



**SREENIDHI**  
INTERNATIONAL SCHOOL  
KINDLE THE LIGHT WITHIN

## WELLNESS POLICY

**Approved By : Sreenidhi Board of Directors**

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# 1. SREENIDHI INTERNATIONAL SCHOOL MISSION AND VISION STATEMENT

## Vision

To create internationally minded, socially responsible global citizens.

## Mission

Sreenidhi International School cultivates an intellectually challenging environment through holistic and impactful learning, fostering innovation, diversity and student voice, choice and ownership of learning to create internationally minded individuals.

## Guiding Statements

- a safe, supportive and legally compliant environment which encourages respect, responsibility, tolerance and compassion.
- a high-quality education that promotes the pursuit of academic excellence, innovation, ethical perspectives and lifelong learning.
- education to be a shared partnership of mutual cooperation amongst all members of the school community.
- an environment of cultural diversity that enhances our school community as well as our understanding of the world.
- a continuum of IB curriculum that is comprehensive to prepare students for the future.
- the ability to demonstrate international-mindedness and attributes of the IB Learner Profile.
- behaviour standards that promote a respectful and responsible school environment.
- an inclusiveness in holistic opportunities dependent on the school resources and availability.
- an understanding of a collective responsibility towards society.
- a commitment to enshrine agency across the community.

## IB Mission Statement:

The IB aims to develop inquiring, knowledgeable, caring young people who help to create a better and more peaceful world through intercultural understanding and respect.

To this end the organization works with schools, governments and international organizations to develop challenging programmes of international education and rigorous assessment.

These programmes encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.



# IB learner profile

The aim of all IB programmes is to develop internationally minded people who, recognizing their common humanity and shared guardianship of the planet, help to create a better and more peaceful world.

As IB learners we strive to be:

### INQUIRERS

We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life.

### KNOWLEDGEABLE

We develop and use conceptual understanding, exploring knowledge across a range of disciplines. We engage with issues and ideas that have local and global significance.

### THINKERS

We use critical and creative thinking skills to analyse and take responsible action on complex problems. We exercise initiative in making reasoned, ethical decisions.

### COMMUNICATORS

We express ourselves confidently and creatively in more than one language and in many ways. We collaborate effectively, listening carefully to the perspectives of other individuals and groups.

### PRINCIPLED

We act with integrity and honesty, with a strong sense of fairness and justice, and with respect for the dignity and rights of people everywhere. We take responsibility for our actions and their consequences.

### OPEN-MINDED

We critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We seek and evaluate a range of points of view, and we are willing to grow from the experience.

### CARING

We show empathy, compassion and respect. We have a commitment to service, and we act to make a positive difference in the lives of others and in the world around us.

### RISK-TAKERS

We approach uncertainty with forethought and determination; we work independently and cooperatively to explore new ideas and innovative strategies. We are resourceful and resilient in the face of challenges and change.

### BALANCED

We understand the importance of balancing different aspects of our lives—intellectual, physical, and emotional—to achieve well-being for ourselves and others. We recognize our interdependence with other people and with the world in which we live.

### REFLECTIVE

We thoughtfully consider the world and our own ideas and experience. We work to understand our strengths and weaknesses in order to support our learning and personal development.

The IB learner profile represents 10 attributes valued by IB World Schools. We believe these attributes, and others like them, can help individuals and groups become responsible members of local, national and global communities.



## 2. STRATEGIC PLAN 2021- 2026

The Sreenidhi International School strategic plan guides school activities in pursuit of our mission and vision.

The development of this plan in 2021-22 was a collaborative effort which involved teachers, admin, parents and students. This strategic plan will guide us over the next few years in reaching a number of goals, and all stakeholders are a part of making it happen.

The overarching organizational goals are:

1. To have a consistent growth in student numbers every year.
2. To be known as a 'green' school
3. To have innovation at the heart of teaching and learning
4. To be a happy community of staff, parents and students.

These and other goals are driven by a set of actions and tactics across six domains: Staffing; Wellness; Teaching and Learning; Facilities; Identity; and Leadership.

This wellness policy aligns with the school's strategic goals and shared values to foster a culture of resilience, transparency, empathy, and integrity. It reflects our commitment to ensuring the well-being of all community members.

