

W.I.S.H. Newsletter

About the project

Since the pandemic caused huge damages in our lives, with the WISH project, we mainly want to minimise its effects by equipping teachers with practical tools to deal with students' wellbeing in the school environment so that they can recognize the power of emotions in their lives. With the help of the techniques and the activities, teachers will easily cope with the problems related to the issue and students will learn to regulate their emotions and find happiness within themselves.



Implementation

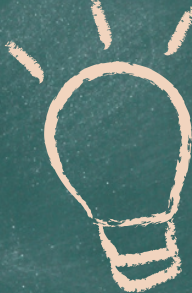
There will be 2 types of transnational activities: training for teachers and learning activities for students. First of all, teachers will receive training on the topic of positive emotions, EFT and happiness along with many workshops focusing on specific techniques. On the other hand, learning activities will focus on students' recognition of their emotions to develop social and emotional competence in four different fields to be organised: relations, creativity, flying high and happiness.

Results

- ☒ Methodological guide (MANUAL)
- ☒ Website

Meeting Bucharest - 13/02/2023 - 14/02/2023

During our meeting in Bucharest, all necessary arrangements were made for the project, such as responsibilities per country, data exchanges, common details & specific details per meeting, hosting students, communication: google drive, use social media, work packets, signing official documents, , deadlines, surveys, logo contest, finances, reports, dissemination plan, intellectual output, etc.



Due to the earthquake in Turkey, the country was in a high state of preparedness in all parts of the country (shelter, aid, etc) and the question was raised to swap the theoretical teacher training with the practical teacher training in Belgium. After some urgent phone calls to the home front, their request was answered positively and there was already an immediate shift in the programme, due to external circumstances.



We also got a first impression of the capital Bucharest and Romanian culture with a visit to the Palace of Nicolae Ceaușescu and his family, the parliament building, Palatul Parlamentului, and a cultural evening with traditional dance and music. A great commitment to an interesting, educational and engaging project!!!

Logo contest - competition for the project's official logo.

We organised also a logo contest for the project. Each country uploaded a logo. After a voting session, the winner was announced.

The winner is...



Co-funded by the Erasmus+ Programme of the European Union

INTERNATIONAL LOGO CONTEST

WE INTERNATIONALLY SHARE HAPPINESS

30 th March Upload your school winner Logo
All school logos will be uploaded on a shared Padlet. You can add comments.

17 April Voting session
Your school can vote for other school's logos

9th May Official Presentation of Logo
13:30 Greenwich time . International video call

WISH LOGO CONTEST

WINNER

Co-funded by the Erasmus+ Programme of the European Union

WISH LOGO CONTEST WINNERS

WE INTERNATIONALLY SHARE HAPPINESS

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Teachers Training Belgium, Kortrijk 22/05/2023 - 27/05/2023

In Belgium, there were 4 workshops on the topics: At my best - Proactiv Circle - CTR/ALT/DEL & presentation Positive Behaviour System and 4 drawers system in our school



At my best:

Simple but powerful.

Based on the principles of Positive Psychology, At My Best products are designed to help people to develop narratives around their own strengths and successes.

With a multitude of uses all of our tools can be used in a wide range of contexts where there is a focus on building on what is working and appreciating the good.

Proactive circle:

By regularly working with the methodology of the proactiv circle you work on connection and a positive class atmosphere. It is a form of class discussion where everyone learns to listen to each other attentively and respectfully. Students learn to speak in a positive language. Because everyone gets a chance to speak, every pupil gets a chance to say something about a particular topic.



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Rock and Water = CTL/ALT/DEL

is both a practice and evidence based program: It originated from practice while the effectiveness of the program has been confirmed by many studies, including major scientific studies in the Netherlands.

The main goal: Promoting a positive development of social and emotional competencies and preventing and/or reducing problems in the intrapersonal domain (how students see themselves) and the interpersonal domain (how students interact with each other).

The intrapersonal domain includes such things as: psychological well-being, sexual autonomy, internalizing behavior, depressive feelings. The interpersonal domain includes: reducing or preventing aggression, sexually transgressive behavior, bullying and being bullied. It's target group is focused on pupils between 9 & 18 years old. The method is very practical with lots of physical exercises with a psychological goal; such as self-reflection, self-control and emotional regulation and self-confidence.

PBS & 4 drawers system

is the system used in our school to regulate student behavior and diminish unwanted behavior.

All info in folder 2th Teacher Training
Belgium



Teachers Training Belgium, Kortrijk 22/05/2023 - 27/05/2023

Furthermore we visited Brugge, old city. We did a historical walk around the city where we visited some famous places of Bruges.



In Brussels we had a guided tour in the National Parliament and made a walk whilst seeing Warandepark - exhibition "Le Chat" from comic illustrator Philippe Geluck, The Royal Palace & Kunstberg = Art Mountain, The Grand-Place & Manneke Pis, Wolf - Brussels finest foodmarket