

Well-being Working Group – Group de travail Bien etre

Scope of the group

The working group aims at exploring, proposing and developing initiatives to ensure pupils' well-being at school.

The group is divided in small subgroups per topic, with one or few responsible members assigned to the project. The group communicates through emails. Periodical meetings are foreseen to discuss, brainstorm and agree on new initiatives. Initiatives are listed in the below tables 1 and 2. In the table 1, initiatives preliminarily discussed, but to be developed and agreed by the members this year, are marked as NEW. In the table 2, ideas to be explored and proposed to the group in future meetings. The other are recurrent initiatives from previous years.

Strategy

The well-being strategy aims at

- improving aspects of school life that are beyond the purely pedagogical aspects, such as emotional balance about life in school (mainly in class and in recess) and its environment, building a healthy relationship with other pupils/students and teachers (or helping them to develop this ability) and indirectly quality and safety of the physical environment.

Our target audience is both pupils, teachers as the main pedagogical reference guide, as well as parents, as main reference educational guide for pupils.

Our main channels are:

- Ateliers/intervention in class, as we believe this are very effective way to closely interact and increase awareness in pupils/teachers;
- Teacher training;
- Parent's lunch time conferences.

Reporting

The WG plans to report annually the status and progress of its activities.

Group Composition

Member of the group	Section	
DAGOSTINI Sara	IT	Coordination
PROFICZ Esther	FR	Deputy
LAPACZ Anna	PL	Healthy nutrition
SIAENS Corinne	FR	Affectivite/sexualite
ZANZI Mauro	IT	Affectivite/sexualite
SIREN Jarkko	ES	Bullying/Mindfulness
SZABO Kriszta	HU	Substance abuse and prevention/Mindfulness
ADAMCZYK DELAMARRE Katarzyna	FR	Healthy nutrition and sleep
LANZA SAIZ Eduardo	ES	Digital issues
LOPEZ-SANCHEZ Ramon	ES	Mindfulness/Digital issues
Cristina Morte	ES	Values
Orsolya Deli-Vidacs	HU	tbd
VAN KERCHOVE Jean	FR	tbd
BRENNER Kati	IT	communication positive

Current initiatives – table 1

Name of the project	Audience	Status	type
1 Mindfulness (*)	Mat/Primaire	new	Atelier enfants
Mindfulness/stress management	Secondary	new	
2 Addictions alcohol			Atelier enfants
3 Addictions tobacco	S2,S3, S4, S5		Atelier enfants
4 Addictions drugs			Atelier enfants
Conference drogue	parents		Conference
5 Danger Internet, social media	parents		Conference
Danger Internet, social media	S1		Conference
6 Bullying	parents		Conference
7 Communication positive (*)	parents	new	Conference
8 Communication positive (*)	teachers	new	Formation
9 Affectivite/sexualite	Secondary	new	Atelier enfants
10 Atelier Philo (*)	Primary	new	Atelier enfants

(*) A survey have been sent to the teachers to test interested in these subjects.

Future initiatives Table 2

New initiatives to be explored
11 Communication parents-ecole
12 Gestion conflicts
13 Sucre/nutrition
14 Smartphone and its risks
15 Food and nutrition
16 Sleep

Actions carried out in 2017-2018 (from APEE Activity report)

Alcohol, tobacco and drug prevention with the Association “Stop à la drogue” based in Lille. In collaboration with the secondary school: interventions (in FR or EN) in all classes from 2nd to 6th secondary (except in the Hungarian section which organises its own prevention actions) in order to raise awareness among teenagers about the risks related to the consumption of alcohol, tobacco and drugs. A conference for parents (19 March 2018) by Richard Maillet, President of the Stop à la Drogue Association. Meetings with Nicolas Ancion, Belgian author, on the theme of addictions. We organised a visit of Nicolas Ancion to French classes (language 1, 2, 3 or 4), in collaboration with the teachers. Students in S2 were invited to read “J’arrête quand je veux” (“I Quit Whenever When I Want”) which deals with video games addiction. Other students were invited to read "En mille morceaux" (which deals with alcohol, drugs, suicide...) or other books by this author. A conference for parents (27 April 2018) by Nicolas Ancion on addictions among young people and ways to prevent and cope with them. The conference can be replayed by clicking on this link. Conference for parents (6 February 2018) on the theme of suffering in the schoolyard: better equipping children against harassment, led by Emmanuelle Piquet, psycho-practitioner and founder of the "A 180 degrés" and “Chagrin scolaire” (“Grief in school”) consultation centres. The link to the conference is no longer active, but you can

listen to the author on TEDx. Conference for parents (16 April 2018) by Christophe Butstraen, school mediator: "Children, teenagers and... video games. First aid guide for worried parents". You can listen to the conference by clicking on this link. Unfortunately, workshops based on the principles of Mindfulness could not be organised in 2017-2018 due to the difficult financial procedures on the school side. Fairouz Rotenberg ceased to coordinate this working group at the end of the school year. We thank her for her energetic investment over the past few years!