



Supporting Mental Health In Local European Schools



The SMILES project (Supporting Mental Health In Local European Schools) works to support schools and educational settings to be healthy and inclusive environments in which children learn critical skills to strengthen their emotional and mental well-being.

About the SMILES project

The project SMILES helps to ensure that **teachers, schools and communities are supported** and better equipped to respond to the emotional and mental well-being needs of their students and create inclusive learning.

The main target is the creation of a program "**Allyship at School**" to create alliances in the school that trains the pillars of the integral approach **TEACHERS - STUDENTS – PARENTS** to take real action and **build a school that promotes emotional and mental health.**

The target group of the project:
Teachers - Students - Parents
Project Duration: **until September 2024**

Newsletter

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The project involves 8 partners from 4 European Countries:
Bulgaria, Czech Republic, Poland, Spain

- ✿ **SDRUDZENIE ZNAM I MOGA (Bulgaria)**
- ✿ **NU "Sv. Paisii Hilendarski"(Bulgaria)**
- ✿ **INSTITUT INPRO (Czech Republic)**
- ✿ **Zakladni škola J. Gutha-Jarkovskeho (Czech Republic)**
- ✿ **Zespół Szkol i Placówek Specjalnych (Poland)**
- ✿ **Stowarzyszenie SEDA (Poland)**
- ✿ **GROWTH COOP (Spain)**
- ✿ **CARLOS V SOCIEDAD COOPERATIVA DE ENSEÑANZA (Spain)**



The realization of SMILES project is divided into 3 phases:

- 1) **Break the Silence** - Creation of “**measurement tools**” to understand mental well-being and mental health needs in schools.
- 2) **On My Mind** - Creation of a **didactic toolbox** with complementary and additional materials to be used with students.
- 3) **Smiling Mind** - Creation of a **program "Allyship at School"** through workshops, other educational and dissemination activities.



BREAK THE SILENCE
(Measurement tools)



ON MY MIND
(Didactic toolbox)



SMILING MIND
(Workshops)

In the afternoon and on another day we proceed with the prepared agenda -

Project Kick-off meeting in Bansko, Bulgaria

On 26-28 April 2023, the SMILES project held its initial Kick-off meeting. The Consortium was hosted by the Bulgarian coordinator of the project St. Paisii Hilendarski School in Bansko.

On the first day of the project meeting, we were welcomed at the school and started with a joint tour of the school, where the local headmistress showed us all the classes (from 1st to 4th) and we had the opportunity to get to know the local teachers and pupils during their school day.

We had the chance to hear about and see what the school does for the emotional health of their students.

introducing the project and working on the WP2 project output, Break the Silence. This was followed by a workshop where we worked on the design of the mental health questionnaires for students, teachers and parents.

On the second day, we planned the next steps, set up the quality of the outputs and project management. This gave us enough time to get acquainted with everything we needed to know to proceed further.

In the project, we will continue with the development of training materials on mental health support, workshops for students, the creation of a handbook for parents and other activities.





BREAK THE SILENCE - UPDATE 😊

Questionnaires for the measurement of emotional health were fulfilled by teachers, pupils, and parents. Now we start the process evaluation by our fokus groups. Each country will prepare the final report with 12 key competences that teachers need to have to support the emotional well-being of students.



As of the 25th of May 2018, the EU General Data Protection Regulation (GDPR) is in effect.

Our newsletters are sent by email to make you aware of how the SMILES project is progressing. If you're happy with the emails you receive from us; you do not need to take any action. We will continue to send email updates to keep you informed about the SMILES project. If you no longer wish to receive these emails, just click "unsubscribe" at the bottom of this email, and we will remove your email address immediately from our mailing list.



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