WELL-BEING IN NETWORKING SCHOOLS

NEWSLETTER

Co-funded by the European Union

NATIONAL CASCADE TRAINING WORKSHOPS

France, Greece, Italy, Lithuania, Portugal, Romania — Spring 2026

From European training to national implementation: after the first cohort of WINS teachers was trained in Sibiu in September 2025 and in Paredes de Coura in October 2025, partners organised cascade workshops in their own countries. The workshops brought the WINS approach closer to schools, educators, support staff and local communities.



Cascade workshops combine theory, practice and experiential learning for school well-being.

TRAINING ACROSS THE PARTNERSHIP

IT ITALY

30 participants

Training involved teachers and students from one school, including activities at a museum for blind people. Teachers have started working with students; more structure is the next step.

GR GREECE

40 teachers

Three experiential in-person sessions and two online sessions combined theory and practice. Materials were provided and implementation is systematic and organised.

RO ROMANIA

20 participants

Training was carried out with school counsellors. Teachers are now implementing the WINS approach with learners.

LT LITHUANIA

20 participants

Theory and practice were combined. Tools and materials were provided to support follow-up work in schools.

PT PORTUGAL

3 sessions

Three sessions reached school staff, health centre employees and teachers. WINS was also presented to the regional school training centre.

FR FRANCE

3 local groups

Hybrid, small-group and full-day experiential formats were organised in Dordogne and Normandy. Materials and follow-up links support continued local use.

1 THE WINS APPROACH

Mood Meter, SMART goals, well-being wheel and savouring.

2 PRACTICAL TRANSFER

Partners adapted the training to national contexts and shared tools for teachers, school staff, counsellors and local stakeholders.

3 LOOKING AHEAD

Links the first cohort with schools, Hubs and local networks.

France focus

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LOCAL TRAINING, REFLECTION AND CONTINUITY

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In France, cascade training developed through three complementary formats: structured hybrid training in northern Dordogne, a small one-shot farm session, and a full-day experiential well-being workshop in Normandy. Together, they show how WINS tools can be adapted to different settings and combined with reflection, movement and social connection.

THREE FRENCH FORMATS

DORDOGNE NORTH: HYBRID

The northern Dordogne training took place in two stages: an online session on 3 February from 17:00 to 19:30, followed by an in-person session on 25 February from 9:00 to 12:00 in Grand-Brassac. The group brought together six teachers, including the chair of OCCE 24, two AESH support staff and one trainer. Feedback was extremely positive, and an active WhatsApp group continues to support exchange.



FARM SESSION: ONE-SHOT

A second French transmission took place on 11 February 2026 on a farm. Four participants - a school director, a mental-health trainer, an activity leader and a psychologist - explored emotional intelligence, the Mood Meter, SMART goals, the well-being wheel and savouring. The session relied on verbal exchange and experiential learning, and participants requested notes and a bibliography for follow-up.



NORMANDY: FULL DAY

On 24 January 2026, the Normandy delegation organised a full well-being day in Bois-Guillaume from 10:00 to 17:00. The programme combined metaphors and motivations, SMART goals, the Mood Meter, mindfulness, a shared meal, savouring positive moments, attentive walking, the "second body" approach, sophrology focused on breathing and sleep, and the well-being wheel. The day was led by Caroline, Delphine, Fabienne, Marie-Laure and Perrine, with a sophrology session by Céline.



✓ PRACTISED

Recognising emotions, setting goals, savouring positive moments, mindful movement, breathing, sleep and reflective dialogue.

✓ CONNECTED

WhatsApp follow-up, shared Drive materials, Ambassadrices WINS links and outreach to mental-health professionals.

✓ ADAPTABLE

Hybrid sessions, one-shot small groups and full-day experiential learning all supported local ownership of WINS.

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