

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 members assigned to each project. The group communicates through emails or phone. Periodical meetings, if necessary, are foreseen to discuss, brainstorm and agree on new initiatives.

Mission

The mission of the well-being group is to improve the aspects of school life that are beyond the purely pedagogical aspects, such as emotional balance in the school and its environs (mainly in class and at recess), building healthy relationships with other pupils and teachers (or helping pupils to develop this ability) and indirectly the quality and safety of the physical environment. Recently the groups has started focusing also on the mental health of the pupils.

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

Our main channels are:

- Ateliers/interventions in class, as we believe these are a very effective way to closely interact and increase awareness in both pupils and teachers, including teachers' training where possible; and
- Parent's lunch time conferences.

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

Current initiatives

- **EVRAS***: prevention program under implementation in secondary;
- **Substance abuse and prevention*** (secondary): policy/prevention program under discussion;
- **Digital risks**: policy and prevention program under development;
- **Mindfulness***: prevention program to be explored for secondary;
- **Values***: prevention program implemented in secondary;
- **Several conferences**: digital risks, mental health (for students, parents and educators);
- **Child protection task force, Smartphone policy task force**: ongoing

* on hold due to COVID

New initiatives to be explored mainly for secondary

- Assertive communication, for students, parents and teachers;
- Conflict management;
- Cyberbullying.

Group Composition (Member of the group, Main responsibilities)

DAGOSTINI Sara - Group Coordinator, Child protection task force, Mental health, parents conferences

SZABO Kriszta - Deputy Coordinator, Substance abuse and prevention/Mindfulness

BEIGBEDER Noemi - Digital issues, Mobile phone policy task force

CAMBAS Caroline - Digital issues, Mobile phone policy task force

SIREN Jarkko - Bullying, Safe internet

SIAENS Corinne – EVRAS : Affectivite/sexualite
ORTIZ Veronica _ EVRAS : Affectivite/sexualite
MORTEZ Cristina – Values
MADL Julia – Substance abuse and prevention/Mindfulness
BENGOETXEA Endika – Digital issues
LOPEZ-SANCHEZ Ramon - Digital issues
MARMUROWICZ Malgorzata – Bien etre Berkendael

Outlook for 2020-2021

The big challenge for school year 2020-2021 is to cope with the constantly changing measures, impacting programs. The focus is both: Mental health both for students and parents and continuity of programs for students. The group is collaborating with the school on a mental health survey, to identify well-being needs for students and related tailor-made programs and has also offered an online conference for parents about mental health and screens.

The group is working on exploring possibilities to continue EVRAS and Values in the current COVID context. It is also seeking new initiatives relating to the use of screens and a safe online behavior and exploring ways to introduce Mindfulness in both primary and secondary schools (introduction Mindfulness and yoga programs for the larger school population only failed due to lack of room on the campus). Not least, to stay safe and healthy.

Actions carried out in 2019-2020

The first part of school year 2019-2020 has been very productive, with continuation of existing successful initiatives and the launch of new initiatives. However, since the lockdown as from March 2019, the activities of the group have slowed down and in some cases even stopped.

The task force Substance abuse addiction and prevention, headed by Kriszta Szabo, continued searching heavily for a new programme that would suit the school's population and needs. Unfortunately, the proposals were not valued nor retained by the school management. As a consequence no drug program nor conference was held in the school year 2019. In January, the Drug policy task force was formed (to re-write the Guidelines for the care and prevention of addiction); as an opportunity to reshape not just the Drug Policy but the Drug Prevention program. The drafting of a Drug policy was also put on hold following the COVID emergency.

The Mobile phone policy task force, headed by N. Beigbeder, has continued to focus on the proposal approved by the APEEE Board in 2019, seeking input from the school. Unfortunately, the COVID emergency has drawn school's attention from smartphone to crisis.

In 2020 the newly approved EVRAS programme, "Education à la vie relationelle, affective and sexuelle" was launched for few classes in secondary. The program was put on hold due to COVID.

The successful student workshops on Values were also put on hold and have not been completed.

Several conferences were organised:

- ✓ Parenting "communication between parents and children" in autumn 2019 (v positive feedback and high participation);
- ✓ Nutrition in January 2020 (participation was not enormous);
- ✓ Safe internet, social media, cyberbullying, video games and pornography online in early 2020 for lower secondary students, with C. Butstraen as speaker (high participation);
- ✓ Online risks in June 2020 (the first one in English – participation was enormous - 311 people)