



Health and Wellbeing in School





Only good infrastructure is enough?





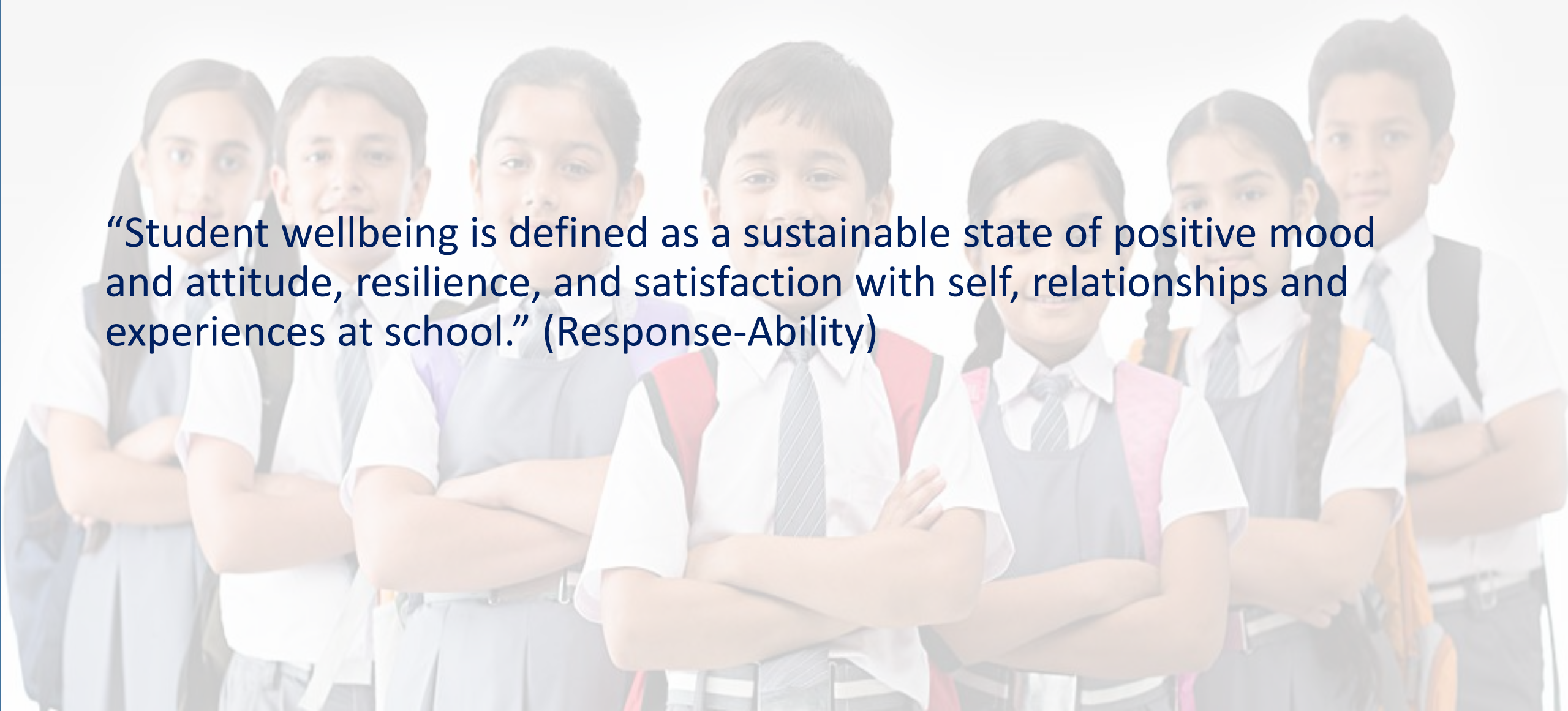
School is the place where students not only learn different subjects...
But develops as a human....



