



Dubai Gem Private School

Well Being and Safeguarding Guidelines

ENSURING ONLINE SAFETY:

For Parents:

- Keeping your child safe online is important. Existing ICT related policies of our school will continue to apply. We advise you to read the policies carefully and take extra precautionary measures.
- Set parental controls at the age-appropriate levels and use filtering and monitoring tools for parental supervision.
- As a parent, you need to be more vigilant to ensure your child is safe online. We advise you to place the computer or laptop in a common area in your home within your supervision. This will allow you to monitor your child in an indirect manner.
- Frequently check the information and materials being exchanged between your child, their peers, and the school. This will not only help you to stay up to date on your child's learning progress, but you can also monitor if personal information, such as contact details have been exchanged with strangers, or if your child has been exposed to inappropriate materials.
- If you witness something inappropriate on an online platform, report it immediately to the respective KSL / Counsellor. Contact details are on the School Website under 'Contact us'
- Have frequent conversations with your child to gauge if they may have experienced inappropriate behavior online.

COPING STRATEGIES: How you can help your child cope with the Challenges of Online Learning

Below are some strategies which will be helpful to support children.

Foundation Stage	Ages 6-12	Ages 13-18
Maintain regular morning and bedtime family routines. E.g., Making a morning routine chart, Getting the resources ready before the class starts.	Maintain regular morning and bedtime family routines. (Establish routines and expectations for learning at home).	Help them create ideas for enhancing health promotion behaviors and maintaining family routines.
Provide reassurance (Verbal & physical). Show patience, tolerance and remain calm.	Show patience, tolerance, and reassurance. Remain calm & connected.	Show patience, tolerance, and reassurance. To be resilient to challenges, rather than to escape

		them. Develop a growth mindset.
Bookmark kids' favorite sites for easy access.	Create guidelines for online safety and seek help when needed.	Keep building skills & knowledge to identify and manage Internet Safety risks independently.
Involve and engage your child during video conferencing with family & friends through video calls.	Allow your child to stay in touch with friends and family through telephone or video calls.	To stay connected to family and friends.
Encourage the child to take part in PE lessons to stay fit and eat a healthy diet and get enough sleep.	Encourage regular exercise by engaging in indoor physical activities. Eat healthy meals and get enough sleep.	Establishing routine and self-discipline to achieve mental focus and physical fitness.
Encourage expression through play, reenactment, story-telling.	Encourage children to have positive thoughts about themselves.	To avoid social comparison, remind them about things to be grateful for. Encourage positive thinking & positive affirmations.
Plan calming, comforting activities before bedtime.	Participate in structured household chores.	Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors.
Provide meaningful alternatives to screen time. (E.g. Board games, Lego etc.)	Eliminate environmental distractions that may divert the child's attention from learning. (Total engagement during lessons by students only)	Set goals and plan a course of action for achieving them.
Teach that teasing and name calling can hurt people.	Recognize the difference between positive & negative thoughts. Make right choices & decisions	To produce positive emotions for personal growth and wellbeing. Make right choices & decisions.

- Students are expected to comply with all class and school rules while using personal devices.
- Students are expected to obey the general rules concerning behavior and communication that apply to technology equipment use.
- Each student is responsible for his/her own device and should use it responsibly and appropriately.

Our efforts are to embed the core vision and mission of the school in designing and implementing wellbeing and safety.

Independent Confident Learners:

To support us in our endeavors, parents are requested to comply with the following protocols for online teaching and learning:

Foundation – KS1

- Please create a quiet and positive learning environment to begin the school day
- Students must not be disturbed during the lesson by siblings or other adults.
- Only the student must engage with the teacher.
- For any concerns and queries please contact the respective supervisor.
- Please assist with Log in to the lesson and allow children to independently engage with the teacher.
- Only the student should be on camera with the teacher during a lesson. Parents are requested to allow the teacher to engage with the student.

Footnote:

The teacher will not admit the child if there is frequent intervention or disturbance by any adult during the lesson.

KS 2:

- Students must be ready for the start of the school day and independently access their class schedule.
- Student's devices are fully charged and have good internet and Wi-Fi access.
- Students follow the online protocols shared by their teachers.
- Students understand and are respectful of online decorum and behavior.
- Students are mindful of time and duration of each lesson.

KS 3 & 4

- Students are prepared and organized at the start of the school day
- Attendance is consistent and regular.
- Online protocols and decorum is understood and implemented.
- Collaboration and Teamwork is undertaken respectfully.
- Assessments and assignments are submitted on time.

We want to emphasize that you play an important role in keeping your child safe from any type of harm, physically and online. Your engagement in their learning is also key to help them succeed academically.