



## **Executive By-Law**

# **Bareec for Positive Thinking And Wellbeing**

**January 2021**

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### **Article I**

#### **Official Supervision over “Bareec” Program**

1. The Chair of “Bareec” Executive Board is Accountable for “Bareec” program.
2. “Bareec” program operates within the development plan in the State of Kuwait as of April 1, 2018, under the pillar of Creative Human Capital, in collaboration with the Ministry of Education.
3. “Bareec” program works under the supervision of the Educational Development and Activities Sector in the Ministry of Education.
4. The Assistant Undersecretary for Educational Development and Activities at the Ministry of Education is the director and responsible for the “Bareec” program in the Ministry of Education.

### **Article II**

#### **Timeline Setup for the Implementation of Bareec Activities**

1. The implementation of all “Bareec” program activities is consistent with the academic calendar issued annually by the Ministry of Education.
2. “Bareec” is flexible to modify the dates of its activities in line with any amendment made to the academic calendar by the Ministry of Education.
3. “Bareec” always considers the pre-engagements of schools as a priority; thus, its activities do not conflict with any formal academic dates.

### **Article III**

#### **The Substances of Bareec Program**

1. “Bareec” substances are a property of Alnowair Al Kuwaitiya Company, reserving the intellectual, copy and publishing rights.
2. The content of “Bareec” program is based on the proven outcomes of scientific research in the field of positive psychology.

3. “Bareec” substances are a set of simplified, brief, scientific interactive educational values and activities implemented during or after school hours, inside and outside the classrooms.
4. The main curriculum for “Bareec” program is defined in a series of six parts, in the form of booklets carrying parts 1 to 6.
5. Each segment of the main curriculum consists of a manual for the teacher and a workbook for the student.
6. Each segment of the manual is applicable for one semester, then “Bareec” curriculum is gradually applied to high school classes as follows:
  - a. Grade 10: part 1 for the first semester, and part 2 for the second semester.
  - b. Grade 11: part 3 for the first semester, and part 4 for the second semester.
  - c. Grade 12: part 5 for the first semester, and part 6 for the second semester.
  - d. A school may implement part 1 of the booklets to any of the classes when the program is applied for the first time, and then undergo the rest of the program.
7. Secondary Curriculum: consists of booklets that extend the principles of positive thinking by consolidating a set of educational values. This supportive set is:
  - a. “Bareec” Notebook: for students and teachers and contains simple interactive activities.
  - b. “Bareec” Club Activities Booklet: consists of activities that are implemented in “Bareec” Club.
  - c. 101 Positivity Booklet: for the teachers and encompasses a set of simple scientific articles on positive psychology.

#### **Article IV**

#### **Joining Bareec Program**

1. Public High schools in the State of Kuwait can join “Bareec” program through one of the following methods:
  - a. School nomination by the Ministry of Education.
  - b. School’s desire.
  - c. An invitation from “Bareec” program addressing the school.
2. “Bareec” program is being implemented gradually in the schools from grade 10 all through to grade 12.
3. Schools that continue to participate in “Bareec” program:

- a. During the months of March and April of each academic year, the schools' administrations participating in "Bareec" program enhance at least 2 to 4 members to "Bareec" teams.
  - b. Schools' administration can add any number of the educational staff to "Bareec" team, taking into consideration to be inclusive of various specializations, as possible.
  - c. School administration submits the list of the members of "Bareec" teams, according to the form prepared by "Bareec" administration, including the continuing and the new educational body will join the program, within a maximum of the first week of April.
4. New joining schools:
- a. During the months of March and April of each academic year, "Bareec" program director visits the school to meet the principal to introduce "Bareec" program and its requirements.
  - b. School principals form "Bareec" teams, deeming appropriate educational staff of the various disciplines taught in grade 10, so that these teachers demonstrate professional school conduct and commitment, and those with a good relationship with their students.
  - c. The school principal indicates "Bareec" team leader to act as a link between the "Bareec" program administration, the school, and the members of the "Bareec" team.
  - d. The school principal selects one of the school facilities, according to availability in the school, to be the hub of "Bareec" club.
  - e. "Bareec" club in the school is the headquarters of "Bareec" team as well as the center to perform the activities of the "Bareec" club.
  - f. The school principal chooses a supervisor for "Bareec" club, to be responsible for the club and the activities that take place there.
  - g. Within a maximum of two weeks, the school principal shall submit an official letter addressed to the "Bareec" administration, including the biodata of the entire "Bareec" team; the team leader, the club supervisor, and members formed in the school, filled in the form provided to the school by "Bareec" administration.
  - h. "Bareec" program takes into consideration that during every academic year at least one school for boys and another for girls from every educational district join "Bareec" program, whenever possible.

