



# Social-Emotional Wellbeing Center



Al Mizhar -1 P.O. Box 20315 Dubai, United Arab Emirates  
[www.naischool.com](http://www.naischool.com)  
+971 04 288 4844

# Welcome to the SEWC

Dear Students, Staff, Parents, and Teachers of NAIS,

We are thrilled to welcome you to our brand-new Social-Emotional Wellbeing Center (SEWC), a dedicated space where the emotional and social growth of our school community is our top priority. At the SEWC, we believe that a supportive and nurturing environment is essential for the holistic development of every individual.

For Our Students: The SEWC is your safe haven to explore, understand, and manage your emotions. Our programs are designed to help you build resilience, develop healthy relationships, and navigate the complexities of school life with confidence. Whether you need a quiet space to relax, someone to talk to, or activities that promote well-being, we are here for you.

For Our Staff and Teachers: Your well-being is integral to the success of our school community. SEWC offers resources and support to help you manage stress, build professional resilience, and maintain a healthy work-life balance. We are committed to fostering a positive and supportive work environment where you can thrive both personally and professionally.

For Our Parents: We understand that your child's well-being is your top priority. The SEWC is here to partner with you in nurturing your child's social and emotional development. We offer workshops, resources, and support to help you understand and meet your child's emotional needs, ensuring they are happy and successful both at school and at home.

We are excited about the positive impact the SEWC will have on our school community and look forward to working together to create a nurturing environment for everyone. Please feel free to visit us, ask questions, and participate in our programs. Welcome to a journey of growth, resilience, and well-being.

Warm regards,

NAIS Wellbeing Department



# Welcome to the SEWC

**"At North American International School, we foster a culture of holistic wellbeing where every student and teacher feels valued, supported, and empowered to thrive academically, emotionally, and socially."**

— Mr. Joshua Quinn (Secondary SEL Counselor)

**Our Mission:** At the Social-Emotional Wellbeing Center, our mission is to provide a safe and inclusive space where students, staff, and families can access resources, support, and guidance for their social and emotional needs. We believe that well-being is the foundation of successful learning and personal growth, and we are here to ensure that everyone in our community feels valued, heard, and supported.

**Our Vision:** At SEWC, we are guided by the core values of Community, Awareness, Resilience, and Engagement (C.A.R.E.). We strive to create a compassionate community where every member is aware of their own and others' emotional needs, resilient in the face of challenges, and actively engaged in promoting well-being. At NAIS, we CARE!

**C - Community:** We build a strong, inclusive community where everyone feels a sense of belonging and mutual respect.

**A - Awareness:** We cultivate self-awareness and emotional intelligence to navigate challenges and celebrate successes.

**R - Resilience:** We develop resilience by providing tools and support to overcome obstacles and maintain a positive mindset.

**E - Engagement:** We promote active engagement in learning and personal growth through meaningful, collaborative experiences.

## Services We Offer at the SEWC

**Individual and Group Counseling:** Our trained counselors are available to support students with personal challenges, stress management, and emotional resilience. Group sessions will also be offered to foster peer support and community building.

**Workshops and Programs:** We will host a variety of workshops and programs aimed at enhancing social-emotional skills, including mindfulness, stress reduction, and positive behavior interventions.

**Parent and Teacher Support:** We recognize the vital role parents and teachers play in the well-being of our students. We offer resources, training, and support to help you foster a positive and nurturing environment both at home and in the classroom.

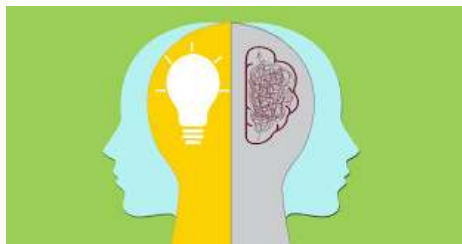
**Well-being Wednesdays:** A special initiative integrated into our Social Studies, Electives, and English classes to promote PBIS (Positive Behavioral Interventions and Supports), MTSS (Multi-Tiered System of Supports), and Social-Emotional Learning (SEL).



