

**BEYOND ACADEMICS: HOLISTIC DEVELOPMENT FOR GIRLS IN BOARDING
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Abstract. Imagine a young girl stepping into the grand halls of Nurafshon Presidential school, a boarding school buzzing with possibility. She's a new 5th-grader, suitcase in hand, nervous but eager. Her academic journey is about to begin, but at school, it's not just about textbooks and test scores—it's about growing into a confident, compassionate, and capable young woman. For girls like her, boarding schools can be transformative, offering a chance to explore talents, build character, and master life skills. Yet, this holistic development comes with its share of challenges. At school, a multi-faceted approach ensures that every girl thrives beyond the classroom, though there's always room to refine the journey.

Key words: Holistic Development, Well-Being, Extracurriculars, Leadership, Life Skills, Safety, Child Safeguarding, SEL (Social Emotional Learning)

Discovering Passions Through Extracurriculars

At Presidential school, the day doesn't end when classes do. After hours, the school hums with creative clubs—think art, music, and sports games—designed to shake off the day's fatigue and spark joy. Picture a girl who once doodled in the margins of her notebook now leading an art therapy session, or another sprinting across a field, finding strength she didn't know she had. These activities, paired with tree-planting initiatives led by the deputy director for spirituality, nurture mental stimulation, physical fitness, and a love for the environment.

But it's not all smooth sailing. Some girls face overpacked schedules, teetering on burnout, while others might miss out if resources stretch thin. The school's robust extracurricular offerings are a strength, yet balancing them with rest remains a challenge. PSN's leadership could tweak timetables to ensure every girl gets her chance to shine without exhaustion creeping in.

Leading with Confidence

Leadership is woven into the fabric of Presidential school. Each year, students elect a school president who forms a student council—a bridge between their peers and the administration. For one girl, this might mean stepping up as president, voicing concerns about dorm life or defending a friend's rights. For another, it's mentoring younger students as a prefect. These roles teach responsibility and empowerment, shaping girls into decision-makers.

Still, challenges linger. Rigid hierarchies or favoritism can sideline some, while others might feel unprepared without enough guidance. Presidential school's Child Safeguarding Team and Support Committee, visible in common areas, step in to ensure fairness and safety, but expanding mentorship—perhaps through alumnae or trained staff—could give every girl the tools to lead confidently.

Life Skills for a Bright Future

Boarding life at Presidential school is a crash course in independence. From orientation, where 5th-graders and parents meet the psychologist and Tarbiaschi to learn about boarding facilities, to weekly hygiene checks in dorms, girls pick up practical know-how. The Social Emotional Learning (SEL) program kicks off with two weeks of personalized support, easing their transition. Meanwhile, nurses at the 24/5 station teach personal hygiene and monitor health, while roundtable discussions cover nutrition and adolescence—vital lessons for young women. Yet, gaps exist. The SEL support wanes after those initial weeks, leaving some girls craving ongoing guidance. And while the socio-psychological passport tracks each student's mental and physical state, tailoring life skills—like cooking or conflict resolution—could better prepare them for life beyond Presidential school. Expanding these offerings would round out their growth.

Health and Well-Being: A Holistic Backbone

Physical and emotional health anchor Presidential school's approach. Nurses manage a fully equipped station, referring serious cases to hospitals, while annual checkups track height, weight, and more. The school psychologist combats bullying with anonymous questionnaires and therapies, and faculty, trained through international TES Child Safeguarding modules, spot and address risks like neglect. Suggestion boxes and bi-annual surveys let girls voice concerns anonymously, ensuring their well-being shapes school policy. But a hiccup emerged from a community survey: parents felt healthcare fell short. The leadership clarified that nurses, per policy, can only dispense certain medicines without a doctor's note—a limitation now detailed in a transparent healthcare policy covering checkups, canteen hygiene, and exercise guidelines. Still, bridging this communication gap with parents remains a work in progress.

