



# مدرسة أيليت الإنجليزية The Elite English School

## Wellness Wednesdays Policy

### 1. Introduction

The Elite English School recognizes the importance of fostering overall well-being among our students and staff. To promote a holistic approach to education, we have established "Wellness Wednesdays." This policy outlines the objectives, activities, and guidelines for implementing Wellness Wednesdays within our school community.

### 2. Objectives

The primary objectives of Wellness Wednesdays are as follows:

- To prioritize the mental, emotional, and physical well-being of our students and staff.
- To provide opportunities for relaxation, self-reflection, and stress reduction.
- To promote a culture of mindfulness, empathy, and community support.
- To offer resources and activities that enhance overall health and wellness.

### 3. Implementation

#### 3.1 Schedule

Wellness Wednesdays will be observed on the first Wednesday of each month throughout the academic year, starting from [Insert Start Date]. Special Wellness Week may also be designated at the discretion of the school administration.

#### 3.2 Activities

On Wellness Wednesdays, the school will organize a range of activities and initiatives aimed at promoting well-being. These activities may include:

- Mindfulness and meditation sessions for students and staff.
- Workshops on stress management, emotional intelligence, and mental health awareness.
- Physical activities such as yoga, fitness classes, or outdoor walks.
- Creative expression workshops, including art, music, and journaling.
- Guest speakers or experts invited to discuss various aspects of wellness.
- Healthy eating initiatives, including nutritious meal options in the cafeteria.
- Information sessions on nutrition, sleep, and healthy lifestyle choices.

### **3.3 Inclusivity**

Wellness Wednesdays are inclusive, and participation is encouraged for all students and staff. Efforts will be made to accommodate individuals with diverse needs and preferences. The activities offered will cater to various age groups, interests, and abilities.

## **4. Responsibilities**

### **4.1 School Administration**

The school administration will oversee the planning and execution of Wellness Wednesdays. Responsibilities include:

- Collaborating with wellness experts and organizations to arrange activities.
- Communicating Wellness Wednesday schedules and activities to the school community.
- Allocating appropriate resources and spaces for wellness activities.
- Monitoring the effectiveness of Wellness Wednesdays through feedback and evaluation.

### **4.2 Teachers and Staff**

Teachers and staff are encouraged to actively participate in Wellness Wednesdays and to support students in their well-being journeys. Responsibilities include:

- Attending wellness sessions and promoting participation among students.

- Creating a classroom environment that prioritizes well-being.
- Being approachable and supportive of students' emotional needs.

### **4.3 Students**

Students are expected to engage in Wellness Wednesday activities and to take responsibility for their well-being. Responsibilities include:

- Participating in wellness activities with an open and respectful attitude.
- Respecting the well-being of peers and staff.
- Seeking help or support when needed and communicating concerns to teachers or counselors.

### **5. Evaluation**

The school administration will periodically evaluate the impact and effectiveness of Wellness Wednesdays through surveys, feedback sessions, and academic performance assessments. Adjustments and improvements will be made based on these evaluations to ensure the continued success of this initiative.

### **6. Conclusion**

Wellness Wednesdays reflect our commitment to nurturing the holistic development of our students and staff. By prioritizing well-being, we aim to create a healthier, more mindful, and supportive school community. We look forward to the positive impact that Wellness Wednesdays will have on our school environment.

This policy is effective as of MARCH 2023 and will be reviewed annually for enhancements and adjustments as needed.

**UPDATED AND REVIEWED  
MARCH 2023.**