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TOGETHER, IN HARMONY!

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ACTIVITY REPORT FEBRUARY 2024

IESO

HARÉVOLAR

**ALOVERA
(GUADALAJARA, SPAIN)**

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ACTIVITIES CARRIED OUT

During this month, we **carried out** February's local activity: **THERAPY FOR THE SPIRIT**, organized by our Lithuanian partners.

Inside the principles that rule our high school is our students' complete development (regarding physical, mental and social dimensions). At the end of the stage they share with us, compulsory secondary education, we want not only good academic results, but also make them feel good to themselves. Caring about others is only possible if you care about yourself first, and you will give to others what you are and what you feel.

- Local activity:

Our students from the second year have got a subject called *Education in civic and ethical values*. Their teacher, following Lina's directions for the local activity, proposed watching different films and short films for a debate expressing their opinions and feelings about the topics of the films (*Pipas*, *One Man Band*, *The wishgranter*, *Campeones*, *Agora*). Thus, students reflect upon feelings, emotions, relationships, social issues, and they learn to express themselves about those issues. As teachers and parents we know it is so difficult for youngsters to talk about themselves, and schools have a great responsibility helping them to do it.

Also, every group has got a weekly session with their tutor; in this session, the counseling department organizes different activities for teenagers to know each other, themselves, to improve their relationship as a group, with their families, their friends, ... Among these activities our students did the following:

✓ Mindfulness and meditation

Unblock association, with members from former studies on social integration, comes to school in collaboration with the town hall, giving a group of our children some workshops on mindfulness. Both teachers and teenagers assess the activity positively.

✓ Celebration of international day of childhood cancer (15th February)

Our high school works with a programme stated by a primary teacher (Eva Solaz) on the bases of respect, empathy and tolerance called RETO. She gives schools inside the programme guidance on how to work with our students these values.

Every school year she offers different special days to celebrate for all schools working in the programme; in the second term she proposes to commemorate the international day of childhood cancer, and so we did, writing messages for



children fighting against this terrible disease in yellow ribbons (the symbol for this type of cancer).

Our students realize that some children their same age have not the same happy life as them because they are at a hospital or at home and they cannot do the daily activities they normally do because they lack good health.

✓ Celebration of Saint Valentine's Day (14th February)

Love and friendship is an important part of our students' life. They are so emotional during adolescence that they live these feelings in a very strong way. We always celebrate this day at school with different activities: from the languages departments we tell our students to write letter, messages, cards to their loved ones (in Spanish and English); we also prepare activities with the bilingual primary school next to us (CEIP Virgen de la Paz): letter exchange between their students at their last year at school and our students at their first year at high school and a "speed dating" activity for them to know each other. The aim of these activities were to create boundaries with people we don't know and develop self-esteem when describing us for the letters and the dates.

- workshops:

Adolescence is a specially difficult life stage because of the many changes we suffer at different levels (body, mind, social groups, academic life, ...). We have started this school year workshops for students who need a special accompaniment in their teen-years because their social abilities are not yet developed and they don't know how to handle social relations with classmates, friends, relatives, and also for those students in a process of self-knowlegde and self-discovery. Silvia, the supporting teacher, organizes these workshops once a week with a group of 4-5 students. They like these workshops very much.

OBJECTIVES ACHIEVED

- Reflect on emotions and relationships.
- Promote everyday activities to work on wellness.
- Work on emotional boundaries among people in the school community (students, teachers, parents, administrative staff)

RESULTS

- Letters, messages, debates.
- Workshops



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