



### **Interesting articles from School Education Gateway**

#### **How to tackle early school leaving- A common challenge for Europe**

[http://www.schooleducationgateway.eu/en/pub/latest/news/how\\_to\\_tackle\\_early\\_school\\_lea.htm](http://www.schooleducationgateway.eu/en/pub/latest/news/how_to_tackle_early_school_lea.htm)

#### **Education and Training Monitor bycountries**

[http://ec.europa.eu/education/policy/strategic-framework/et-monitor\\_en](http://ec.europa.eu/education/policy/strategic-framework/et-monitor_en)

#### **Wellbeing of Teachers**

<http://www.schooleducationgateway.eu/en/pub/resources/toolkitsforschools/subarea.cfm?sa=601>

#### **Wellbeing of Learners**

<http://www.schooleducationgateway.eu/en/pub/resources/toolkitsforschools/subarea.cfm?sa=13>

#### **Mentoring: an investment for Students, parents and teachers**

<http://www.schooleducationgateway.eu/en/pub/index.htm>

#### **Education talks: Wellbeing and its applications in school**

<http://www.schooleducationgateway.eu/en/pub/latest/news/education-by-all-for-the-well-.htm>

#### **Education by all for the well-being of children**

<http://www.schooleducationgateway.eu/en/pub/latest/news/education-by-all-for-the-well-.htm>

#### **How to prevent and Tackling Bullying and School Violence**

<http://www.schooleducationgateway.eu/en/pub/resources/publications/how-to-prevent-and-tackle-bull.htm>

#### **Well-being Ideas**

<http://www.schooleducationgateway.eu/en/pub/latest/practices/well-being-ideas-for-healthie.htm>

#### **Checklist and recommendations for prevention of absenteeism and drop out school**

<http://www.schooleducationgateway.eu/en/pub/resources/toolkitsforschools/detail.cfm?n=544>



**When wellbeing in the classroom is promoted, academic success is likely to be achieved. Please keep always in mind that good mental health and wellbeing contribute to quality of life.** Ensure these strategies are implemented in your classroom:

- A sense of belonging
- Meaningful contribution and participation
- Opportunities for strengths to be affirmed
- Opportunities for taking initiative
- Collaboration
- Cooperative learning activities
- Peer support strategies
- Teacher knowledge of students
- Teacher warmth and availability
- Clear and consistent classroom boundaries
- Family involvement with school programs
- Strong teacher-family relationships

Meditation

[https://www.google.es/search?q=meditation&source=lnms&tbm=vid&sa=X&ved=0ahUKEwiNwNaqw9fZAhVCuxQKHbdxAhkQ\\_AUICyqC&biw=1280&bih=918](https://www.google.es/search?q=meditation&source=lnms&tbm=vid&sa=X&ved=0ahUKEwiNwNaqw9fZAhVCuxQKHbdxAhkQ_AUICyqC&biw=1280&bih=918)

Schools call in therapists as stress soars among pupils

[http://www.thesundaytimes.co.uk/sto/news/uk\\_news/Education/article1531282.ece](http://www.thesundaytimes.co.uk/sto/news/uk_news/Education/article1531282.ece)

How two minutes of mindfulness can calm a class and boost attainment

[http://www.theguardian.com/teacher-network/teacher-blog/2014/jun/03/mindfulness-class-students-education?CMP=share\\_btn\\_fb](http://www.theguardian.com/teacher-network/teacher-blog/2014/jun/03/mindfulness-class-students-education?CMP=share_btn_fb)

Tappy Bear in Slovenia (tapping in school)

<http://www.scribd.com/doc/30637261/TappyBear-in-Slovenia-Zdravko-papir-celoten>

### **Art as therapy- Mandalas**

<http://www.mandalasforthesoul.com/can-coloring-mandalas-really-reduce-stress/>

<http://goodrelaxation.com/2016/08/benefits-of-coloring-mandalas-adults/>

### **Happy and Safe Schools**

<https://studentwellbeinghub.edu.au/students/primary/2-4#/>

<https://www.theguardian.com/education/2016/sep/20/grammar-schools-play-europe-top-education-system-finland-daycare>

**Why not use MAGIC in the classroom?** Harry Potter is a very good example of how a child can be resilient and successful in life at the same time-

[https://www.huffingtonpost.com/entry/19-years-later-teachers-are-still-bringing-harry-potter\\_us\\_59a96c5de4b0c50640cd5ece](https://www.huffingtonpost.com/entry/19-years-later-teachers-are-still-bringing-harry-potter_us_59a96c5de4b0c50640cd5ece)

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## Teaching Harry Potter

[http://henryjenkins.org/blog/2012/02/teaching\\_harry\\_potter\\_an\\_inter.html](http://henryjenkins.org/blog/2012/02/teaching_harry_potter_an_inter.html)

**How to Use EFT as an emotional tool to tackle different issues as a whole educational programme? Please take some of the considerations we showed you in the course from participants who already implemented EFT in their institutions:**

-Implementing EFT within your institution is going to be a pilot programme so start by taking it as a research project. Such project is studying the effectiveness of EFT to help kids overcome test anxiety and math anxiety. They are also looking at the effect on drop-out rates in high schools.

The more research done in schools, the easier it will be for more schools to incorporate EFT. Prepare brochures focused on how EFT helps children. Mail them to school counselors, and put them on bulletin boards for staff.

-Tell your colleagues everything you know about EFT. Teach other staff members how to use it for stress management. If teachers, with their stressful jobs, used EFT for themselves, that would be a benefit in itself. After a good experience, they will be likely to use it for their students.

- Invite parents to EFT introductory groups in which parents learn how to use EFT for their children and for themselves. Call attention to the many articles written on the subject. Many are on [www.emofree.com](http://www.emofree.com)

Tell other parents and school staff about the benefits of EFT for kids. Most of them will have never heard of it, and will thank you for informing them about EFT. Then, if parents are willing and have time, they can volunteer at their child's school. When you are there tutoring kids, you very likely will have an opportunity to use EFT with a child's learning problem. Have parents share the result with the teachers.

Remember that it has to be a whole school approach:

### Whole School Approach

<https://www.schooleducationgateway.eu/en/pub/resources/tutorials/connect-and-conquer-a-guide-t.htm>

and please, do not forget, ***Beautiful things happen when you distance away from negativity***

Good luck and all the best for you and your institution!!