



مدرسة المستقبل الدولية
Future International School



2023 - 2024

Well-Being Committee 2023-2024

Purpose:

The purpose of the Employee Well-being Committee is to promote a culture of physical, psychological, and emotional well-being for our employees and students by providing activities and support that will result in healthier lifestyles.

Committee Goals:

- Increasing awareness and factors contributing to emotional and mental well-being.
- Inspiring and empowering individuals to take responsibility for their well-being.
- Encouraging employees/students to make healthier lifestyle choices.
- Creating a sense of community and raising awareness of the importance of schoolwide well-being.

Chairperson – Dr. Tonia	
Staff Well-being Committee Members	Student Well-being Committee Members
Chair – Ms. Rita Co-Chair – Ms. Mariam Dr. Tonia Ms. Rana	Chair – Mr. Johan Co-chair – Ms. Nour Ms. Salwa Ms. Ibtisam Ms. Shamma Ms. Lobna Ms. Mona Ms. Esraa Ms. Hiba Bouabas

Function:

1. To facilitate wellness communication through various online resources, workshops, and events.
2. To offer programs encouraging physical activity, emotional well-being, and healthy eating habits.
3. To provide resources for employees to build a supportive network to support health goals.
4. Encourage employee/student suggestions and feedback on future wellness programs and activities.

Brainstorming session: What activities/lessons we can do to focus on the well-being of our staff and students

Next steps:

Set date of next meeting
Calendar of events



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