

Case Study 1



Project Name

STRESS@Calini: Skills for Teachers to Reduce Educational Stress

Key Action / Action Type

Learning Mobility of Individuals / School education staff Mobility

Project Outline

Background

Through the Stress@Calini project, the Liceo Calini Institute intended to improve well-being at school and reduce the stress of pupils and teachers. The school expressed that teachers often felt unprepared to handle the frequent situations of anxiety of the students and sometimes showed little empathy. Added to this was the feeling of lack of time needed to do one's job well and the resistance to working in teams in collaborative and innovative ways. The COVID-19 emergency exacerbated relational difficulties and deprived the school of effective tools, restricting the educational space to the opportunities of surrogate means such as distance learning.

Objective

The aim of the project was to promote well-being at school and therefore reduce early school leaving or transfer situations due to discomfort.

Dissemination Activity

See chart on page 2

Dissemination Type	Description	Impact
<p>Yoga Class</p> 	<p>Staff rotated leading a weekly staff yoga class using new yoga skills & meditation strategies learned through their mobility.</p>	<p>In a survey distributed to all staff who took part in the yoga classes, 75% expressed it helped them reduce stress.</p>
<p>Presentation: Effective Communication Strategies</p> 	<p>Participating project staff prepared a presentation for a school-wide staff meeting in which they presented tools and techniques for effective communication in teaching. The presentation was then shared with a nearby primary school.</p>	<p>80% of school-wide staff adopting new communication strategies; ongoing collaboration with 3 partner schools in Hungary, Spain and Ireland to further develop the presentation and engage in knowledge exchange.</p>
<p>Welcome Seminar</p> 	<p>Staff who participated in mobility projects hosted a welcome seminar for parents and students packed with interactive activities that fostered connection among parents, teachers and students and encompassed well-being exercises and information sessions for parents to bridge techniques from school to home.</p>	<p>Perceived among staff and parents as relationship-building event crucial to student wellbeing as newcomers to the school.</p>

