مدرستنا الثانوية الإنجليزية ، الشارقة ـ بنات
Our Own English High School, Sharjah-Girls

GEMS EDUCATION

Health Promoting School Policy

Implemented : December 2023

Reviewed : May 2026

Next Review : May 2027

Compiled by : SLT/SMT/MSO/Medical Team

Approved by: Ms. Asma Gilani, Principal & CEO

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Our Own English High School, Sharjah

Vision Statement:

Our school is committed to fostering a healthy and supportive environment that nurtures the well-being of every individual within our community. We strive to empower our students, staff, and families to make informed choices that promote lifelong health and wellness.

Objectives:

1. **Education and Curriculum:**
   - Integrate comprehensive health education into the curriculum at all grade levels, covering topics such as nutrition, physical activity, mental health, substance abuse prevention, and healthy lifestyle choices.
   - Provide ongoing professional development opportunities for educators to enhance their capacity to deliver effective health education.
2. **Physical Environment:**
   - Maintain a clean, safe, and conducive physical environment that supports health and wellness practices.
   - Encourage physical activity by providing access to recreational spaces, promoting active transportation, and ensuring well-maintained facilities.
3. **Health Policies and Practices:**
   - Establish and enforce policies that support healthy eating habits, offering nutritious food options in school cafeterias and vending machines.
   - Develop guidelines and procedures that prioritize mental health and emotional well-being, including access to counseling services and stress management programs.
4. **Partnerships and Community Engagement:**
   - Collaborate with community organizations, health professionals, and local authorities to enhance health promotion initiatives and resources.
   - Engage parents and families in promoting healthy habits at home that align with the school's efforts.
5. **Evaluation and Monitoring:**
   - Conduct regular assessments and evaluations of health promotion programs and initiatives to measure their effectiveness.
   - Utilize collected data to make informed decisions, adjust strategies, and continuously improve health promotion efforts.

Responsibilities:

- School Administration: The administration will oversee the implementation of the health promotion policy, allocate resources, and support the Health and Wellness Committee.
- Health and Wellness Committee: Comprised of stakeholders including administrators, teachers, students, parents, and health professionals, this committee will develop, implement, and evaluate health promotion initiatives.
- Teachers: Educators will integrate health education into their teaching practices and serve as role models for healthy behaviors.
- Students: Students are encouraged to actively participate in health promotion activities, follow healthy practices, and support their peers in embracing wellness.

- Parents/Families: Families are encouraged to support and reinforce health-promoting behaviors at home.

Communication and Review:

- Regularly communicate health promotion initiatives, events, and resources to the school community through various channels.
- Conduct periodic reviews of the policy's effectiveness and make necessary revisions based on feedback and evolving health needs.

Compliance and Enforcement:

- All members of the school community are expected to adhere to and support the health promotion policy.
- Non-compliance will be addressed through education, encouragement, and, if necessary, disciplinary measures in alignment with the school's policies and procedures.