SCHOLARS
INDIAN SCHOOL

DIGITAL HEALTH & WELLNESS POLICY.

In the wake of the Corona virus outbreak, and schools relying on remote learning, Scholars Indian Private School requests all parents and students to join us to take on new roles to safeguard emotional wellbeing of students for the progress of this new system.

- Accept the new reality and get accustomed to e-Learning
- Maintaining personal physical health and staying safe.
- Promoting sound mental health by encouraging the students to approach the Counsellor in need of psychological or emotional distress, for online counseling sessions.
- Keeping safe to internet connected and electricity connected devices.
- Listen to the instructions of the teachers carefully keeping a pleasant atmosphere, leaving all tensions behind.
- Video conferencing, discussion forums engaging peers and instructors can reduce the impact of physical and social distancing and feeling isolated.
- Setting up space for students to socialize.
- Focus on engaging students and communicating with parents to make sure they are emotionally strong.
- Encouraging student interaction to combat feeling of isolation and loneliness and to build collaborative learning.
- Conducting online sessions on Health and Well-being by experts from different fields.
- Promoting recreational reading through provision of digital books.
- Encouraging the students to reduce screen time.
- Training them on Time management and guide them to have, family time, prayer time, exercise time, home work time, reading time, activity time, play time etc.
- Timely education on poor posture, weight gain, bad eye sight and guiding to build positive relationships.
- Teaching them the disadvantages of multitasking (it improves more than one monotonous task but don't encourage deeper thinking) to keep them safe from attention disorders.
  (Give them timely breaks and ask to limit use of gadgets during free time)
- Asking them to set limit for screen time and create tech- free zones like sitting room, dinner table, bedroom etc.
- Guiding the parents to engage with them in safety talks: keep personal information private, be critical about online advertising, be mindful about app purchases, staying safe while interacting with unknown users.
- Requesting parents to be role models by not getting lost in your device and ignoring the kids. They have to take care how kids and technology interact at home and advice them to engage their kids to develop healthy, lifelong habits.
- Giving the students tips on healthy eating habits, enough sleep, exercise, personal hygiene and social wellbeing.
- Create a balance between using devices in the classroom and engaging in offline activities.
- Educating about online safety and digital literacy.
- Encourage students for better school- family communication.
- Technology can make students productive, but can make them addictive if there is no limit.

- Ask the kids to take a break from their most used app.
- Setting good online behavior /rules.
- Be aware of digital footprints.
- Boost their productivity by limiting apps and tools while working on assignments or attending online lectures. Close out their email, messages and social media accounts before each class. Ask them to put their phone in 'Do Not Disturb' mode, so they are not tempted when they get a notification.
- Asking them to set reminders in their planner, calendar or phone about assignment due dates, tests and other important dates.
- As a workaround, blue filter apps or computer glasses can be recommended to shield the students' eyes from the "visual noise."
- Students need to have a proper table and chair set-up, one that matches their height and provides support to their body so that they won't suffer from posture-related problems.
- Using the 20-20-20 rule, this rule involves taking a break every 20 minutes by looking at something that's 20 feet away for 20 seconds.

Digital Health & Wellness Management

- Classroom awareness: Positive vibes in the class to ensure the kids are mentally and emotionally strong. Teachers counsel the students to be safe, healthy and strong.
- Meet up: Arranging meet ups with Alumni, professionals to educate on good health and wellness.
- Activities: Assigning home tasks to reduce stress, screen hours, and to engage in productive off-screen work.
- Alerts: Making use of the school app to send messages, health tips, wellbeing awareness.
- Recreation: Virtual tours and class get together to educate, entertain and enhance their mental wellbeing.
- Group work: Engaging in group work utilizing the Break Out Room option in MS Teams, giving the students to share ideas, thoughts and exchange views, thus improving socializing skills.
- Club work: Club activities to heighten their skills and talents. (music, art, craft)

Adopted: April, 2020 **Reviewed and updated: April, 2025**

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