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HOPE4SCHOOLS

Health, openness and prosperity education for schools
2021-1-R001-KA220-SCH-000024401
(01.01.2022 - 31.12.2024)



ABOUT THIS PROJECT

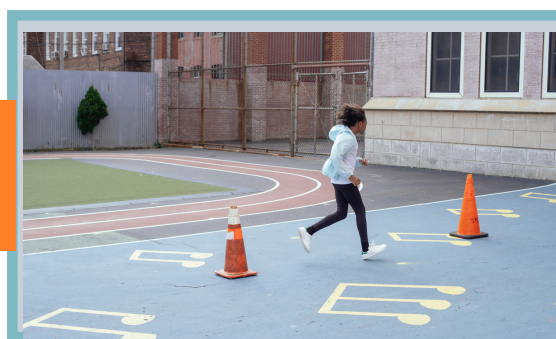
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The project aims to:

- equip school staff, pupils, trainers, parents and NGOs with info in order to develop their competencies and deal with mental health and well being challenges.
- embrace the new educational and learning online methods
- encourage the development of a holistic interdisciplinary culture of well-being throughout the school

PROJECT RESULTS



- 1** a well-being methodology for school staff and pupils with new strategies to use in school and the requirements in this regard;
- 2** an online resource repository containing useful resources, tips and advice, tools and techniques for school staff, pupils and parents;
- 3** a best practice collection on well-being topics for school staff and specialists.

PROJECT RESULT 1 METHODOLOGY FOR TEACHERS TO INTRODUCE WEE-BEING IN SCHOOLS

The 1st Project Result, the well-being methodology for school staff and pupils, is ready and translated in all partner languages. The methodology includes the following chapters:

- Chapter 1: Introduction
- Chapter 2: A whole-school approach to well-being
- Chapter 3: Supporting the well-being of teachers and school staff
- Chapter 4: Well-being of children and their families
- Chapter 5: Assessment of well-being level and needs of school staff
- Chapter 6: How to support well-being in school?
- Chapter 7: Good practices and successful examples



PROJECT RESULT 2 ONLINE REPOSITORY

This result aims to produce changes in three ways:

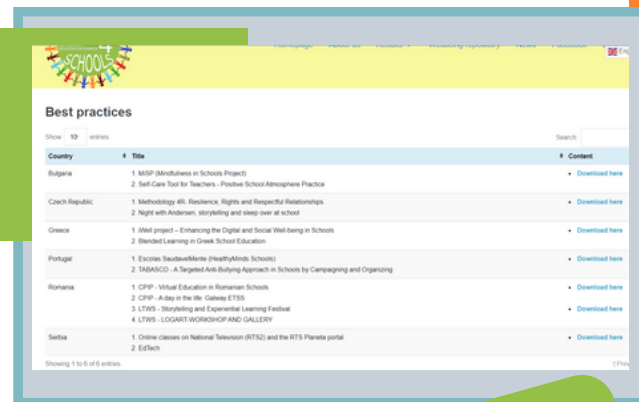
- raise awareness of school staff and pupils on well-being and mental health by providing them tools at hand either for learning in the classroom or while online
- more equipped school staff and pupils with digital pedagogical tools and techniques to engage with learners and colleagues

-increase the ability of teachers and pupil to work autonomy by developing independent learning ability and self-monitoring skills
Therefore, this project result aims to be a repository resource with open educational resources for school staff (teachers, counselors, school leaders, pupils) and even parents or other specialists.

PROJECT RESULT 3 BEST PRACTICES

This result consists of collecting several best practices at the international level, emphasizing how the school managed the pandemic situation, the shift from learning in the classroom to online learning, negative effects of the COVID-19 situation like burn-out and stress.

Besides, the collection of best practices, we prepared several interviews with school staff or specialists on different themes related to well-being and mental health. These provided the opportunity for teachers and experts to share knowledge in an accessible manner and friendly format.



All project results are
accessible at:
<https://hope4schools.eu/>