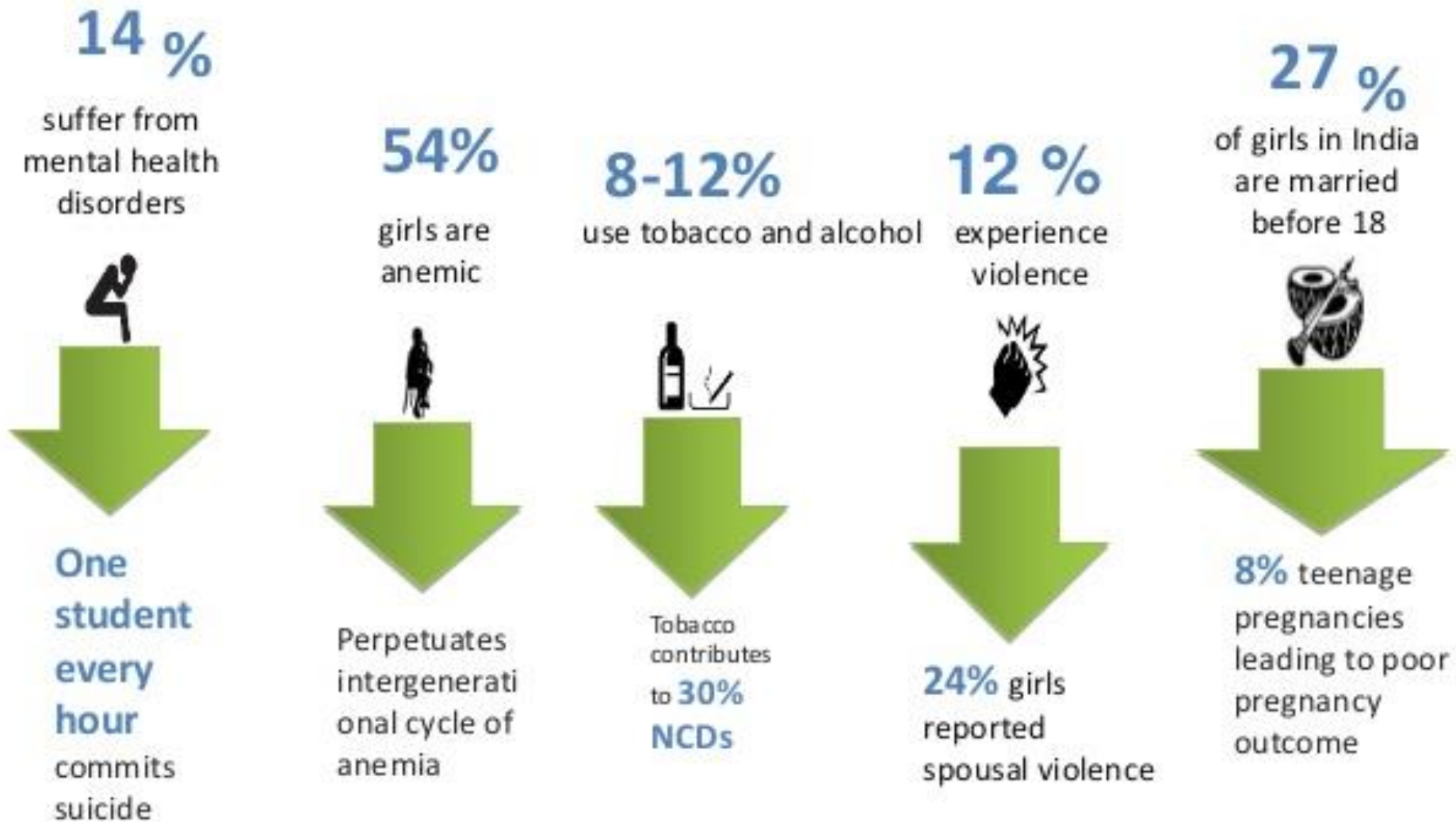


Student Wellbeing

“Student wellbeing is defined as a sustainable state of positive mood and attitude, resilience, and satisfaction with self, relationships and experiences at school.” (Response-Ability)