### Rationale

The purpose of the wellness policy at Sreenidhi International School is to promote the overall health and well-being of students, staff, and the school community. The policy seeks to establish a supportive environment that nurtures physical, mental, and emotional well-being, empowering students to make positive choices. It prioritizes areas such as nutrition, physical activity, mental and emotional health, safety, and collaboration. By implementing this policy, the school aims to lay the foundation for a thriving and healthy school community.

### Introduction

At Sreenidhi, we understand that a comprehensive approach to wellness is vital for fostering academic success, personal growth, and a positive school culture. Our commitment lies in providing a safe and nurturing environment that prioritizes the holistic well-being of our students, teachers, staff, and the wider school community. Extensive research consistently demonstrates the strong correlation between good nutrition, physical activity, and positive student outcomes. With this in mind, our policy outlines our approach to creating an environment that encourages healthy eating, promotes physical activity, and minimizes commercial distractions. By emphasizing these aspects, our aim is to provide students with optimal conditions to thrive academically, develop personally, and succeed socially. Hence at Sreenidhi our strategic wellness goals aims at:

- **Fostering Social Inclusion for All Students:**
  - Creating an inclusive environment where every child feels valued, included, and has a sense of belonging.
  - Building trust among students and cultivating positive relationships among peers.
  - Eradicating incidents of bullying through proactive measures.
  - Providing psychological support to address students' emotional well-being.
  
- **Promoting Mindfulness and Well-being by strengthening physical and emotional wellness:**
  - Instilling a sense of mindfulness in our students, helping them develop self-awareness and emotional resilience.
  - Enhancing peer relationships by encouraging empathy, kindness, and cooperation.
  - Supporting the well-being and diverse learning needs of students.
  
- **Strengthening School-Parent Partnership:**
  - Promoting a strong partnership between the school and parents, fostering open and effective communication.
  - Monitoring and maintaining established channels of communication between teachers, students, and parents.
  - Conducting well-being surveys for students, teachers, and parents to gather feedback and identify areas for improvement.

Our school's wellness goals are aligned with our mission, vision, values, and strategic plan, which aim to cultivate a socially inclusive and supportive environment for all students. These goals prioritize self-happiness, well-being, personal growth, and development. We believe that well-being extends beyond the absence of illness and encompasses the promotion of healthy habits, positive relationships, emotional resilience, and a sense of social responsibility. Through regular communication and well-being surveys, we continuously assess and enhance our efforts in creating a positive and holistic well-being culture. By addressing these key areas, our aim is to empower every individual in our community to thrive and achieve their full potential.

### **3. Sreenidhi International School Wellness Framework**

To improve in the area of wellness and meet the wellness strategic goals, a framework was outlined that would guide the wellness pathway. The wellness framework comprises 5 pillars: physical, social, emotional, workplace, and societal wellness that would support the enhancement of the wellness culture in the school community. These pillars demonstrate the school's comprehensive approach to wellness. The outer circle of the framework comprises the enablers leadership, partnership, inclusion, and the voice of each community member that help towards strengthening the wellness pillars, that further emphasizes the school's dedication to creating a wellness culture.

Overall, this framework effectively sets the tone for the school's wellness policy, highlighting its goals, and alignment with the school's broader vision and values.

### **Physical Wellness:**

Improving the functioning of body through Nutrition and healthy eating habits

- Promoting physical health and fitness through regular physical education classes, sports programs, and access to nutritious meals and snacks.
- Creating a safe and clean environment that supports physical well-being, including well-maintained facilities and appropriate safety measures.
- Educating students about the importance of healthy lifestyle choices, including proper nutrition, exercise, and preventive healthcare.

### **Social Wellness:**

Communicating, developing meaningful relationships with others and creating one's own emotional support network

- Fostering a positive and inclusive school culture that values respect, empathy, and cooperation.
- Supporting the development of healthy and supportive relationships among students, teachers, staff, and parents through community-building initiatives, peer support programs, and parental involvement activities.
- Raising awareness about the importance of positive social interactions and encouraging students to become active and responsible members of their communities.

### **Emotional Wellness:**

Developing resilience, managing one's emotions and generating emotions that lead to good feelings.

- Providing access to counseling services and mental health support to help students navigate challenges, manage stress, and develop emotional resilience.
- Integrating emotional intelligence education into the curriculum to promote self-awareness, self-regulation, empathy, and effective communication skills.
- Promoting a culture of acceptance and understanding, reducing stigma surrounding mental health issues.

