



MAMOURA

BRITISH ACADEMY

Student Mental Health Policy

Policy Issued	May 2025
Policy Updated	N/A
Next Review	August 2026
Lead Professional	Assistant Principals Pastoral
SGG Ratification	Term 3 2024-2025

Rationale

Mamoura British Academy is committed to supporting the emotional wellbeing and mental health of all students. We believe that positive mental health is key to academic success, social development and the ability to thrive in a safe and inclusive environment.

Policy References:

This policy is written in conjunction with:

- ADEK Student Wellbeing Policy
- ADEK Inclusion Policy
- ADEK In-School Specialist Services Policy
- ADEK Digital Policy
- ADEK Student Protection Policy
- ADEK Safeguarding & Child Protection Policy

Introduction

At Mamoura British Academy, we are committed to nurturing a whole-school culture where student mental health is prioritised. Through proactive education, care and engagement with all stakeholders, we aim to equip every student with the coping strategies they need to lead healthy, balanced and fulfilling lives.

Student Awareness and Education

MBA promotes balanced, healthy lifestyles through structured awareness programmes. These include age-appropriate assemblies, Moral Education lessons, and workshops to include, but not limited to, emotional regulation, sleep, diet, resilience and digital wellbeing. MBA industry partners, Global Care Hospital and the Irish Wellness Centre, support in the delivery of mental health education awareness sessions for students, while student voice groups such as the Wellbeing Ambassadors play a role in leading peer-to-peer awareness initiatives.

Student Counselling

The school provides access to in-school counselling through a qualified School Counsellor who is also supported by the School Social Worker as required. Additional support is available via students and staff who have received external mental health training. We refer students to approved external specialists, such as the Maudsley Centre or Family Care Authority with the school acting as a liaison to ensure continuity of care.

Referral Pathways

Students, staff and parents can refer a student for support through our designated referral system, which includes a confidential email (imnotok@almamouraacademy.sch.ae), a referral form (see Appendix A), and open-door access to the School Counsellor, safeguarding leads or wider pastoral team. A signed consent form is required for students to see the School Counsellor for 1:1 appointment (when Under 13). Students are also educated on how to seek help for themselves or a peer should they be concerned about their mental health. Appendix B is an example of 'where you can find help' posters, should a student require emotional support from a mental health first aid trained staff member.

Support During Vulnerable Phases

MBA provides targeted support during critical periods such as examinations, transitions between year groups, or times of personal challenge. These may include stress-management workshops, mindfulness sessions, peer mentoring and wellbeing information shared during weekly assemblies or more targeted information sent directly to families.

Wellness Resources

If required, MBA offers a designated 'safe space' where students can be calm and decompress. All staff are trained in supporting young people, via the annual safeguarding training and associated regular updates. Some students and staff are specifically trained in mental health support. Staff are trained by Mental Health First Aid UK in supporting students living with anxiety, depression, self-harm and other emotional challenges. Students are trained to support their peers by Lighthouse Arabia. This provision supports those experiencing low-level anxiety or emotional distress and contributes to reducing school-related stress. Resources pertaining to specific mental health support is shared on a case-by-case basis.

Inclusion

Our mental health provision recognises and addresses the unique needs of students with additional learning or emotional needs. We work collaboratively with the Inclusion and Student Support teams to provide personalised wellbeing strategies, in line with UAE laws supporting people of determination (POD). Further information can be found in the Mamoura British Academy Inclusion Policy.

Parental Awareness and Engagement

Parents are regularly updated on school mental health initiatives through newsletters, information sessions/coffee mornings and workshops. At MBA we promote open communication and encourage parent involvement in wellbeing events and feedback opportunities via our stakeholder surveys. Parents are informed about how to access support for their child.

Compliance and Evaluation

This policy will be reviewed bi-annually by the Assistant Principals Pastoral in consultation with the school counsellor and safeguarding team. Its implementation will be evaluated through student voice feedback, referral data, and wellbeing survey outcomes. Adjustments will be made to ensure the policy remains current, impactful and compliant with ADEK guidelines.

This policy shall be effective as of the start of the Academic Year 2025/26 and will be reviewed every 2 years.

Appendix A – School Counsellor Referral Form (exemplar)



PRIORITY: ___ Low (schedule when available) ___ High (schedule as soon as possible) ___ Emergency (see now)

CONFIDENTIAL SCHOOL COUNSELOR REFERRAL FORM Date Received _____

Student's Name _____ Grade & Teacher _____

Parent/Guardian Name (to contact) _____

Home Ph. (____) _____ Work Ph. (____) _____ Mobile. _____

Referred by: ___ Teacher ___ Parent ___ Self ___ Other

DOB _____

Reason(s) for Referral- Problems/Concerns related to: *(Please check all that apply)*

- | | | | |
|--|---|---|---|
| ☐ Dramatic change in behavior | ☐ Nervous/anxious | ☐ Chews (paper/clothes/hair) | ☐ Withdrawn |
| ☐ Worries | ☐ Perfectionist | ☐ Makes Odd Sounds | ☐ Cries easily for age |
| ☐ Daydream/fantasizes | ☐ Aggression/Anger | ☐ Stealing | ☐ Self-image/confidence |
| ☐ Grief | ☐ Swearing | ☐ Destruction of Property | ☐ Non-touchable/pulls away |
| ☐ Fears | ☐ Lying | ☐ Inappropriate Acting Out | ☐ Academics |
| ☐ Sadness/ Bereavement | ☐ Bullying | ☐ Peer Relationships | ☐ Absences |
| ☐ Always tired | ☐ Disrespectful | ☐ Social Skills | ☐ Late to school |
| ☐ Motivation | ☐ Defiant | ☐ Personal Hygiene | ☐ Work habits/organisation |
| ☐ Over Active | ☐ Hurts self | ☐ Family Concerns | ☐ non completion of assignments/homework |
| ☐ Easily distracted | ☐ Impulsive | ☐ Inattentive | |
| ☐ Eating issues | ☐ Fighting | | |

Other Concerns:

Clarify Referral Problem / History:

ACTIONS taken by the person referring this student, if applicable: *(Please attach copies of any interventions attempted)*

Have you contacted parent/guardian about your concern? Y/N Date: _____ ☐ Mother ☐ Father

Explain below the outcome of parent contact:

What other services is student receiving (psychologist, OT/speech language/behaviour specialist)

Signature of Person Making Referral & School

Date of Referral

Classification: General Internal Purpose

Appendix B – Emotional Wellbeing Support (exemplar poster)



WHERE CAN YOU FIND HELP?

If you are feeling anxious or unhappy about anything, please know that we are all here to help you. The following staff have been trained in emotional wellbeing support.



Mr. Ian Wignall



Ms. Katie Moran



Ms. Sandra Hughes



Ms. Saoirse Hall



Mr. Thomas Faulker



Ms. Elli Keatch



Ms. Rachael Harper



Ms. Rachael McShane



Mr. Daniel Jackson



Mr. Chris Hughes

Please feel free to reach out to the designated people directly or email mbaimnotok@almamouraacademy.sch.ae.