# Welcome to the SEWC

## The SEWC also provides the following:

1. **Mindfulness and Stress Management:** Teach students techniques to manage stress, anxiety, and emotions through mindfulness practices, meditation, and relaxation exercises.
2. **Emotional Regulation:** Provide resources and activities that help students understand and manage their emotions effectively.
3. **Positive Relationships:** Promote healthy interpersonal relationships through programs on communication skills, empathy, conflict resolution, and teamwork.
4. **Self-Awareness and Self-Esteem:** Develop activities that boost students' self-awareness, self-esteem, and confidence.
5. **Coping Strategies:** Offer tools and strategies for coping with challenges, including academic pressure, social issues, and personal struggles.
6. **Mental Health Education:** Provide information and support on mental health issues, including recognizing signs of mental illness and seeking help.
7. **Physical Health and Well-being:** Integrate physical health with emotional well-being through exercise, nutrition education, and sleep hygiene.
8. **Academic Support and Motivation:** Link emotional well-being with academic success by offering tutoring, study skills workshops, and motivation techniques.
9. **Diversity and Inclusion:** Foster a sense of belonging and respect for diversity through programs that celebrate different cultures, backgrounds, and perspectives.
10. **Community and Parental Involvement:** Engage parents and the wider community in supporting students' well-being through workshops, events, and communication channels.
11. **Digital Well-being:** Address the impact of technology and social media on students' mental health and teach responsible digital citizenship.
12. **Life Skills Development:** Equip students with essential life skills such as time management, financial literacy, and problem-solving.
13. **Career and Future Planning:** Support students in exploring career options, setting goals, and planning for their future through counseling and resources.
14. **Grief and Loss Support:** Provide resources and counseling for students dealing with grief and loss.



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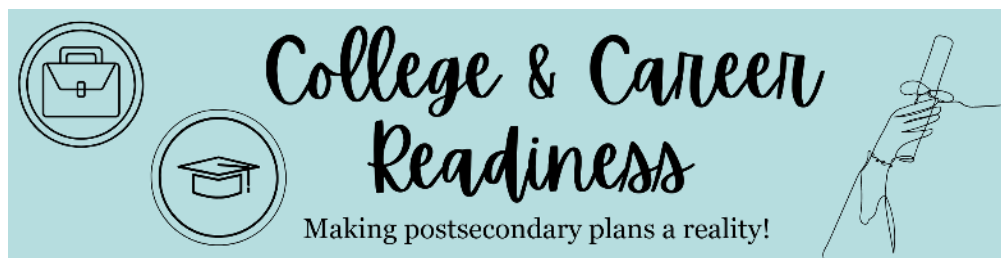
## What Are The benefits?

Establishing a Social Emotional Well-being center at a primary and secondary school offers numerous benefits, including:

- 1. Enhanced Student Mental Health:** Provides students with access to resources and support for managing stress, anxiety, and other mental health issues, leading to improved overall well-being.
- 2. Improved Academic Performance:** Supports students in developing skills like focus, resilience, and emotional regulation, which can positively impact their academic performance.
- 3. Early Intervention:** Allows for the early identification and support of students who may be struggling with emotional or behavioral issues, preventing more serious problems later on.
- 4. Positive School Climate:** Fosters a supportive and inclusive environment where students feel safe and valued, which can reduce bullying and promote positive peer relationships.
- 5. Teacher Support and Training:** Provides teachers with the tools and training needed to support students' social-emotional development and address issues in the classroom.
- 6. Parental Engagement:** Engages parents and caregivers in the well-being of their children, offering workshops and resources to support social-emotional learning at home.
- 7. Development of Life Skills:** Helps students develop critical life skills such as empathy, communication, conflict resolution, and self-awareness, which are essential for personal and professional success.
- 8. Reduced Behavioral Issues:** Provides strategies and interventions that can reduce disciplinary incidents and promote positive behavior among students.
- 9. Support for Transition Periods:** Assists students in managing transitions, such as moving from primary to secondary school, with targeted support and programs.
- 10. Increased Student Engagement:** Encourages student participation and engagement in school activities by promoting a sense of belonging and purpose.
- 11. Long-term Benefits:** Equips students with the emotional and social tools they need to navigate challenges throughout their lives, leading to long-term well-being and success.



# Welcome to the SEWC



At North American International School, our College and Career Counseling services are designed to support students in building a strong foundation for their future academic and career pathways. Through personalized counseling sessions, our Academic/College and Career Readiness Counselor guides students in identifying their strengths, interests, and goals, helping them make informed decisions about course selection, extracurricular involvement, and post-secondary plans.

We are committed to preparing students for their future through a range of initiatives that provide career guidance and real-world experiences. From personalized Individual Graduation Plan (IGP) Meetings to engaging events like College Knowledge Week and Career Week, we ensure students have the tools and opportunities to succeed academically and professionally.

## **Individual Graduation Plan (IGP) Meetings**

IGP meetings are one-on-one sessions with students, families, and a career counselor to create a personalized plan for academic and career success, ensuring students stay on track for graduation and future goals.

What to Expect:

- **Goal Setting:** Explore your aspirations, whether it's attending college or joining the military.
- **Course Planning:** Choose classes that align with graduation requirements and support your career interests.
- **Progress Review:** Evaluate academic performance and adjust plans as needed.
- **Family Involvement:** Parents and guardians are encouraged to participate, providing valuable input and support.



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## College Knowledge Week

Offers resources and activities to guide students and families through the college application process, whether for local or international universities. While these resources are available throughout the year, a specific week is dedicated to these events.