### **Workplace Wellness:**

Pursuing one's own interests, beliefs and values in order to gain meaning and happiness in life and professional enrichment

- Creating a supportive work environment for teachers and staff, characterized by open communication, collaboration, and recognition of their contributions.
- Providing professional development opportunities, mentorship programs, and resources for work-life balance to support the well-being of our educators.

- Prioritizing the physical and mental health of our staff through wellness initiatives, stress management programs, and access to resources.

### **Societal Wellness:**

Participating actively in community and cultural activities

- Instilling a sense of civic responsibility among our students through civic education and community service opportunities.
- Integrating sustainability practices into our school operations and curriculum to promote environmental consciousness and responsible behavior.
- Engaging with the local community through partnerships, outreach programs, and social impact projects that address societal needs.

## **4. Benefits of promoting Wellness**

Promoting wellness in our school community offers numerous benefits that positively impact students, teachers, staff, and the overall learning environment. By prioritizing wellness, Sreenidhi International schools lay the foundation for lifelong well-being and success. Through the various wellness programs offered at school, our school is able to create a nurturing and supportive environment that fosters the holistic development of students, staff, and the wider community.

Here are some key benefits of promoting wellness in a school community:

**Enhanced Physical Health:** By promoting wellness, schools encourage healthy habits such as regular exercise, nutritious eating, and adequate sleep. This leads to improved physical health, increased energy levels, and reduced risk of health issues, ultimately supporting students' overall well-being and academic performance.

**Improved Mental Health:** Wellness initiatives help address the mental health needs of students by promoting emotional resilience, stress management, and coping strategies. This can reduce the prevalence of mental health issues like anxiety and depression, creating a supportive and nurturing environment for students to thrive.

**Positive School Climate:** When wellness is prioritized, it fosters a positive school climate where students, teachers, and staff feel safe, supported, and valued. This contributes to better relationships, reduced bullying incidents, and increased engagement and motivation in learning.

**Academic Success:** Promoting wellness has a direct impact on academic success. When students' physical and mental health needs are met, they can focus better, retain information, and perform at their best academically. Students are more likely to be motivated, participate actively in class, and achieve their full potential.

**Social and Emotional Skills Development:** Wellness initiatives often incorporate social-emotional learning (SEL) programs, which help students develop vital skills like empathy, self-awareness, problem-solving, and relationship-building. These skills



contribute to positive social interactions, conflict resolution, and improved communication among students and staff.

**Teacher and Staff Well-being:** A focus on wellness extends to teachers and staff, acknowledging their well-being and work-life balance. Supporting the physical and mental health of educators enhances job satisfaction, reduces burnout, and improves overall staff morale, resulting in a more positive and productive learning environment.

## School initiatives and strategies to promote Wellness

### Student Wellness initiatives

Student Wellness activities encompass a range of initiatives aimed at promoting the overall well-being of students. Here's a description of each pointer:

**Curriculum and Pedagogy:** Integrating wellness-focused topics and skills into the curriculum and teaching methods to enhance students' understanding of physical, mental, and emotional health.

**Psychological and Emotional Counseling Services:** Providing access to professional counseling services to support students' psychological and emotional well-being, offering guidance and assistance in dealing with personal challenges.

**Career Counseling Services:** Offering career guidance and counseling services to help students explore their interests, strengths, and future aspirations, assisting them in making informed decisions about their academic and career paths.

**Nutrition & Health and Safety:** Promoting healthy eating habits and ensuring access to nutritious food options within the school environment. Additionally, emphasizing health and safety protocols to maintain a secure and hygienic setting for students.

**Well-being Activities:** Organizing various activities such as mindfulness exercises, stress management workshops, physical fitness programs, and relaxation techniques to enhance students' overall well-being and resilience.

**School Clubs:** Encouraging the formation of clubs or groups that focus on specific wellness-related interests, such as sports, arts, environmental sustainability, community service, or mental health awareness.

**Value Education:** Incorporating values education to instill core values such as empathy, kindness, respect, and social responsibility among students, fostering a positive and inclusive school culture.

**Safeguarding:** Implementing measures to ensure the safety and protection of students, including policies and procedures that address child protection, safety protocols, and awareness campaigns.

**Anti-bullying:** Establishing anti-bullying programs that promote a safe and respectful school environment, educating students about the importance of kindness, empathy, and reporting bullying incidents.

