

eTwinning Project 2024-2025

Title: Be a tough European cookie: well-being and mental health at our schools

Aims: This project aims at promoting and achieving the well-being of our students at our schools by means of developing a series of dynamic, motivating, and inclusive activities. Pupils will work cooperatively throughout the entire year on improving their inclusivity and integrity within the school, and on creating healthy habits related to their physical conditions and the food habits that they usually carry out.

Information

Schools involved: 6

[María Concepción Moraleda, IES Mutxamel Mutxamel, Spain](#)

[Kyriaki Efraimidou, 1ο ΕΠΑΛ ΣΥΚΕΩΝ Θεσσαλονίκη, Greece](#)

[Simona Isabella, ICS Saverio Gatti di Lamezia TermeLamezia Terme \(Cz\), Ital](#)

[Helen Marie Spina, IIS "E. Siciliano" Bisignano \(Cs\), Italy](#)

[Mariangela Abagnale, IIS "Don L. Milani" di Gragnano Gragnano \(Na\), Italy](#)

[Doga Ergin Demir, Habire Yahşi Anadolu Lisesi Ataşehir, Türkiye](#)

Membership:

Italy(3), Spain(1), Greece(1), Türkiye(1)

Coordinator of the project at IIS E. Siciliano: Prof. Helen Marie Spina

Classes involved: 2nd classes

Age range: 14-16

Subjects of teaching:

[Design & Technology](#)

[European Studies](#)

[Foreign Languages](#)

[Health Studies](#)

[History of Culture](#)

[Psychology](#)

Vocational subjects of teaching:

[Healthcare](#)

[IT](#)

Key competences:

[Citizenship](#)

[Cultural awareness and expression](#)

[Digital](#)

[Entrepreneurship](#)

[Literacy](#)

Aims

The main aims of this "Be a tough European cookie project: Well-being and Mental Health Project" are: 1. Create European bonds among our students involved in this project by taking part in different activities and intercultural projects. 2. Raise Awareness: Increase understanding of mental health issues among students, promoting awareness of common conditions such as anxiety, depression, and stress by working on activities concerning antibullying, and encourage students to seek help when needed. 3. Promote Self-Care: Educate students about the importance of self-care practices, including physical activity, nutrition, sleep hygiene, mindfulness, and relaxation techniques. 4. Foster Coping strategies: Equip students with practical coping strategies to help manage stress, anxiety, and other challenges they may encounter during their academic and personal lives. 5. Build Resilience: Encourage resilience by promoting positive thinking, problem-solving skills, and the ability to adapt to challenges and setbacks. 6. Encourage Social Connections with students from inside and outside the school: Promote the development of healthy relationships and social connections among peers to enhance the school community bond. 7. Provide Resources: Offer information on available mental health resources, including school counselors, hotlines, and local mental health services, so students know where to seek help. 8. Facilitate Open Conversations: Create safe spaces for open dialogue about mental health issues, allowing students to express their feelings and experiences without fear of judgment. 9. Involve Parents and Guardians: Engage families in the project to increase awareness and understanding of mental health issues, and to encourage supportive home environments. 10. Monitor and Evaluate: Assess the impact of the project on students' knowledge, attitudes, and behaviours regarding mental health and wellbeing. By focusing on these aims, the project can help create a supportive environment that prioritizes the mental health and well-being of secondary high school students, fostering a generation that is better equipped to handle life's challenges. To ensure a successful collaboration with our partner schools, we have designed a structured plan that outlines our shared responsibilities, activities, and timelines. Our approach focuses on fostering collaboration among students and teachers while enhancing the educational experience.

Expected Results

Throughout the different modules of this project, families and children will be engaged in a well-being journey for ensuring mental health and well-being, we will organize activities and transnational projects within the ESEP platform, supporting our students emotionally, and promoting healthy habits at home. By fostering an open dialogue between the school and families, we hope to create a strong support system that reinforces the well-being messages being conveyed to students. In addition, a culture of well-being within the school will inspire our students to carry these values into their future endeavours, influencing their social circles, families, and eventually, the broader community. By carrying out the activities of this project, we seek to equip students with the skills and knowledge to navigate the complexities of adolescence and adulthood, fostering not only personal resilience but also promoting a collective commitment to health and well-being. In conclusion, teachers as well as family and the whole school community will make an effort to address the pressing issue of adolescent well-being within the secondary education system. By integrating health and well-being into the curriculum, providing targeted workshops, promoting physical health exercises, fostering social connections among them, engaging families, and utilizing evaluation methods, we aim to create an educational experience that nurtures the whole community. With this project, we will aspire to cultivate a generation of emotionally resilient, socially connected, and health-conscious individuals ready to take on the challenges of life. For our project, we plan to develop a public TwinSpace that will serve as a collaborative platform for sharing our findings and

resources with a wider audience. In addition to the TwinSpace, we aim to create a series of interactive resources, such as videos and infographics, that highlight key points from our projects. Moreover, this initiative will lead to improvements in our school practices, particularly in areas such as collaborative learning, inclusivity, integration, digital literacy, and European cross-cultural communication. Ultimately, we will integrate this new knowledge into our curriculum and share it with our educational community through workshops and seminars. This project approach will not only enhance our school's practices but also foster a culture of continuous learning and innovation among our students and their families.