5. "Bareec" program takes into consideration that each teacher participating in "Bareec" program, applies the activities to at least one of his or her classes.
6. After receiving the list of the team participating in the program, "Bareec" will submit a commitment (pledge) form to the schools to be filled in by the educational body participating in the program to carry out the program's activities and devote to implementation.
7. Commitment forms shall be returned signed and sealed by school administration to "Bareec" program administration within a maximum period of one week from the date of delivery, after filling them in with the necessary data.
8. Teachers participating in "Bareec" program sign the commitment form once at the beginning of involvement with "Bareec" program.
9. The Chair of the Executive Board of "Bareec" program will send an official letter to the assistant undersecretary for educational development and activities in the Ministry of Education, concerning the name of the new schools that will join "Bareec" program and the current schools that will carry on implementing the program for the next academic year.

## **Article V**

### **Local Training in Bareec Program**

1. "Bareec" program holds two training courses during the academic year, the first focuses on interventions "Bareec" implements in the first semester, and the second focuses on interventions "Bareec" implements in the second semester.
2. "Bareec" training program and supervising staff consists of a variety of educational expertise:
  - a. MOE retired school principals and vice principals holding certified trainer endorsement and have adequate experience in the field of training.
  - b. Educational staff previously joined "Bareec" program and retired from work in the Ministry of Education, holding a certified trainer endorsement, and has sufficient experience in the field of training.
  - c. Continuing educational bodies working in schools joining "Bareec" program, holding a certified trainer endorsement, and having sufficient experience in the field of training.

3. Training courses held at the beginning of the first semester consist of “Bareec” activities executed in “Bareec” booklets parts 1, 3, and 5.
4. Training courses held for the second semester consist of “Bareec” activities executed in “Bareec” booklets parts 2, 4, and 6.
5. Post to the formation of “Bareec” teams in schools, Bareec administration will provide the schools with the training course registration form for the training course that will be held in the first week of the next academic year as possible, in accordance with the academic calendar issued by the Ministry of Education to organize the calendar of the scholastic year.
6. Educational staff participating in “Bareec” program must fill in training application forms.
7. Signed and sealed, the school administration must send training participation forms to “Bareec” program administration.
8. “Bareec” program management prepares the training groups according to the subject matter of “Bareec” booklets parts.
9. Participants in each training group are divided into subgroups called (families). Each family includes teachers from every educational district wherever possible, with the purpose of widening the circle of network between the educational staff participating in the “Bareec” program.
10. “Bareec” program will hold the training course in 4 days, during which some simple scientific articles on positive psychology and practical implementation of all “Bareec” interventions are carried out to ensure appropriate application in the classrooms afterward.
11. At the close of the training course, the participants will receive a certificate.
12. “Bareec” program administration will distribute registration forms for the next training course during the progression of the first training course.
13. The registration process for the next training course is recurrent by the same mechanism regarding filling in the participation form, approval and stamping by the school administration, returning it to “Bareec” program administration and preparing all necessary arrangements for the next training course.

## **Article VI**

### **The Commencement of Applying “Bareec” Program Interventions**

1. “Bareec” program management informs all schools of the starting date of implementing “Bareec” activities, so that all schools are identical with applying the activities together as possible.
2. “Bareec” teachers present an exercise per week to their students according to the plan in “Bareec” booklets.
3. Students repeat practicing the activity during the week.
4. In the following week, teachers review the previous activity and discuss students’ applications, and then introduce the new activity, and so on.
5. The teacher's booklet guides teachers when presenting the activity.
6. Students use the student workbook to interact and reflect to the activity and respond to its requirements.

