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Liwa Education

Student Mental Health Policy

Policy Document

2024-2025

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Approved by	CEO

Student Mental Health Policy

A. Rationale

At Liwa Education School, we recognize that mental health is a vital component of student wellbeing, academic success, and leadership development. Consistent with the ADEK School Student Mental Health Policy, our commitment to fostering an international mindset, grounded in local values, extends to creating a school environment that prioritizes emotional and social wellbeing. By prioritizing and integrating mental health, we aim to ensure our students are equipped to navigate challenges and succeed in an ever-changing global landscape.

B. Purpose

The purpose of this policy is to:

1. Prioritize mental health across all facets of the school environment.
2. Promote a culture of awareness and proactive engagement with mental health issues among all stakeholders.
3. Ensure systems and protocols are in place for early identification and intervention for students experiencing mental health challenges.
4. Establish a robust framework for the provision of mental health resources and support services.

Key Definitions

1. **Mental Health**: A state of wellbeing in which an individual realizes their own abilities, copes with life's stresses, works productively, and contributes to their community (WHO, 2022).
2. **Coping Mechanism**: Adjustments or adaptations made to reduce tension and anxiety in stressful situations.
3. **Confidentiality**: The ethical obligation to respect a counselee's privacy by not disclosing any information revealed during counseling, except under specific agreed conditions.

4. **Social and Emotional Learning (SEL)**: Skills and knowledge that enable self-awareness, emotional regulation, social interaction, and resilience.
5. **Wellness Space**: A designated area within the school for promoting calmness and emotional health.
6. **Referral Pathways**: Established procedures for accessing mental health support, either internally or externally.

C. Policy

1. Student Awareness and Education

1.1 The school will implement comprehensive mental health education programs within the curriculum, addressing key topics such as emotional regulation, resilience, stress management, and the development of coping mechanisms.

1.2 Awareness campaigns and workshops will be conducted throughout the academic year to educate students on recognizing mental health concerns and seeking help when needed.

1.3 Dedicated sessions will focus on reducing the stigma surrounding mental health, fostering a culture of openness and support.

2. Counseling and Support Services

2.1 By August 2025 the school will employ a qualified counselor and social workers who will be accessible to all students for academic, social, and emotional support.

2.2 Structured counseling processes will ensure the documentation of sessions and referrals in alignment with ADEK guidelines.

2.3 Students requiring specialized care beyond the school's scope will be referred to external professionals through well-defined referral pathways.

2.4 A Mental Health Committee or designated lead will oversee initiatives to ensure alignment with the school's overall wellbeing strategy.

2.5 A school Board of Trustees member is assigned the Lead Board Member for Mental Health and Wellbeing and provides an additional

layer of support and challenge through general monitoring activities and focused questioning during termly Board meetings.

3. Support During Vulnerable Phases

3.1 The school will identify high-stress periods such as examinations, transitions between grade cycles, or major application deadlines and implement targeted measures to alleviate stress.

3.2 Measures may include:

3.2.1 Stress management workshops and group counseling sessions.

3.2.2 Brief one-on-one feedback sessions between students and teachers at the end of each term.

3.2.3 Flexible study schedules during exam preparation periods.

4. Wellness Resources

4.1 A dedicated wellness space will be established, offering a quiet and supportive environment for students to reflect and recharge emotionally.

4.2 Additional wellness initiatives, such as mindfulness sessions, relaxation techniques, and peer-support groups, will be regularly organized to enhance student wellbeing.

5. Inclusion and Support for Additional Learning Needs

5.1 Mental health considerations will be embedded into Individualized Education Plans (IEPs) for students with additional learning needs, ensuring holistic support.

5.2 Reasonable accommodations, such as sensory-friendly environments, flexible timetables, and targeted interventions, are made to promote inclusivity.

5.3 Close monitoring is conducted to address any instances of bullying or teasing that could impact vulnerable students.

6. Parental Engagement

6.1 Parents will be engaged through regular workshops, informational materials, and updates on the school's mental health initiatives.

6.2 Parental consent will be sought for structured counseling services, except in cases where confidentiality or immediate intervention is necessary to protect the student's wellbeing.

6.3 The school will maintain open communication with parents to ensure collaboration in addressing students' mental health needs.

7. Referral Pathways

7.1 Clear and accessible procedures will be established for self-referrals, peer referrals, and staff-initiated referrals to mental health services.

7.2 The school will communicate referral pathways to students, parents, and staff through the Parent Handbook and orientation sessions.

7.3 Confidentiality will be maintained throughout the referral process, ensuring information is shared only with relevant stakeholders when necessary.

8. Compliance and Accountability

8.1 The school will adhere to ADEK's regulations, ensuring that all policies, programs, and practices are fully compliant by AY 2025/26.

8.2 The policy's effectiveness will be reviewed annually, with updates made to ensure alignment with emerging best practices and ADEK directives.

Policy Owner Department

Education Department

Key Stakeholders		
Policy Owner:	School Principals	All LE Schools
Reviewed by:	Margaret Haynes	Director of Schools
	Kevin Wallis	Deputy CEO
Approved by:	Dr. Shereen Gobran	Chief Executive Officer