

WELL SCHOOL TECH

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Newsletter#1

WELL SCHOOL TECH: PROMOTING WELLBEING AT SCHOOL

Adolescence and pre-adolescence are crucial moments for the promotion of mental health and the prevention of mental disorders, taking into account that up to 50% of common mental disorders have their onset in adolescence, around 14 years of age.

The project Well School Tech aims to provide secondary school students the appropriate skills to monitor and manage their level of mental wellbeing, through the development of a pedagogical tool that will use as a basis the good practices and expertise in the field of mental wellbeing exchanged among the partnership. The project is funded by the programme Erasmus+ KA2 Strategic Partnerships for school education and it involves partners from 5 different countries: Lithuania, Italy, Poland, Bulgaria, UK.

Project objectives are:

- 1) to exchange good practices for mental wellbeing management in the school context, in order to collect methodologies aimed at the students' wellbeing with the direct support of the actors involved in the wellbeing and learning process of students i.e. teachers and parents;
- 2) to provide students with tools to manage mental wellbeing, improve communication skills, increase self awareness and problem solving abilities;
- 3) to produce high quality resources for professionals and improve their competencies to deal with diversified groups of students, making use of new technologies and learner-centred pedagogical approaches.

With the active participation of students, the pedagogical resources collected among the partnership will be adapted and transferred to multimedia tools (website, videos, apps), available in 5 European languages, in order to have an innovative and more attractive approach with the target group and cater their needs and expectations.

The pilot course together with the multimedia resources based on the manual will increase students' psychological well-being and quality of life, thus fostering a healthy environment for teaching and learning.

The project will involve 5 lower secondary schools in the different partner countries, for a total of 40 teachers and 400 pupils

The activities foreseen in the project will produce the following results:

- improved learner-centered resources for wellbeing management in the school context;
- improved competencies of teachers/educators in managing mental well-being in school settings by using different approaches and ICT-based methodologies,
- increased ability of secondary school students to manage their mental wellbeing.

FIRST INTELLECTUAL OUTPUT COMPLETED: Collection of Best Practices for Well Being Management

During the second transnational meeting in Poland for the Well-School-Tech project, hosted by the University of Lodz from 29 to 30 May, 2017, the main subject of discussion has been the production of the first project intellectual output, the Collection of Best Practices for Well Being Management in educational contexts.

The partners presented the results of their national research, through which the key factors for mental well-being at school were also identified and listed.

The creation of the final product will be carried out by the coordinating organisation, the University of Vilnius (Vilniaus Kolegija). The obtained findings will be the basis for the development of the Manual for Wellbeing Management at School, addressed to secondary school teachers and the Well School Tech Pedagogical Tool that will include multimedia resources to use with the students. From the new school year opening, in September, partner organizations will work in close cooperation with the teachers, who will support the implementation in their classrooms of the programme, developed through the project.



Project partners discussing the results of the first phase of research during the meeting in Lodz

Once approved from all the partners the first project output will be uploaded on the project website <http://www.wellschooltech.eu/>

PROJECT PARTNERS

Project Coordinator

[Vilniaus Kolegija](#)

Partners

[Promimpresa Srl](#)

[Istituto Superiore Di Sanità](#)

[University of Łódź](#)

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