Overcoming Barriers, Building Strengths

Presidential school shines in its student-centered systems—surveys, councils, and safeguarding teams empower girls to speak up. The SEL program and extracurriculars foster emotional and social growth, while trained staff and nurses provide a safety net. Yet, there's

room to grow. Extending SEL support year-round, adding mental health resources like external counselors, and boosting anti-bullying efforts with peer-led initiatives could elevate the experience. Engaging parents more—through workshops or updates—would align expectations with reality, especially on healthcare.

A Whole Girl, Ready for the World

At Presidential school, a girl isn't just a student—she's an artist, a leader, a caretaker of her own well-being. The school's holistic approach, from creative therapies to elected councils, ensures she leaves with more than a diploma. Challenges like burnout, limited healthcare scope, or fleeting SEL support are real, but PSN's responsive leadership and proactive measures—like the updated Child Safeguarding Policy—show a commitment to improvement. For every girl who walks these halls, the goal is clear: not just to succeed academically, but to flourish as a whole person, ready to take on whatever comes next.

I apologize for the confusion. Below is a text-based version of the additional points from the "Child Safeguarding Policy" document, written as continuous prose rather than a listed format. These points are new, align with the theme of holistic development for girls at PSN boarding school, and can be added to your original article as paragraphs or woven into existing sections. They focus on safety, extracurriculars, leadership, and life skills, with challenges included, and avoid repeating content from the prior updated article.

At Presidential school, the Agency's Child Safeguarding Policy weaves a culture of tolerance into daily life, urging girls to embrace mutual respect across socio-economic, cultural, and gender lines. This isn't just a rule—it's a chance for a girl from a small village to connect with a city peer over a science project, building social skills and emotional depth that textbooks can't teach. The catch is ensuring this respect trickles down from staff to dorm life, where cliques might still whisper exclusion, challenging the school to nurture true inclusivity.

The policy also arms girls with knowledge through age-appropriate awareness sessions about risks like bullying or cyberbullying—harassment via messages or social media. Imagine a girl learning to spot a threatening text and confidently reporting it, gaining a sense of control over her safety. This empowerment is a cornerstone of independence, but keeping these lessons fresh and engaging, rather than a forgotten annual talk, tests Presidential school's creativity and commitment.

Safety at Presidential school isn't just a promise—it's a framework. With CCTV watching open spaces, separate washrooms for students and adults, and security escorting visitors, girls can dive into sports or late-night debates without a second thought. Facility audits pinpoint risky corners, ensuring every club or activity feels secure. Yet, there's a fine line: too much oversight might stifle the freedom girls need to stretch their wings, pushing Presidential school to find the sweet spot between protection and autonomy. Beyond the school gates, the policy's ties to external agencies—like child rights groups—open new horizons. Paired with Presidential school's yearly visits to schools for students with disabilities, these experiences plant seeds of compassion in girls, shaping them into socially aware citizens. A girl might chat

with a peer in a wheelchair and carry that empathy home, but with only annual outings, the lesson risks fading—more frequent connections could root it deeper.

Confidentiality becomes a quiet strength at Presidential school, where girls learn to use reporting channels like email or a locked message box, as mandated by the policy. Picture a shy student slipping a note about a peer's struggle, mastering discreet advocacy—a skill for life. The policy's focus on privacy backs this up, but if these options aren't shouted from the rooftops, some girls might never know they exist, leaving Presidential school to amplify awareness. The policy also shields girls from exploitation, banning any coercion into work that steals time from their growth. This means no teacher can pile on tasks that cut into art club or sleep, keeping their well-being front and center. The challenge creeps in if staff blur the line—say, asking for “volunteers” too often for event prep—demanding clear rules to protect that precious balance. Staff at Presidential school don't just watch the classroom; they're trained to see beyond it, thanks to the policy's contextual child protection focus. A girl quiet from home troubles might get gentle support from the Safeguarding Team, building her resilience. This holistic lens is powerful, but spotting those hidden struggles hinges on staff staying sharp, a task that could slip without steady reinforcement.

Finally, the policy's no-secrets rule—barring staff from hiding safety issues—puts accountability in girls' hands. A student council member might call out a teacher's slip-up, knowing the system has her back. It's a lesson in trust and leadership, but if fear of pushback lingers despite protections, that boldness could falter, urging PSN to double down on making reporting feel fearless.

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