

GLS / C / 720-23

CIRCULAR

27th September 2023

Well-being Parent Survey

Dear parent,

At GLS, our primary goal is to ensure that students not only experience happiness at school but also perceive it as a secure environment filled with opportunities for exploration and positive encounters. We firmly believe that happy students are more effective learners, actively participating in classroom activities and deriving maximum benefit from their time in school. Consequently, one of our core responsibilities is to safeguard the mental, emotional, and physical well-being of our students. The Well-being Policy for the academic year 2023-2024 has been provided for your reference. You can access it through this link [Well-being Policy](#).

Furthermore, we are excited to announce the integration of KOMODO, a data-driven well-being platform specifically designed for schools to monitor and proactively support student well-being. We are pleased to report the key findings below:

Strengths:

- A stable overall well-being trend is seen across the school cohort, with an overall well-being score of 85%. This not only benefits the students individually but also contributes to a more conducive learning environment.
- Based on cohort analysis junior students have exceptional wellbeing scores, well above 90%.
- The overall school well-being average is over 85% indicating higher than average well-being.
- When students are emotionally and psychologically well as the GLS well-being data indicates, they are better able to focus on their studies, engage in meaningful relationships, and participate actively in the school community.
- The KOMODO well-being data indicates that student attitudes to peers and the school are exceptional in Primary (90%) and above average in Middle School.
- Social wellbeing is a key factor across the school cohort with all age groups showing this as a strength area.
- Academic engagement with learning is an important strength to recognize across the cohort. Engagement in learning is a vital protective factor for both well-being and academic success, as it fosters a positive cycle wherein active participation in educational activities not only enhances cognitive development but also promotes psychological well-being.

Next Steps:

- Focus on sleep quality education and parent/home education as the two most influential factors in improving sleep quality in young people.
- Celebrate the strengths of the cohort (social well-being, achievement and learning) and use these strengths to increase the success of the intervention (sleep quality for Grades 6 to 8) to build further motivation and agency in students.

Intervention:

The school is dedicated to proactively addressing the significance of sleep quality among students. Workshops will educate both students and parents about the importance of sleep, its effects on cognitive functions, and strategies for enhancing sleep quality. Teachers will stress the importance of sleep to students, highlighting its positive impact on concentration, memory, and mood. They will also teach stress management techniques, including mindfulness and relaxation exercises, to help students manage academic pressures, ultimately improving sleep quality.

An Appeal to Parents:

Parents are strongly encouraged to prioritize and closely monitor their children's sleep patterns, especially during the exam periods. Sufficient and quality sleep plays a vital role in a student's overall well-being and academic performance. It directly impacts their cognitive functions, memory retention, and concentration levels. Inadequate sleep can lead to fatigue, reduced attention span, and impaired decision-making skills, all of which can significantly hinder a student's performance.

Parents can support their children by establishing healthy sleep routines. This includes ensuring a consistent bedtime, creating a conducive sleep environment, and limiting the use of electronic devices before bedtime. It's essential to strike a balance between study hours and rest, as staying up late into the night can be counterproductive. Furthermore, parents should actively communicate with their children about any stress or anxiety related to exams. This open dialogue can help alleviate some of the pressure and contribute to better sleep quality. Encouraging relaxation techniques, such as deep breathing exercises or light reading before bedtime, can also promote a more peaceful sleep.

In summary, parents play a crucial role in their children's success during exams by prioritizing and monitoring their sleep patterns. A well-rested student is better equipped to face the challenges of exams, exhibit improved cognitive abilities, and achieve their academic goals.

We genuinely value your input and would appreciate your insights on how we can further enhance the well-being of all our students. To provide your suggestions, please click on this link to access our Well-being Survey: [Well-being Parent Survey 2023](#)

We look forward to receiving your survey responses by the **2nd of October, 2023**.

Your support and suggestions are integral to our mission of nurturing student well-being.

Thank you in advance for your active participation.

Warm regards,



Asha Alexander

Principal

Executive Leader - Climate Change

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