## **Article VII**

### **“Bareec” App on Smart Phones**

1. “Bareec” application for smartphones is an electronic program that encompasses a cluster of “Bareec” activities targeting students participating in the program.
2. The users of “Bareec” smartphone application are:
  - a. Students
  - b. Teachers
  - c. Heads of Bareec teams in schools
  - d. Educators
  - e. Application administrator.
3. The application administrator is responsible for demonstrating the mechanism of the application to the App users and solving bugs in the application.
4. “Bareec” teachers are responsible for encouraging their students to engage with the App activities, as well as following upon their students’ posts, taking into consideration the deletion of all posts not related to the program and its activities.
5. “Bareec” App automatically detects the top 10 students/players.

6. By the end of “Bareec” activities, towards the end of the academic year, “Bareec” follow-up and supervision committee meets in the presence of the App administrator to assess the students’ posts.
7. The committee looks over all the students' posts, then contacts their teachers to delete all posts unrelated to the program's activities.
8. After deleting unrelated posts, a new automated list appears (top 10 app players). Reviews and deletions processes are repeated until the final list of winners is settled.
9. The names of the top 10 students/players in “Bareec” App are submitted to The Chair of “Bareec” Executive Board for endorsement. The Chair then submits the list of the Top 10 Players to the Assistant Undersecretary of the Ministry of Education for Educational Development and Activities for approval. The approved list is transferred to the competent authority in the ministry, the Assistant Undersecretary for Financial Affairs to take the necessary action.
10. The value for “Bareec” Smartphone Application Award is:
  - a. Top ranking to the fifth place: (KD 250) two hundred and fifty dinars.
  - b. The sixth place to the tenth: (KD 200) two hundred dinars.

### **Article VIII**

#### **Field Visits in “Bareec” Program**

1. “Bareec” supervision and follow-up team, which is composed of educational expertise as referred to in Article V of these regulations, conduct field visits to schools participating in the program by at least two visits per semester.
2. Field visits to schools commence after the first week of the beginning of the implementation of “Bareec” program interventions in the first semester and ends with the end of “Bareec” activities in the second semester.
3. The purpose of the field visits is:
  - a. Directing “Bareec” teams in schools and providing advice and guidance for the optimal implementation of the program's activities.
  - b. Following up the implementation of “Bareec” activities in the classes that participate in the program.
  - c. Observing the level of performance in schools, in preparation for the announcement of “Bareec” Award-winning schools.



- d. Monitoring the performance of the teachers and their impact upon their students, in preparation for the nomination of “Bareec” Scholarship.
  - e. Spotting significant cases of behavioral change in all stakeholders working with the program in preparation for displaying them at the annual “Bareec” Awards Announcement Ceremony.
4. Details for “Bareec” Scholarship are in Article X of this mandate.
  5. Details for “Bareec” Award are in Article XI of this mandate.
  6. Details for “Bareec” Awards Recognition Ceremony are in Article XII of this mandate.

**Article IX**  
**“Bareec” Program Workshop Seminars**

1. “Bareec” holds two panel discussions during the academic year, the first is in the middle of the first semester, and the second is in the middle of the second semester.
2. All “Bareec” teams’ members in the schools participating in the program attend these meetings.
3. The goal of holding these discussion panels is to highlight the viewpoint of the educational bodies participating in the program regarding the implementation of the program, present proposals, evaluations, and visions to develop the program, propose future policies and amend the course of action whenever needed.

**Article X**  
**Bareec Scholarship (External Training)**

1. “Bareec” Scholarship is a grant given to best performing “Bareec” teachers to attend an intensive training course in the field of educational positive psychology applications held by the prestigious Berkeley University in the United States of America.
2. “Bareec” Scholarship is for the faculty participating in “Bareec” program.

