



## **EIST Wellbeing Policy 2025-2026**

Revised Date:	April 2026
Next Review Due:	April 2027
Policy Reference Number:	EIST 2026 WP Ver.2

**Contents:**

1. For Students
2. Student Well-Being Activities
3. For Teachers
4. Living Our Values – A Cultural Reflection
5. Student Participation in School Life
6. International Day: Celebrating Diversity
7. Ramadan Programs
8. Cultural Celebrations
9. Inclusion of Religious and Cultural Diversity
10. Promoting Inclusion in Academic Learning
11. Reflection on National Commemorations
12. Conclusion

### 1- For Students :

If a student appears to be struggling emotionally, their teacher may, if appropriate, encourage them to speak with the well-being officers—to share, seek advice, or simply take a pause. If the issue requires psychological intervention and the student is comfortable, the teacher may refer them to the school psychologist.

Access to support is based on availability and an open-door policy. This approach helps balance genuine needs without disrupting teaching and learning time.

A calm, private space is essential for these conversations. A dedicated well-being room has been set up upstairs to provide a welcoming and confidential environment for students and staff who require support.

**When:** Students may approach the well-being officers during break times for urgent matters or when referred by a teacher.

Students may seek support for areas such as:

- Navigating conflicts or disagreements with peers
- Experiencing bullying or exclusion
- Managing personal emotional challenges

These informal support sessions are intended to be used when necessary.

### 2- Student Well-Being Activities :

In addition to individual support, mental well-being is addressed within classrooms before examinations and through well-being events that raise awareness, such as Anti-Bullying Week, Kindness Week, charity initiatives, and Book Day. These activities complement related lessons and themes, focusing on building connection, creativity, self-expression, and emotional resilience.

**Possible activities include:**

- Allocating time to discuss well-being during lessons when appropriate (e.g., strategies for managing procrastination or dealing with exam stress)
- Mindful movie sessions, where students watch and reflect on films that inspire discussion about emotions, growth, and perseverance
- Talent and passion-sharing sessions, where students showcase their skills—from music and writing to art—or participate in karaoke and dance activities to promote joy and confidence
- Open reading and performance sessions (e.g., Book Day), where students share excerpts from their favourite books and discuss or perform them with peers

### 3- For Teachers :

This support extends to staff as well. Teachers are encouraged to reach out whenever needed—ideally before stress becomes overwhelming. Sharing concerns, within the bounds of privacy and professional discretion, can make a meaningful difference.

When a teacher reaches out, a meeting will be arranged as soon as possible, subject to availability.

Confidentiality and privacy will always be respected.

**Possible topics may include:**

- Understanding anxiety and healthy coping strategies
- The impact of stress on physical health
- Building resilience and managing emotional challenges
- Developing healthy habits for emotional well-being

Where possible, we aim to invite experts, including the school psychologist, to lead sessions. We also encourage students to occasionally research topics and lead presentations, fostering confidence, leadership skills, and a sense of shared learning.

#### 4- Living Our Values – A Cultural Reflection :

##### **Promoting Students’ Spiritual, Moral, Social, and Cultural Development**

At our school, cultural inclusion and Tunisian values are not only celebrated during official events but are embedded in the everyday rhythm of school life. The Tunisian spirit of hospitality is not just taught—it is lived. Students from all backgrounds are inspired by the generosity and warmth inherent in Tunisian culture.

They learn inclusion through everyday actions—from welcoming new peers and offering help in class to sharing snacks during break times and inviting others into games or projects. These spontaneous acts reflect the principles of hospitality and kindness central to Tunisian culture and form the foundation of our school community.

##### **5-Student Participation in School Life :**

We believe students should have a voice in shaping their environment. Through the Student Council, representatives from each grade meet regularly to share ideas, voice concerns, and contribute to school decisions. Open discussions help gather students’ perspectives, making them an integral part of school life.

As the Student Council continues to develop, students aim to lead assemblies on topics such as respect, kindness, equality, and community, promoting a culture of shared responsibility. Students also organise events such as Cinema Day and the Disguise Dance (ball), which help reduce stress and encourage social bonding.

##### **6-International Day: Celebrating Diversity :**

International Day is one of the most anticipated events in the school calendar, celebrating the diversity of our community. With over 30 nationalities represented, the day reflects our commitment to inclusivity, respect, and understanding.

Students and families showcase their heritage through traditional clothing, food, music, and dance. This fosters global awareness, curiosity, and empathy, allowing students to learn about each other’s cultures while embracing both Tunisian hospitality and global values of acceptance and unity.

##### **7-Ramadan Programs :**

Ramadan is a time for reflection and growth. In the lead-up to Ramadan, awareness is raised through assemblies, displays, and class discussions focusing on themes such as patience, gratitude, and compassion.

We collaborate with the Parents’ Association on charity drives, where students take leadership roles in organising donations for local communities. Through these experiences, students connect their actions to the values they learn.

In PSHE and Religious Studies, students explore empathy, generosity, and social justice, reflecting on how they can make a meaningful impact.

##### **8-Cultural Celebrations :**

National Traditional Dress Day highlights cultural pride and curiosity. Within Tunisia, traditional attire varies by region, reflecting the country’s rich heritage. This event allows students to wear traditional clothing and share aspects of their culture.

Music, dance, and food bring the community together, creating a joyful and inclusive atmosphere.

##### **9-Inclusion of Religious and Cultural Diversity :**

Our school celebrates religious and cultural diversity by honouring all faiths and promoting shared values such as peace, kindness, and respect.

We also encourage open dialogue about beliefs and traditions, fostering mutual respect and understanding. This inclusive environment helps students develop into empathetic global citizens.

#### 10-Promoting Inclusion in Academic Learning :

In lessons, we encourage open conversations not only for communication but for deeper understanding. Inclusion is framed not simply as tolerance, but as curiosity. Students are encouraged to take an active interest in each other's cultures, stories, and values. Across subjects, they are invited to bring their identities into their learning. Through writing tasks—such as biographies, travel diaries, fables, and personal narratives—students draw on their heritage and experiences. This fosters pride, enriches peer learning, and makes lessons more meaningful. We also use writing, particularly persuasive writing, to raise awareness of global issues such as inequality, climate change, and children's rights. Students are guided to express their ideas critically and compassionately.

#### 11-Reflection on National Commemorations :

National events such as Independence Day and Martyrs' Day provide opportunities to reflect on values like freedom, dignity, and justice. These moments encourage students to think critically about Tunisia's history and their role in shaping the future. Students are encouraged to recognise their potential to contribute to a more just and equitable world.

#### 12-Conclusion :

The values of Tunisia—generosity, hospitality, and dignity—are not only celebrated but lived daily alongside the diverse cultures represented in our school. This dynamic environment fosters respect, inclusion, and a strong sense of community, empowering students to contribute to a kinder and more inclusive world.

Policy Prepared By:  
Name: Abir Nasri and Nesrine Hammami  
Date: April 2026  
Signature:

CEO	Head of Education
Mr Zied Ben Ghorbel	Ms Jacqueline Johnson
Date:	Date:
	