Event Highlights:

- Workshops: Hands-on workshops on how to complete applications, write personal statements, and meet important deadlines.
- Guest Speakers: Hear directly from college admissions representatives and alumni about their experiences and insights.
- College Fair: Meet with representatives from a variety of universities to explore programs and opportunities.
- Standardized Test Prep Sessions: Get tips and strategies to excel on exams like the SAT and IELTS/TOEFL.



## Career Week

Helps students explore career options and develop essential skills through engaging activities and hands-on experiences.

Event Highlights:

- Guest Speakers: Professionals from diverse industries share their career paths, experiences, and advice.
- Workshops: Participate in sessions on resume writing and interview preparation.
- Student for a Day: Allows individuals to experience university life by attending classes in their chosen area of interest and fully immersing themselves in the campus environment.



## Parent Night

A special evening dedicated to reviewing graduation requirements and supporting students' academic journeys with the parents.





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## Office of the Emirati Liaison



Ms. Asma bin Haider

The Emirati Liaison serves as a cultural advisor and communication bridge between the school's counseling services and the Emirati community. They ensure that the school's programs, particularly in counseling, are aligned with the local cultural context and meet the needs of Emirati students and families. They also facilitate a mutual understanding between the school and Emirati families, fostering trust, inclusion, and collaboration.

The Emirati Liaison ensures students navigate the NAPO process successfully and access all scholarship opportunities in the UAE and abroad. Families receive timely updates and clear communication for a smooth educational journey.



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# Meet the NAIS Counselors

**Ms. Cherith Maples- Elementary Counselor Grades K-5**



**Ms. Nabeera Noman- Secondary Counselor Grades 9-12 (College & Career Advisor)**



**Mr. Joshua Quinn- Secondary Counselor Grades 6-12 (Social-Emotional Wellbeing)**



# Welcome to the SEWC

## Words from our Principal

Dear Students, Parents, and Staff,

I am delighted to welcome you all to the new academic year at North American International School. This year marks a significant milestone for our community with the opening of our Social Emotional Wellbeing Center (The SEWC). This initiative is a testament to our commitment to fostering a nurturing and supportive environment for every student. The SEWC is designed to be a sanctuary where students can receive comprehensive support for their social and emotional needs. It is a place where they can find resources, guidance, and a listening ear, helping them navigate the complexities of their academic and personal lives.

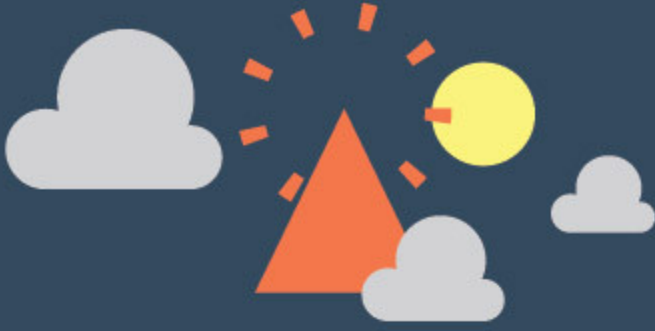
Our dedicated team of counselors and wellness professionals is here to ensure that every student feels valued, heard, and empowered. The launch of The SEWC aligns seamlessly with Dubai's new Mental Health Framework, which places a strong emphasis on the importance of mental health within schools. This framework aims to integrate mental health education into the curriculum, promote early identification of mental health issues, and provide accessible support for all students. At North American International School, we are proud to be at the forefront of this initiative, ensuring that our students' mental health and well-being are prioritized alongside their academic achievements. Our commitment to mental health and well-being is not just a response to a framework but a deeply rooted belief that the emotional and social development of our students is crucial to their overall success and happiness.

Through The SEWC, we will offer a variety of programs and services, including individual counseling, group sessions, workshops on stress management, and activities that promote mindfulness and resilience. We invite all students, parents, and staff to actively engage with The SEWC. Together, we can create a supportive community where every member thrives. We believe that with the right tools and support, our students can achieve their full potential and lead fulfilling lives. Thank you for your continued trust and support. We look forward to a year of growth, learning, and well-being.

Warm regards,

Mr. Justin McCauley  
Principal  
North American International School





## SPECIAL THANKS TO OUR LEADERSHIP TEAM

Mr. Justin McCauley - Principal  
Mrs. Rose McCauley- VP of Primary School  
Ms. Natasha Sorak- HOD Elementary & Early Years  
Mr. Jonathan D'avignon- VP of Middle School  
Ms. Krystal Venzant- Dean of Middle School  
Mrs. Crystal Goodwin- VP of High School  
Ms. Maha El-Tantawy- Dean of High School  
Ms. Noha Shaban- Head of Inclusion



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