More than a Feeling

DEVELOPING A SHARED UNDERSTANDING OF WELLBEING IN PRIMARY EDUCATION



Dara Davey BRITISH SCHOOL Chris Costello

Issue

Following a KHDA pilot inspection, a key piece of feedback highlighted the strength of wellbeing already embedded across Safa British School's curriculum. Inspectors recognised that wellbeing is not a separate subject, but rather a core thread woven throughout teaching, behaviour, and school culture.

This insight sparked a reflective question for us: If wellbeing is already so deeply rooted in our practice, how might we better articulate, showcase, and enhance its impact? In response, we launched our CEAR research project, More Than a Feeling: Developing a Shared Understanding of Wellbeing in Primary.

Intervention

At Safa British School, a wellbeing committee was established and collaboratively, we developed our five wellbeing elements—Everyone Matters, Kind Minds, Independent Individuals, Happy Hearts & Safe Surfers—to reflect our commitment to nurturing the whole child. These elements are rooted in current international frameworks, including CASEL's five core competencies (CASEL, 2020), KHDA wellbeing standards, and Relational Developmental Systems Theory (Lerner et al., 2015).

Implementation

We launched our five wellbeing elements through a whole-school approach involving staff, students, and parents.

Staff explored the elements in a CPD session with a modelled lesson on integrating them into the MSCS curriculum.

Students were introduced through a crosscurricular lesson using *The Little Ghaf Tree* to spark reflection and discussion. Parents engaged through workshops and

sessions highlighting how to support these

values at home. This shared launch created a consistent, community-wide understanding of wellbeing across Safa.

Impact

100% of staff said the Safa Wellbeing Elements gave them a deeper understanding of the varied aspects of wellbeing.

100% agreed the Elements help them teach students about wellbeing. 98.6% of students said Safa British School cares about their wellbeing.

- 97.3% said the Wellbeing Elements help them understand what wellbeing means.
- 97.3% believe that having a shared understanding of wellbeing supports the school community.

Age Appropriate Alignment

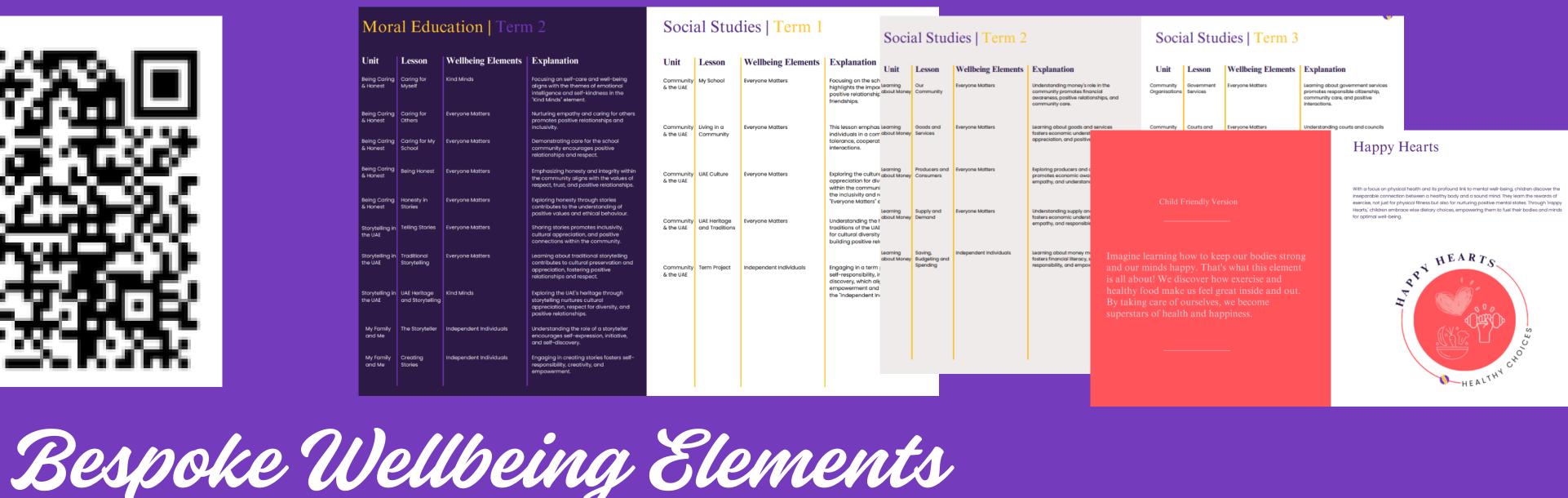
Student Definitions

"Wellbeing means having a happy heart, a healthy body, and a calm mind - whether you're at school, at home, or even online! It's about being kind to yourself and others, understanding your feelings, and making safe, smiley choices every day. -Year 6 Student SBS

Survey Feedback



Eurriculum Mapping



Whole school text



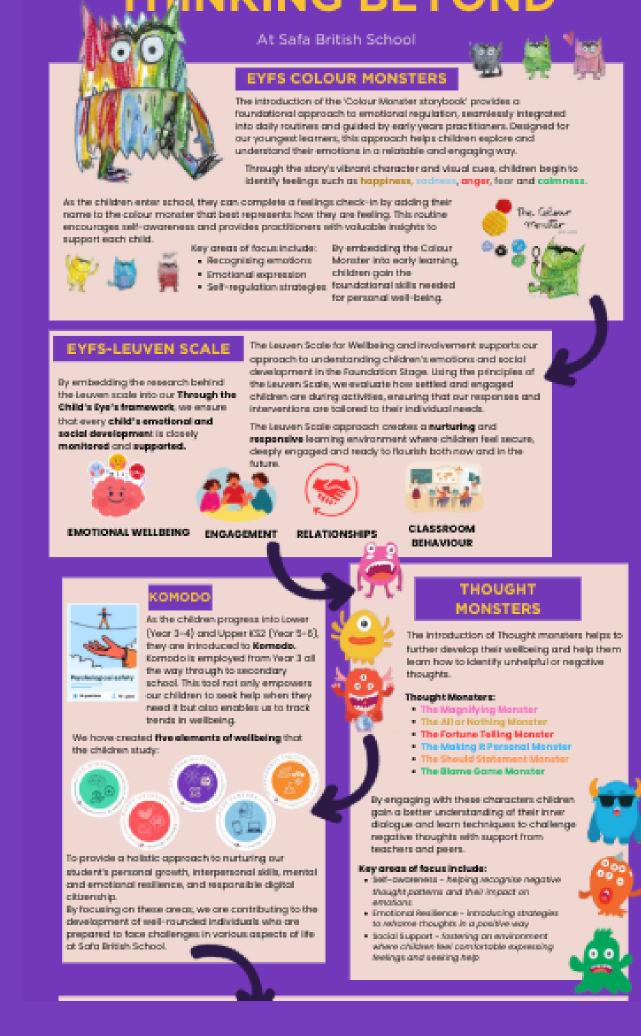
HEARTO











OECD (2015) Skills for Social Progress, OECD Publishing.