## **Staff Wellness initiatives**

Staff Wellness initiatives focus on promoting the well-being and satisfaction of school staff members. By implementing these staff wellness initiatives, schools prioritize the well-being and professional growth of their staff members. This, in turn, enhances job satisfaction, productivity, and creates a positive work environment that ultimately benefits the entire school community. Below mentioned are some of the initiatives:

**Sunshine committee:** A Sunshine Committee for teacher well-being is a supportive initiative that promotes a positive work environment and uplifts teachers. Through activities such as celebrations, wellness events, social gatherings, acts of kindness, professional growth opportunities, resource sharing, and policy advocacy, the committee aims to enhance teacher well-being and job satisfaction. By creating a sense of community and support, the committee contributes to a positive work environment that benefits both teachers and students.

**Wellbeing Monthly Activities:** Organizing regular activities and events that address the physical, mental, and emotional well-being of staff. These activities can include fitness challenges, mindfulness sessions, workshops on stress management, and team-building exercises.

**Staff Recognition:** Implementing a system to acknowledge and appreciate the efforts and achievements of staff members. Recognitions can range from verbal appreciations to formal awards, highlighting their contributions and boosting morale.

**Professional Learning Teams:** Establishing collaborative professional learning teams where staff can engage in continuous professional development, share best practices, and learn from one another. These teams foster a sense of camaraderie and provide opportunities for growth and skill enhancement.

**One-to-One Mentoring:** Offering one-to-one mentoring programs where experienced staff members provide guidance, support, and professional advice to newer or less experienced colleagues. This mentorship relationship helps create a supportive and nurturing environment for staff members.

**Equitable and Fair Workloads:** Ensuring that workloads are distributed equitably among staff members, taking into account their skills, expertise, and responsibilities. Providing a fair and manageable workload helps prevent burnout and supports staff members' well-being.

## 5. Role of School's Wellness Team

The School's Wellness Team plays a crucial role in promoting and maintaining the well-being of students, staff, and the entire school community. They will typically work towards:

**Developing and Implementing Wellness Policy:** The Wellness Team is responsible for creating and implementing wellness policies that align with the school's mission and goals. They develop guidelines and procedures that promote physical, mental, and emotional well-being within the school community.

**Planning and Organizing Wellness Programs and Activities:** The team plans and organizes various wellness programs and activities throughout the school year. This may include health education workshops, fitness challenges, mental health awareness campaigns, nutrition education sessions, and other initiatives that foster a culture of well-being.

**Providing Resources and Support:** The Wellness Team identifies and provides resources to support the well-being of students and staff. They collaborate with external organizations, such as healthcare providers or mental health professionals, to ensure access to appropriate support services. They may also maintain a library of educational materials, online resources, and referral networks.

**Collaborating with School Staff and Administration:** The team works closely with school staff and administration to integrate wellness practices into the school's curriculum and daily operations. They collaborate with teachers, counselors, and administrators to incorporate well-being strategies and initiatives into lesson plans, classroom activities, and school-wide events.

**Conducting Wellness Assessments and Surveys:** The team conducts regular assessments and surveys to evaluate the overall well-being of students and staff. They collect and analyze data to identify areas of improvement and inform decision-making processes related to wellness initiatives.

**Providing Training and Professional Development:** The Wellness Team offers training and professional development opportunities for staff members to enhance their knowledge and skills related to wellness. This may include workshops on mental health awareness, stress management, nutrition, and physical fitness.

**Promoting a Positive and Inclusive School Environment:** The team actively promotes a positive and inclusive school environment that values diversity, acceptance, and respect. They foster a sense of belonging and create opportunities for students and staff to engage in activities that promote well-being and positive relationships.

**Communicating and Engaging with the School Community:** The Wellness Team communicates regularly with students, parents, and the broader school community to raise awareness about wellness-related topics, share resources, and

gather feedback. They may use various channels such as newsletters, social media, parent meetings, and school-wide assemblies.

## 6. Wellness for Dorm Students

Living away from home can be an exhilarating yet challenging experience. Being a dorm student comes with its unique challenges and experiences. The very essence of dorm life, being independent, managing time, navigating peer dynamics, and balancing academic pressures requires a holistic approach to wellness. At Sreenidhi International School, we prioritize the well-being of our dorm students and ensure that every student has a holistic and enriching experience. Some of the wellness initiatives for dorm students include:

### **Physical Wellness:**

**Regular Health Check-ups and Medical Support:** The school understands that staying healthy is crucial for academic and personal growth. Our in-house medical facility conducts bi-annual health screenings. Plus, medical professionals are available round-the-clock for any immediate health concerns.

