

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, if necessary, are foreseen to discuss, brainstorm and agree on new initiatives. Current and future Initiatives are listed below.

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;
- Parent's lunch time conferences.

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

Current initiatives

- **EVRAS:** prevention program under implementation in secondary;
- **Substance abuse and prevention** (secondary): policy and prevention program under development;
- **Digital risks:** policy and prevention program to be developed;
- **Mindfulness:** prevention program to be explored for secondary;
- **Value:** prevention program under implementation in secondary;
- **Several conferences:** communication parents-pupils, nutrition, digital risks for students and for parents.

New initiatives to be explored mainly for secondary

- Communication for students (assertive communication), for parents and teachers (emphatic communication);
- Conflicts' management;
- Food and nutrition. Understanding the impact of sugar;
- Health and sleep.

Group Composition (Member of the group, Section, Role)

DAGOSTINI Sara, IT, Coordination
SZABO Kriszta, HU, Substance abuse and prevention/Mindfulness
LANZA SAIZ Eduardo, ES, Digital issues
LOPEZ-SANCHEZ Ramon, ES, Digital issues
MORTEZ Cristina, ES, Values
SIAENS Corinne FR Affectivite/sexualite
ZANZI Mauro IT Affectivite/sexualite
SIREN Jarkko ES Bullying/Mindfulness
ADAMCZYK DELAMARRE Katarzyna FR Healthy nutrition and sleep

Actions carried out in 2018-2019

Sara Dagostini took over the coordination of the group in September 2018. It has been a year of transition, however an enormous effort has been put on to ensure continuity of the old programmes. Several old projects were continued and new ones proposed. The recurrent programme stop a la drogue was continued, focusing on prevention about alcohol, tobacco and drugs. A conference for parents has also been held with the same organisation, headed by R. Maillet. A conference about internet, social media, cyberbullying, video games and pornography online has been organised for parents, with C. Butstraeten as speaker. The group kicked off discussion with the school about KIVA, to better understand parents' involvement and potentially to start engaging parents into the programme. A conference for parents about bullying has been organised with the association Virage, from Liege. Members of the group has drafted a proposal about a mobile policy, based on parent's contribution from all sections, which was sent to the school in February. Members of the group engaged with the school to launch EVRAS, "Education a la vie relationelle, affective and sexuelle" for secondary. The programme has been well perceived by the school, and obtained the necessary funding in the spring call. A successful pilot project about values (self-esteem, virtual/real) has been launched, targeting the students reps of S3 and S5. The speaker was from the SEVE Foundation. Members of the group held discussions to re-launch Mindfulness-based workshops.

Outlook for 2019-2020

The projects will focus both on the continuity of the actions carried out in recent years and on new proposals:

- Implementation of EVRAS, currently ongoing together with the school. In addition, the group will explore the possibility to extend it to late primary
- Currently working on a substance abuse and prevention policy with the school. The group aim at proposing a new prevention programme for secondary students and a conference to raise awareness among parents;
- Carry on initiatives relating to the use of screens. A students' and a parents' conference;
- Continue exploring ways to introduce Mindfulness in both primary and secondary schools;
- Raise awareness of positive communication among parents and teachers;
- Explore possibility about management of conflicts among pupils;
- Educate parents and children to healthy nutrition.