3. Through field visits, outstanding educational competencies are monitored in terms of performance and impact in changing students' behavior and spreading the culture of positive thinking in the school community.
4. When "Bareec" team for supervision and follow-up ends from field visits towards the end of the school year, "Bareec" program management calls for a meeting to discuss the names of the candidates for "Bareec" scholarship.
5. "Bareec" program administration will hold personal interviews for the scholarship candidates to select a few of them, provided they are fluent with the English language.
6. "Bareec" announces the condition of English language fluency for obtaining "Bareec" scholarship on the first day of the local training course held by "Bareec" program at the beginning of each academic year; so that all teachers are fully aware of this condition, since English is the language approved in the training course grant.
7. The number of "Bareec" Scholarship winners for each academic year ranges from 10 to 15 teachers, according to the available seats from Berkeley University.
8. "Bareec" Scholarship winners' names shall be submitted to the Chair of "Bareec" Executive Board for endorsement. The Chair then submits the list of the scholars to the Assistant Undersecretary for Educational Development and Activities in the Ministry of Education for approval. The approved list is transferred to the competent authority in the ministry; the Assistant Undersecretary for Financial Affairs and the Assistant Undersecretary for Planning and Administrative Development to take the necessary actions.

### **Article XI**

#### **"Bareec" Award**

1. "Bareec" Award is honored to distinguished schools in applying "Bareec" interventions and achieving the goals by spreading positive thinking culture and achieving the required social emotional behavioral change in the school environment. School administrations via Bareec teams should submit certified qualitative and quantitative documentations as a proof of improvement.

2. The award consists of:
  - a. "Bareec" Trophy
  - b. Certificate of attaining "Bareec" Award
  - c. A cash prize of (KD 1000) one thousand dinars, deposited in the school bank account.
3. At the beginning of each academic year, "Bareec" program administration distributes a brochure that consists of the criteria for winning "Bareec" Award to all schools taking part in the program.
4. More than one school can win the award during the academic year.
5. It is permissible to repeat the school winning "Bareec" Award if it meets the criteria of winning the award.
6. Every school scores 90% and above in the award criteria cuts wins the award.
7. After each field visit to the school by "Bareec" supervision and follow-up team, as mentioned in Article VIII of these regulations, the team members take their notes in the award criteria form.
8. Upon completion of the implementation of "Bareec" activities in the second semester, the field visits of "Bareec" supervision and follow-up team will almost end.
9. "Bareec" program administration calls for a meeting to discuss the school's accomplishments according to the criteria of "Bareec" Award. All committee members' opinions are discourses; scores and averages are calculated for each criterion.
10. A list of schools whose final scores are equivalent to 90% and above is prepared.
11. "Bareec" Award winning schools' names shall be submitted to the Chair of "Bareec" Executive Board for endorsement. The Chair then submits the list of the winning schools to the Assistant Undersecretary for Educational Development and Activities in the Ministry of Education for approval. The approved list of "Bareec" Award winners is transferred to the Assistant Undersecretary for Financial Affairs, competent authority in the ministry to take the necessary actions.

**Article XII**  
**“Bareec” Awards Recognition Ceremony**

1. “Bareec” program holds a ceremony every academic year in which “Bareec” Awards at various motivational levels are announced.
2. “Bareec” Awards are:
  - a. “Bareec” Award for outstanding schools in implementing “Bareec” Program and achieving its goals.
  - b. “Bareec” Scholarship for distinguished “Bareec” teachers in implementing “Bareec” program and disseminating its culture.
  - c. “Bareec” Award for the top 10 students/players of “Bareec” smartphone application.

**Article XIII**  
**Amendment of the Articles and Sub Articles of this By-law**

1. Bareec Program Executive Board is entitled to amend one, a few, or all the articles and/or sub articles of this By-Law as it deems appropriate.
2. “Bareec” Program Executive Board in collaboration with the Ministry of Education reserve the rights to amend any of the articles and/or sub articles of “Bareec’s” policy as it deems fit.

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