### **Nutritional Meals:**

Nutrition is key to physical well-being. We collaborate with registered dietitians to craft balanced, wholesome meals that cater to the diverse dietary needs of our students.

**Fitness and Recreational Facilities:** Dorm students have exclusive access to our gym, pool, and sports arenas in the morning and evenings.

### **Mental and Emotional Wellness**

**Counseling Services:** Transitioning to dorm life can be overwhelming. Counselors are available to help students manage academic pressures, feelings of homesickness, or any personal issues they might be grappling with.

**Mindfulness and Meditation:** Recognizing the benefits of mindfulness, we host weekly sessions to help students unwind, refocus, and better handle stress.

### **Social Wellness:**

**Group Activities and Events:** From movie nights to cultural fests, we regularly organize events to promote camaraderie and celebrate the diverse backgrounds of our students.

**Peer Support Programs:** The bond between senior and junior students is invaluable. Through our mentoring program, newer students receive guidance, benefiting from the experiences of their seniors.

### **Safety and Security:**

**24/7 Security:** The safety of our students is non-negotiable. Our premises are monitored round-the-clock by trained security personnel, and we employ modern surveillance systems.

**Emergency Contacts:** Every student is provided with a list of emergency contacts, ensuring they always have someone to turn to, no matter the situation.

### **Learning and Academic Support:**

**Study Groups and Tutoring:** Recognizing the collaborative spirit of learning, we facilitate study group formations. For those needing extra help, tutoring sessions are available within the dorms.

**Quiet Hours Policy:** To ensure that everyone has a conducive study environment, quiet hours are in place that allow students to study or rest without disturbances.

Our commitment to the wellness of our dorm students is unwavering. We continually strive to enhance our offerings and provide an environment conducive to growth in every facet of their lives.

## **7. Role of Parents and guardians**

Parents can support schools in promoting student wellness by maintaining open communication with school staff, volunteering their time and skills, promoting healthy habits at home, advocating for comprehensive wellness programs, sharing relevant resources, supporting and reinforcing school initiatives at home, providing feedback and input, and seeking support and guidance from the school when needed. Parents can support the school's wellness initiatives through:

**Active Participation:** Parents are encouraged to participate in school wellness committees or periodic review meetings, offering feedback, insights, and suggestions based on their child's experiences and needs.

**Policy Adherence:** By understanding and adhering to the wellness policy's guidelines, parents help ensure consistency between the school and home environment, reinforcing the policy's objectives.

**Open Communication:** Regular communication between parents and educators is vital. By informing the school of any health or wellness concerns related to their child, necessary accommodations or interventions can be implemented promptly.

**Modeling Healthy Behaviors:** Children often emulate what they observe. When parents model healthy behaviors at home—be it nutrition, exercise, or mental wellness practices—it complements and reinforces what students learn at school.

**Educational Support:** Parents can further bolster the school's wellness initiatives by attending school-hosted workshops, seminars, or programs on topics like nutrition, mental health, or physical activity.

**Collaboration:** Collaboration between parents, educators, and students is crucial. This might involve supporting school-wide wellness events, contributing to health and wellness resources, or even leading initiatives based on personal expertise or experiences.

**Advocacy:** Parents can play a role in advocating for continuous improvement in school wellness policies, ensuring they remain relevant, comprehensive, and effective.

In essence, the synergy between parents and the school can create a holistic, nurturing environment that supports the overall well-being of every student. By playing an active role in the school's wellness policy, parents not only support their own child's health but also contribute to a healthier, happier school community.

At Sreenidhi International school, the holistic well-being of our students stands at the forefront of our mission. We understand that holistic well-being is foundational to academic success, personal growth, and the overall development of resilient, empathetic, and well-rounded individuals.

Our wellness policy, as outlined, is not a static document. It embodies our commitment to regularly review, adapt, and innovate our practices to meet the changing needs of our student body. We also recognize that the success of this policy hinges on a collaborative approach—uniting educators, students, parents, and the wider community in a shared vision of health and well-being. Our policy, therefore, is a dynamic guide, regularly adapted to suit our students' evolving needs, emphasizing our unwavering commitment to their health and development. We urge the collective support of educators, parents, and the community in this endeavor, ensuring an environment where every student thrives in every aspect.

This School Wellness Policy will serve as a guide for decision-making, program development, and resource allocation to ensure the well-being of all members of our school community. We commit to regularly reviewing and updating this policy to reflect best practices and emerging research in the field of wellness.