A Snapshot of Children Health in India

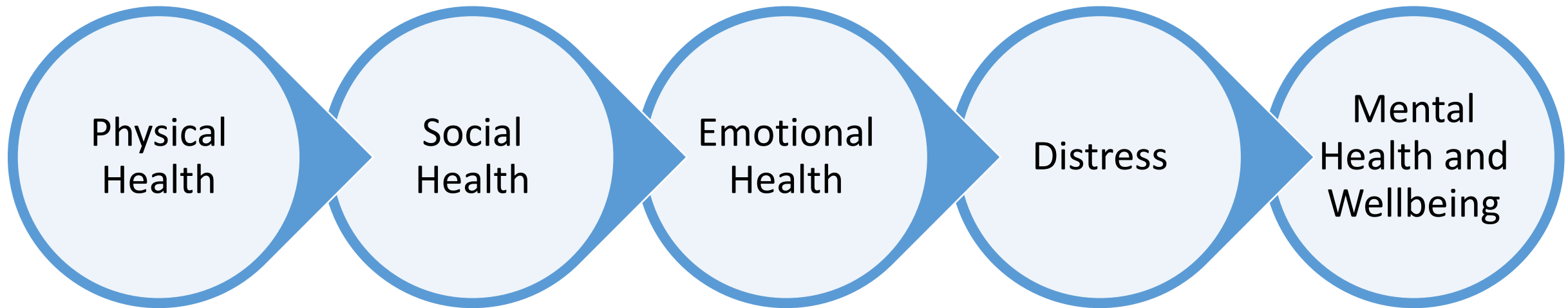


Source: WHO 2008; WHO 2009; WHO 2011, NFHS4, NCRB 2015, GATS 2016,

Health and Wellness



Health refers to a state of physical, social, emotional and mental wellbeing and not merely free from diseases



One can observe distressed feelings many ways such as decline in academic performance, hyper active, angry or show misbehavior etc.



Case Study 1: Positive and Negative Peer Influences

Case Study 2: Variation in growth and development

Case Study 3: Stereotyped body image

Case Study 4: Friendship and Bullying

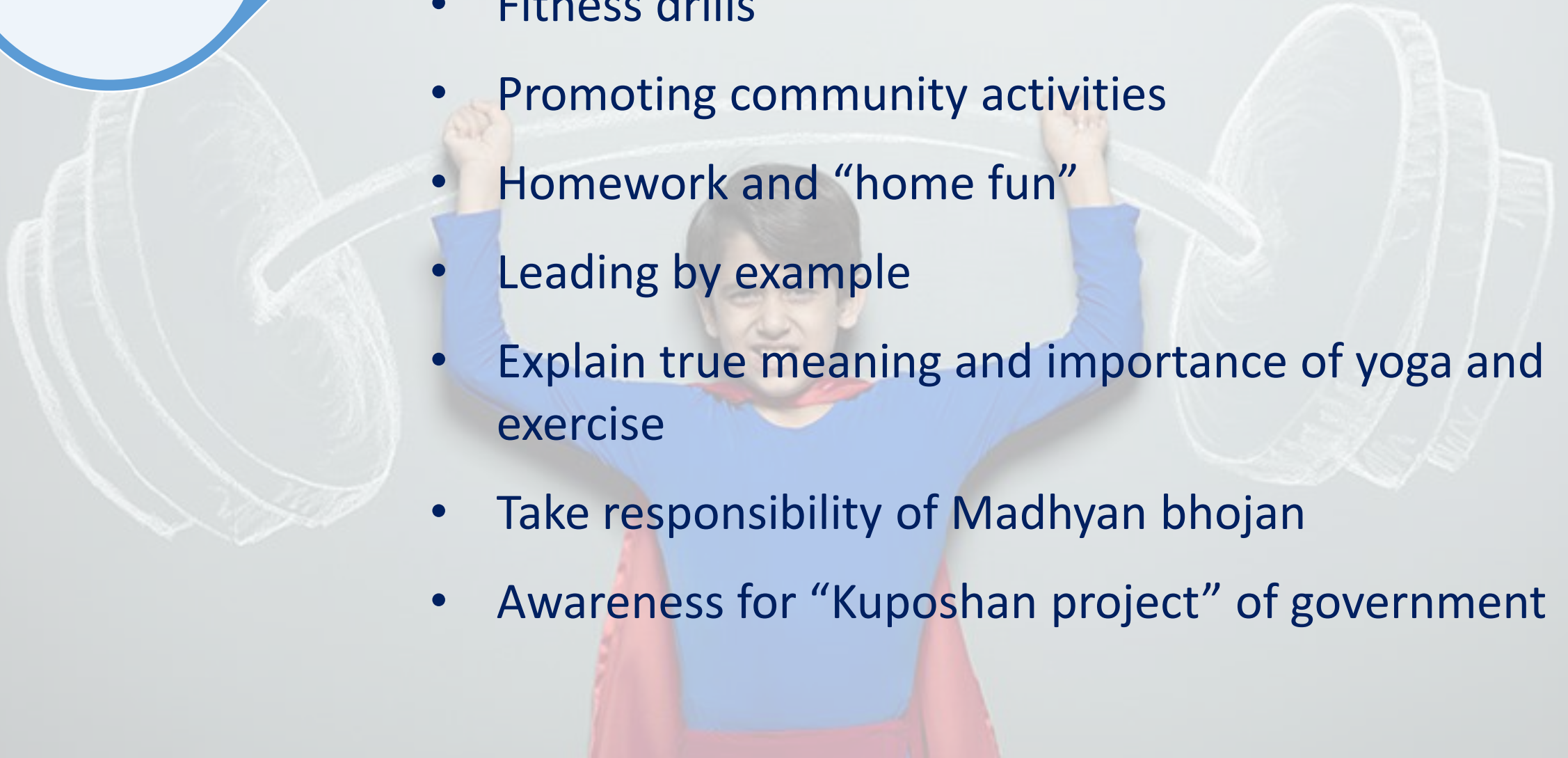
As a teacher what
is your role?





