement Evidence Based Best Practices to Promote Happiness, Wellbeing and School Quality of Life of All Stakeholders.</p>

**Note:** All the above mentioned activities are the basic mandatory activities to be completed across the school at least 3 times in a term. All sections should explore other relevant activities also for the promotion of Happiness, Wellbeing and School Quality of Life (QOL).

**Some Resource Links for the Preparation of Activities:**

- <https://www.unicef.org/northmacedonia/social-emotional-wellbeing-learningathome-challenge>
- [https://www.kellerisd.net/cms/lib/TX02215599/Centricity/Domain/98/CommOfCharacter/CoC\\_Perseverance\\_5-8.pdf](https://www.kellerisd.net/cms/lib/TX02215599/Centricity/Domain/98/CommOfCharacter/CoC_Perseverance_5-8.pdf)
- <https://www.counselorkeri.com/2018/01/06/perseverance-activity/>
- <https://www.teacherspayteachers.com/Browse/Search:perseverance%20activities>
- <https://www.cdc.gov/healthyouth/protective/pdf/connectedness.pdf>
- [https://www.cdc.gov/healthyouth/protective/pdf/connectedness\\_facilitator\\_guide.pdf](https://www.cdc.gov/healthyouth/protective/pdf/connectedness_facilitator_guide.pdf)

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DIIPCS



[https://www.educationworld.com/a\\_curr/building\\_student\\_connectedness.shtml](https://www.educationworld.com/a_curr/building_student_connectedness.shtml)  
[https://www.educationworld.com/a\\_admin/strategies-building-school-connectedness.shtml](https://www.educationworld.com/a_admin/strategies-building-school-connectedness.shtml)  
[https://fyi.extension.wisc.edu/wi/schoolbreakfast/files/2009/10/BIC\\_FINAL-web.pdf](https://fyi.extension.wisc.edu/wi/schoolbreakfast/files/2009/10/BIC_FINAL-web.pdf)  
<https://www.actionforhealthykids.org/activity/breakfast-in-the-classroom/>  
<https://www.actionforhealthykids.org/activity/school-breakfast-challenge/>  
<https://sleepeducation.org/get-involved/campaigns/sleep-recharges/educator-resources/>

*Signature of Principal*