



Ash Mount
School

*Learn with Purpose,
Live with Compassion,
Lead with Courage*

Wellbeing Policy

2026/27 Academic Year



Policy Owner:	Principal, ELT, Head of Inclusion, Head of Student Culture and Wellbeing
Approved by:	Principal and Board of Governors
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Contents Page

Contents	Page
1.0 Purpose	3
2.0 Philosophy	3
3.0 Wellbeing Framework	3
4.0 Student Wellbeing	4
5.0 Wellbeing Programs	4
6.0 Staff Wellbeing	5
7.0 Safeguarding	5
8.0 Monitoring and Evaluation	5



Ash Mount School Wellbeing Policy

1.0 Purpose

At Ash Mount School, wellbeing is at the heart of everything we do. We believe that students learn best, staff perform best and communities thrive when individuals feel safe, healthy, connected, valued and supported. Wellbeing is not an additional programme; it is embedded within our culture, relationships, curriculum, leadership and daily practices. This supports the Ash Mount School vision: "Learn with Purpose, Live with Compassion, Lead with Courage"

The aims of this policy are to:

- Promote positive mental health and wellbeing for all members of the school community.
- Develop resilient, confident and compassionate learners.
- Create a safe, inclusive and supportive environment.
- Support early identification and intervention where wellbeing concerns arise.
- Promote healthy lifestyles and positive relationships.
- Develop emotional literacy and self-awareness.
- Strengthen partnerships between school and home.
- Support staff wellbeing and work-life balance.
- Align with IB, KHDA and UAE wellbeing expectations.

2.0 Philosophy

At Ash Mount School we believe:

- Every child deserves to feel known, valued and supported.
- Positive wellbeing enhances learning and achievement.
- Strong relationships are the foundation of wellbeing.
- Prevention is more effective than intervention.
- Student voice is essential.
- Wellbeing and safeguarding are closely connected.
- Staff wellbeing directly impacts student outcomes.

We promote a culture of kindness, belonging and respect across the entire school community.

3.0 Wellbeing Framework

We believe that when students feel safe, supported, and valued, they thrive. Our strategic wellbeing model focuses on five interconnected domains designed to nurture confident, balanced, and resilient learners. These elements are integrated into everything we do from our curriculum and pastoral care to our House system, service projects, and community partnerships. From Early Years to Senior School, every child is known, noticed, and nurtured.



4.0 Student Wellbeing

Student wellbeing is embedded throughout school life. This includes:

- Positive relationships with staff.
- Strong pastoral systems.
- Form tutor programmes.
- Character education.
- Student leadership opportunities.
- Service learning.
- House activities.
- Assemblies.
- Co-curricular activities.
- Wellbeing education.

Students are encouraged to:

- Seek support when needed.
- Support the wellbeing of others.
- Develop resilience.



5.0 Wellbeing Programs

5.1 MyHappyMind

Ash Mount School uses myHappyMind as a whole-school programme through tutor activities and curriculum drop-down events to support student wellbeing and emotional development. Through myHappyMind students develop understanding of:

- Brain development
- Emotional regulation
- Positive relationships
- Gratitude
- Self-esteem
- Resilience
- Positive habits

The programme supports students in developing lifelong wellbeing skills and emotional intelligence.

5.2 Lumii

Ash Mount School uses Lumii to support student wellbeing monitoring and pastoral care. Lumii enables the school to:

- Gather student wellbeing data.
- Monitor trends over time.
- Identify students requiring support.
- Track wellbeing interventions.
- Strengthen student voice.
- Inform pastoral and safeguarding provision.



Data from Lumii supports proactive and responsive wellbeing practice

6.0 Staff Wellbeing

Ash Mount School recognises that staff wellbeing is essential to school success. The school is committed to:

- Creating a positive working environment.
- Promoting professional trust.
- Supporting work-life balance.
- Providing wellbeing resources.
- Encouraging professional growth.
- Celebrating success and achievement.

Staff wellbeing initiatives may include:

- Wellbeing surveys.
- Social events.
- Professional coaching.
- Employee support programmes.
- Wellbeing champions.
- Workload review processes.

Leaders are expected to actively monitor and support staff wellbeing.

7.0 Safeguarding

Wellbeing and safeguarding are closely linked. Any concern regarding: Mental health; Self-harm; Abuse; Neglect; Bullying; Online safety; Emotional wellbeing, will be managed in accordance with the school's Safeguarding and Child Protection Policy.

Student safety remains the school's highest priority.

8.0 Monitoring and Evaluation

The effectiveness of wellbeing provision will be monitored through:

- Lumii wellbeing data.
- Student surveys.
- Parent surveys.
- Attendance data.
- Behaviour records.
- Safeguarding records.
- Student voice activities.
- Academic progress indicators.