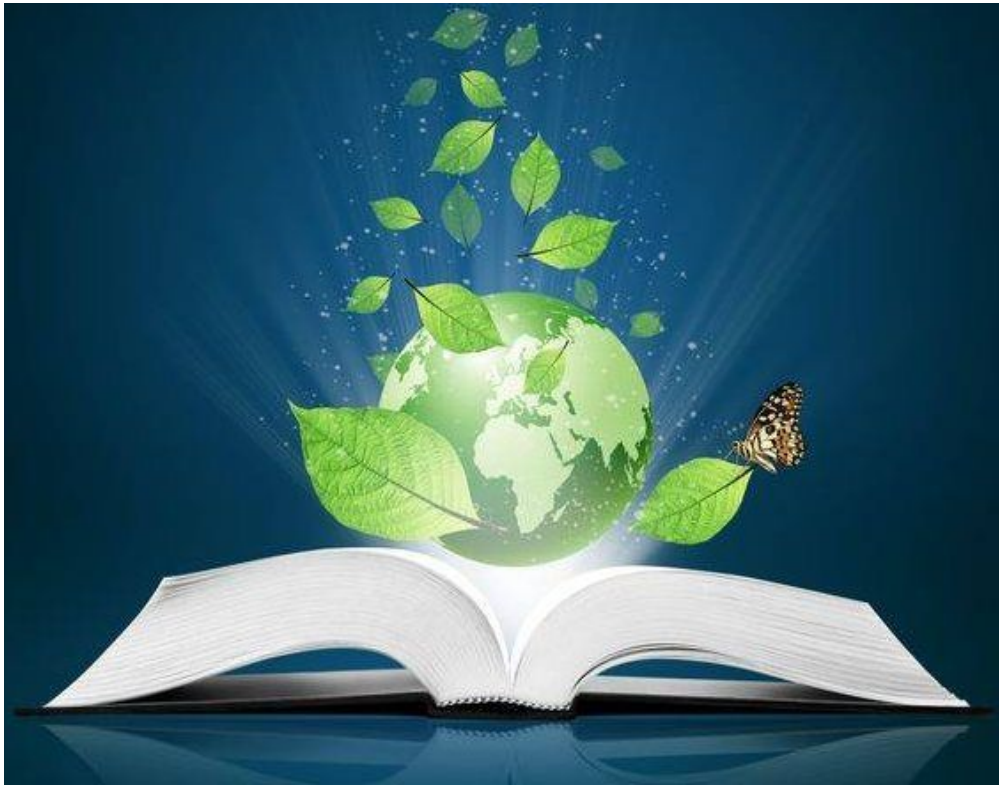
creating environmental well-being at school

by italian team



A school of well-being

In today’s school, characterized by the multiplicity and complexity of Students' personal needs, you are increasingly convinced that the realization of True learning is only possible through **the activation of specific relational strategies.**

Students spend about a third of their waking hours at school, during most weeks of the year.

For these reasons, it has a **significant impact on their quality of life**.

The health and well-being of students *(physical, psychological, relational)* **contribute to their learning ability.**

The school is a place of life, where you experience multiple meetings between peers, where you learn civil coexistence and to relate to adults, not a simple place where the transmission of the notions takes place. Therefore, it ensures the well-being of the student when it creates the conditions for him to feel at his own.

Why is this particular type of wellbeing important?
1
What is the relationship between this particular well-being, health and life satisfaction?
2
What steps should be taken to improve this type of wellbeing?
3
How does this type of well-being correlate with the contemporary digital era?
4
How does it reflect on the well-being of people?
5
Tackle the potential benefits and threats, necessity for digital hygiene.
6
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3. What steps should be taken to improve this type of wellbeing?

The well-being of the school is fundamental for a correct learning and a good performance of the student, while for the teacher it is important to be able to focus on the school needs of each individual student:

- **develop** perceptual, motor, linguistic, intellectual activities that engage students to increase their skills;
- **be available** for comparison and listening;
- **develop critical and conscious attitudes**;
- **discover others**, their needs, their difficulties, share rules, manage conflicts through relationship and dialogue;
- **cooperate**, participate and act responsibly while respecting the rights **the others and the context;**

- **to know and respect the environment** by adopting appropriate correct;

- **to build opportunities** to foster reflections with families for the prevention of discomfort and early school leaving;

- **use their knowledge** to recruit responsible behaviour in relation to one’s own lifestyle, Health promotion and resource use through Life Skills;

- **countering bullying and cyberbullying and educating to a conscious use of social networks**;

4. How does this type of well-being correlate with the contemporary digital era?

A relationship between this kind of well-being and the digital era can be found in the major sensibility that we, as students born in the digital age, feel towards the environmental problems.

5. How does it reflect on the well-being of people?

Working and studying in a clean and tidy environment helps people feeling better and as a result their productivity will increase.

6. Tackle the potential benefits and threats, necessity for digital hygiene.

Digital hygiene is the set of daily practices that we must use to avoid nasty surprises such as viruses, identity theft and malware.According to computer experts, **small gestures would be enough to lower the various risks.** The first is definitely **password** management that protects our identity. Security experts explain how to protect your password and how to create the best ones. It doesn't matter to use a mix of words, letters and symbols. Just think of **complex sentences but for us easy to remember** *(verses of a poem or a song).*Computer experts are keen to warn about **emails** as well. How many of them do you receive every day? They are often spam. The advice given to us is **not to click on the links that we find inside, even if the emails come from our acquaintances.**

Other tips include public wi-fi. Computer scientists recommend using public connections only taking precautions. **The apps on the mobile should always be up to date**, and finally better **have more backup of the data** that we consider important on different devices.

thank you for your attentions!