



AMES Curriculum Policy Supplement 2024-2025

1. Purpose & Scope

This supplement outlines how Al Murooj English Private School (AMES) in Sharjah embeds the Health Promoting School (HPS) standards into daily practice. It extends the Curriculum Policy by integrating health, wellbeing, and the **hidden curriculum**—the unspoken values, norms, and cultural lessons learned beyond formal lessons.

2. HPS Core Components

Aligned with the WHO's HPS framework and Sharjah Health Authority guidelines, AMES will implement across four pillars:

2.1 Healthy School Environment

- Physical: Safe classrooms, ergonomic furniture, clean facilities, and green outdoor spaces.
- Emotional: Bullying-prevention policies, wellbeing corners, and restorative practices.

2.2 Curriculum & Learning

- Explicit: Health education integrated into PSHE, Science, and PE lessons covering nutrition, hygiene, mental health, and physical activity.
- Hidden Curriculum: Role-modeling healthy behaviours, embedding respect, resilience, and empathy through everyday interactions; staff-student dialogues that reinforce life skills.

2.3 School Ethos & Policies

- Policies on healthy eating (canteen guidelines), active travel (walking/biking to school), and screen-time.
- Whole-school campaigns: Awareness weeks (e.g., Mental Health Week), wellness challenges, and staff-led workshops.

2.4 Partnerships & Services

- Collaboration with Sharjah Health Authority, local clinics, and community organisations.
- Access to school nurse, counsellor, and referral pathways for specialist support.





3. Implementation Plan: Health Promoting School (HPS)

Detailed actions, responsibilities, timelines, and monitoring mechanisms to embed HPS standards at Al Murooj English Private School.

Standard	Goal	Actions	Responsibility	Timeline	Monitoring
Health Education	Ensure age-appropriate health modules in FS1–Y7	• Map health topics to EYFS, Primary & Lower Secondary curricula			
• Develop and resource lesson materials with PSHE lead	PSHE Lead; Heads of Phase	May–July 2025	Unit reviews; student feedback sessions		
Healthy Environment	Maintain safe, clean, and stimulating learning spaces	• Conduct facility audit (classrooms, canteen, play areas)			
• Upgrade playground using green design principles	Operations Manager; H&S Team	April–Aug 2025	Quarterly health & safety inspections		
Emotional Wellbeing	Embed SEL and support structures across FS1–Y7	• Launch Buddy System; train peer mentors			
• Establish weekly wellbeing check-ins during form time	Counsellor; Year Leads	June 2025–ongoing	Wellbeing surveys; incident log analysis		
Nutrition & Physical Activity	Promote balanced diets and daily movement	• Revise canteen menu per Sharjah guidelines			
• Schedule daily "Active Breaks" between lessons	Canteen Manager; PE Dept	May 2025–Dec 2025	Canteen audits; activity participation logs		
Community Engagement	Strengthen partnerships for health promotion	• Formalize MoU with Sharjah Health Authority			
• Host termly parent workshops on health & wellbeing	Principal; Parent Liaison	April 2025–ongoing	Partnership reviews; workshop attendance		



4. The Hidden Curriculum

Beyond formal lessons, students learn values and behaviours through school culture and routines. AMES nurtures the hidden curriculum by:

- **Role Modelling:** Staff demonstrate respectful communication, healthy coping strategies, and collaborative problem-solving.
- **Informal Interactions:** Supervisors use playtime to coach sharing and conflict resolution.
- **Physical Environment:** Posters, wellness corners, and prompts in corridors reinforce positive health messages.
- **Rituals & Routines:** Daily mindfulness sessions, class gratitude sharing, and celebration of personal milestones foster empathy and self-awareness.
- **Language & Discourse:** Assemblies and informal talks emphasise resilience, growth mindset, and community responsibility.

5. Professional Development & Capacity Building

- **Training:** Annual HPS workshops for all staff on health pedagogy, mental health first aid, and culturally responsive practices.
- **Peer Learning:** Cross-phase visits to share best practices, co-teaching opportunities, and peer observations focusing on health integration.
- **Resource Hub:** Online repository of HPS lesson plans, policy documents, and community contacts.

6. Monitoring, Evaluation & Review

- **Data Collection:** Health knowledge quizzes, wellbeing surveys, and participation logs.
- **Review Cycles:** Termly evaluation meetings with SLT, HPS committee, and student representatives.
- **Outcomes Reporting:** Annual HPS report shared with governors, staff, and parents, highlighting impact, challenges, and action points.
- **Continuous Improvement:** Update HPS supplement based on feedback, emerging research, and Sharjah Authority directives.