Physical Health

- Incorporate movement into lessons
- Movement breaks
- Fitness drills
- Promoting community activities
- Homework and “home fun”
- Leading by example
- Explain true meaning and importance of yoga and exercise
- Take responsibility of Madhyan bhojan
- Awareness for “Kuposhan project” of government





Social Health

- Nurtured Personal-social Qualities
- Sensitivity and Care
- Trustworthiness
- Positive Attitude towards self and others
- Allow for social interaction within the classroom



Emotional Health

- Establish trusting relationships
- Showing warmth and affection consistently
- Respecting and caring about every child
- Use power words
- Help children understand the consequences of behavior
- Establish “little rules”
- Listen actively and empathetically.





Distress

- Every student needs an adult that they can trust and rely on
- Teach time management
- The importance of acknowledging student effort
- Keep humour and laughter in the classroom
- Visualize a successful performance



Mental Health and Wellbeing

- Show you care and give them time and attention
- Be yourself and be prepared to listen
- Be non-judgmental, patient, calm, and accepting
- Know how and when to go to others for help
- Create “Friendship bench” in school
- Teach mindfulness



Safety and Security in Schools and Outside



For road safety, children should



- Know signals
- Stop, look, and then cross. ...
- Pay attention and listen
- Not run on roads. ...
- Always use sidewalks. ...
- Crossroads and pedestrian crossing...
- Never stick hands outside the vehicle. ...
- Never cross road at bends





Violence and Harassment

- Abuse can be of various kinds, from emotional, physical, economic and sexual.
- It can happen with all kinds of people, irrespective of class, caste, educational status, urban-rural locations
- Both boys and girls are vulnerable to sexual abuse



How we can protect our students...

- Protection of children from Sexual Offences (**POCSO**) Act 2012
- Child helpline number **1098**



Child Protection



“Teachers are the most responsible and important member of society because Professional efforts affect the FATE OF EARTH” - Helen Caldicott





Maa Foundation

Knowledge is growth

Maa Foundation, Bilakhia house, Muktanand marg, Chala, Vapi - 396191
Contact Number – 8140403100/8140409100, E-mail: CC@maafoundation.org

Visit us : www.maafoundation.org



@maafoundationvapi



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