

WELL SCHOOL TECH

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Newsletter#2

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

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.

MEETINGS: The third meeting in UK (November 2017)

The meeting of the Erasmus+ funded Well School Tech Project was a great success with all project partners working hard on the day's agenda.

The partners worked together on the topic and the project outputs in order to verify and make a difference to the well-being of children in schools across Europe.

Especially, they talked about:

- App: how to create; develop and implement;
- Communication: how to improve the communication and spread the project results and outputs;
- Promotion: how to realize the best promotion campaign;
- Involvement of the target group and stakeholders: how to reach and involve them;
- The manual (final version): IO2: Manual for the wellbeing management in school



Next Meeting: Sofia (Bulgaria)

The next Meeting will be realized in Sofia (on 17 and 18 of May). During the Meeting the partners will talk about the IO3 (App); and the Pilot tests, in order to define both how to plan these tests and implement them.

Pilot test / testing the online products

Testing the online products: the material previously developed will be tested in schools, the programme will be implemented by the teachers trained that will have as supporting resource also the manual for the wellbeing management in school (IO3)

IO3 - Well-School-Tech pedagogical tool: **Development of the APP**

According to the project's Intellectual Outputs, all the good practices collected in the research phase are adapting and shaping in a programme supported by multimedia resources. These include interactive exercises, videos, apps.

Promimpresa is the partner responsible of this output IO3 – Well-School-Tech pedagogical tool.

The aim is to provide teachers and students with user-friendly tools to use in the classroom that are more attractive for young people. The multimedia material will mainly focus on the following topics:

- effective communication
- problem solving
- self awareness

By improving these skills students will be able to communicate pleasant and unpleasant feelings effectively, use problem solving strategies for practical and personal problems, including anger management, control of and reaction to aggressive behavior.

The app will be available at the link <http://app.wellschooltech.eu/>

The children have the chance to put just their name and age and then start to use the pedagogical tool.

The app is structured in 8 main topics:

- Decision making;
- Coping with anger and aggressiveness;
- Stress management;
- Self esteem and awareness;
- Collaboration and teamwork skills;
- Empathy;
- Communication skills;
- Conflict resolution.

For each topic it is provided an explanation of the meaning and of the pedagogical approach based on:

- Video;
- Tests;
- Exercises.

In this way, the children will acquire all the information about the topics and will be able to improve their skills and to deal with the different situations and enhance mental/psychological wellbeing.



PROJECT PARTNERS

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