



INTERNATIONAL
CERTIFICATION &
QUALITY ASSESSMENT
in WELLBEING UK



Aster
We'll Treat You Well



Aster
volunteers
Powered by humanity

Children Wellbeing and Safeguarding Initiative

at Schools



Empower Wellbeing

Supported by



CWSAS

Enhancing Physical and Mental Wellbeing in School Communities

Empower your school with the most comprehensive children's wellbeing program. This initiative is developed to fortify a resilient environment that sets benchmark for children wellbeing at schools. The program is designed to equip school staff, teachers, and students with essential skills and knowledge in mental health, paediatric first aid, and basic life support, laying the foundation for sustainable child wellbeing and development.

The program is supported by a coalesce of specialist educationist, child psychiatrists and paramedics and is subsidised by organisations dedicated to the child welfare. Designed to enhance student wellbeing, the program brings together expertise from the UK, Ireland, Canada, Australia, the UAE, India, and Belgium. We invite you to join the initiative to strengthen student wellbeing standards at schools.



Program Package

The program includes the following.

TRAININGS

Essential skills and knowledge for CPD

1. Paediatric First Aid and Basic Life Support (BLS) Awareness for School Staff.
Equips school staff to handle emergencies, ensuring the safety and wellbeing of all students.
2. Child and Adolescent Mental Health Initial Response Awareness Course for Teachers.
Equips teachers to enhance children's mental resilience, identify mental health anomalies and support intervention.
3. TTT Program & Training Resources for Delivering First Aid Awareness to Students.
Building Internal capacity to deliver awareness in essential life skills of First Aid and BLS to children.

COURSES

Continuous learning and development

4. Paediatric First Aid and BLS Refresher Awareness Course.
Access to Cogniasal's digital learning platform and App.
5. Child & Adolescent Mental Health First Aid (CAMH) Certification Course for Teachers. [Link](#)
Advanced CAMH certification course online for up to 50 teachers, plus school discount for all staff.

MEDICAL SCREENING

Health checkup and wellness

6. Aster Essential Vision Screening for Children.
Complimentary Aster eye test vouchers for children to use at designated Aster network.
7. Aster Medical Screening for Participating School Staff at the School.
 - Doctor Consultation
 - Blood Sugar Test (GRBS)
 - Blood Pressure Test
 - BMI Test.

Plus: Complimentary Aster medical screening vouchers for other staff to use at designated Aster network.

BOOKS AND RESOURCES

Essential learning and teaching aids

8. MCY Approved Book on Child & Adolescent Mental Health for 50 participating staff.
Book on Child and Adolescent Mental Health (CAMH) approved by UAE Ministry of Culture and Youth.
9. Wellbeing Implementation Strategies Program for Teachers of KG to Grade 2. [Link](#)
Access to Ireland's leading resources for classroom wellbeing tools for young children by Junior Genius Global

CERTIFICATE

Recognition of learning and wellbeing commitment

10. Certificate to All Staff Members Participating in Onsite Sessions.
11. Wellbeing Certificate to School as an Institution Committed to Staff & Student Welfare.
All certificates are issued by International Certification and Quality Assessment in Wellbeing UK (ICQAW^{UK}) an approved International Certification Organisation by Dubai's Knowledge and Human Development Authority (KHDA) and Dubai Corporation for Ambulance Services (DCAS).

Terms and Conditions will apply for all categories.

Benefits

- Enhanced child safeguarding and wellbeing standards at the school
- Support continuous professional and development (CPD) of school staff.
- Essential life skills for students to safeguard and enhance their development
- Augmented support to school's inspection ratings for children wellbeing
- Strengthened school profile with parents
- Strengthened school profile with regulators
- Strengthened organisational profile as an employer
- School internal capacity empowerment for independent and sustainable wellbeing development
- School and staff recognition as the vanguard of children safeguarding and wellbeing

Training Topics

Child and Adolescent Mental Health Initial Response (CAMH)

Focuses on mental health awareness and response strategies

- Child and Adolescent Mental Health Basics
- Developing effective Mental Hygiene in Children and Adolescents
- Building Mental Resilience in Children and Adolescents
- Understanding Mental Health Initial Response
- Managing Stress, Anxiety, and Depression in Children and Adolescents
- Managing Behaviour Issues in children
- Engaging with a Child or Adolescent Having Mental Distress.
- Handling Common Issues of a Child or Adolescent
- Effective strategies for interacting with Children
- Basics of Children Safeguarding

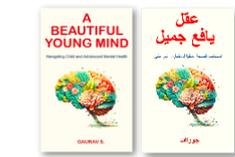
Paediatric First Aid and BLS Awareness

Covers essential first aid skills tailored for school environments

- Occupational Health & Safety Regulations in UAE
- Calling an ambulance: "LINE" method
- Rescuer Safety and Protection
- Initial Response and Engaging with the Victim
- Chain of Survival
- Bleeding Control and Management
- Response to Seizures, Epilepsy, Choking, Heart Attack
- Response to Stroke, Spinal Injuries and Head Injuries
- Executing the Recovery Position
- Usage of Cardiopulmonary Resuscitation (CPR)

Resource Reference

Book



amazon

"A Beautiful Young Mind"
Navigating Child and Adolescent Mental Health

"عقل يافع جميل"
استكشف الصحة العقلية للأطفال و المراهقين
UAE Ministry of Culture and Youth, UAE Media Council Approved

Certificate



INTERNATIONAL
CERTIFICATION &
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International Certification Organisation
at KHDA and DCAS

Courses



www.cogniasal.co



Medical



Aster Healthcare

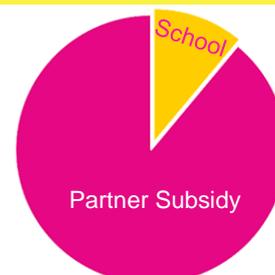
Delivery Framework

- Schools may nominate up to 50 staff members for participation in the onsite session.
- Each school will receive one onsite session (two batches), with an estimated duration of 7-9 hours.
- The training workshop will be conducted in two batches of 25 participants each.
- 50 printed copies of the UAE Ministry of Culture Youth approved Child and Adolescent Mental Health (CAMH) Book (English or Arabic) will be provided.
- Onsite medical screenings will be provided at the school for up to 5 hours via a specialised Aster medical van.
- The quantity and terms of medical screening vouchers will be coordinated directly with each school.
- Scheduling of the onsite session and access to online program components will be coordinated in consultation with each participating school.

Other terms and conditions may apply and will be discussed during program coordination.

Value Proposition

Children wellbeing is more affordable when friends chip in.



Registration: Requests for registration opens in phases with limited availability.

Phase One Registrations Open

To register your school and discuss details, please email to: wellbeing@cogniasal.co