

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 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. In the last few years, the groups has started focusing also on mental health of the pupils.

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 both pupils and teachers; teachers' training where possible; and
- Parent's conferences.

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

Group initiatives

- **EVRAS:** prevention program implemented in Primary and Secondary;
- **Substance abuse and prevention:** prevention program implemented in Secondary and policy under discussion;
- **Digital risks:** policy approved and prevention program under discussion;
- **Value (mental health and screen addictions):** prevention program implemented in Secondary;
- **Parents Conferences:** Mental health (for students, parents and educators) under development;
- **Bullying/Cyberbullying:** KIVA program for Primary, new programme to be explored for Secondary;
- **Mental Health,** healthy school project to be developed with CdE;
- **Mediation,** assertive communication and conflicts' management to be explored;
- **Mindfulness:** programme to explored for both Primary and Secondary.

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

GUITARD Marc – Deputy Coordinator, Mental Health issues

CAMBAS Caroline - Digital issues, Smartphone Task force Lead

MARTINEZ Lucia – Digital issues, Smartphone Task force

BOATI Talia - Smartphone Task force, CyberBullying

SIREN Jarkko - Bullying, Safe internet

PINO Martina, PEDERZOLLI Silvia – Bien etre, Berkendael (programme under development)

Outlook for 2022-2023

The focus for this school year is to implement and consolidate the well-being framework in Secondary and trying to replicate the exercise (defining a Well Being framework) in Primary. Early September 2022 during a fruitful meeting between Secondary school management and WB group, the proposed WB framework was discussed and activities agreed. The framework defines a tailor made WB activity for each level based on the challenges faced by pupils at that age. The implementation has started and is progressing smoothly. In Secondary, EVRAS was kicked off, the prevention and substance abuse programme will continue with

the same format, i.e. with an external association as trainer. An emotional intelligence project was kicked off in autumn for early secondary. Ateliers about mental health and screen addictions are planned to kick off this school year, as continuation of the successful VALUE programme. The idea to extend the KIVA programme for Secondary was abandoned. In Primary, the emotional intelligence project will be replaced by the EVRAS. A series of conferences targeting parents are planned to raise awareness about mental health for teenagers.

Actions carried out in 2021-2022

The school year 2021-2022 has been a fresh re-start. After two years of stop, we were going slowly back to a "normal" pre-COVID situation. The School management and representatives of the WB group has met in September 2021 to identify pupils' needs post COVID and relaunch tailored-made WB programmes. A draft for a multiannual WB framework has been agreed and slowly some WB activities were launched.

In Primary, the emotional intelligence programme took place, with very positive feedback from the school and the students, the KIVA programme has continued and the cyberhero - safe internet programme has taken place for P5.

In Secondary, the Value project "COVID Impact for teens" was organised, with great appreciation from students; the substance abuse addiction and prevention programme took place, with ateliers in class from external specialists; focus was put on the implementation of EVRAS and on extension of the KIVA programme to Secondary. The idea of a mental health survey has been dropped, in agreement between School and APEE WB group, as preference was given to implementation of WB activities.

The mobile policy task force, headed by C. Gambas and N. Beigbeder, reached a common line with the teachers's representatives and CdE representatives. The document was discussed at the CE early 2022 and the policy approved. The APEE has proposed to launch a raise awareness campaign to support the new policy.

The first good draft of June 2021 of child protection policy, showed no progress. The task force, set up early 2021 (school management, teachers and APEE reps) was put on hold until the BoG was releasing the Child Protection Policy/framework.