

School Policy on Health and wellness

Swami Sant Dass Public School, Jalandhar

India has witnessed a significant rise in Mental Health concerns among children and adolescents, especially since the COVID-19 pandemic. At a programmatic level, the school health and wellness policy is a critical step towards providing a targeted curriculum on “Emotional Well Being and health” in all aspects.

The school is committed to providing school environment that promote and protect children’s health, well being and ability to learn by supporting good health in physical as well as psychological aspects.

Steps taken by the school to make health and wellness policy a successful venture

1. Time to time Nutrition education is provided by the school teachers to students of all grades in the form of guidelines and special sessions conducted for them.
2. The role of physical education in school is monumental to ensure student’s regular participation in physical activity.
3. Association of students in school in the form of health club are always prescribing ways for students to possess good overall health i.e. mental, physical, emotional and social.
4. School creates regular awareness drives in which they are sensitized towards cleanliness.
5. Plantation activity in school gives the students beneficial information on the concept of clean air in relation to individual’s wellness.
6. To provide students serious knowledge about the basic information and application of first aid, special information is imparted to students through guest lectures.
7. Students are engaged daily in all classes in any physical activity of choice from plethora of options like basketball, table tennis, badminton etc.
8. Conducting interactive sessions with students at all grade levels is an active feature of the school where adolescent issues are also discussed for better understanding of their emotional problems by the school counselors/guest speakers.
9. Health and nutrition lessons are taken into curriculum for teaching students the role of good eating habits and avoiding obesity in young age.
10. Mental health evaluation and psychological counselling of students is done on regular basis to cater to the personal needs of the students by the school counselors striking a balance between overall physical and mental health of every child.