



International Program WeC.A.R.E.

**International Teacher's Specialized Training and In-class Intervention Program
for the Promotion of Positive School Climate and Resilience in the School
Community**



**CENTER FOR RESEARCH AND PRACTICE OF SCHOOL PSYCHOLOGY
NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS**

<http://www.centerschoolpsych.psych.uoa.gr>



SOCIETY FOR SCHOOL AND FAMILY CONSULTATION AND RESEARCH

<http://www.esose.gr>

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Description



International “WeC.A.R.E.” Program is a long-distance Teachers’ Specialized Training and Intervention Program that was developed to promote positive school climate and to strengthen resilience in the school community and to create cultural bridges and interconnection between schools with the participation of teachers, school psychologists and students. “WeC.A.R.E.” is part of the wider multilevel awareness building, prevention and intervention program «ConnectingforCaring-C4C» that was developed by the Center for Research and Practice of School Psychology, University of Athens (CRPSP), and the Society for School and Family Consultation and Research (SSFCR). This year International Program “WeC.A.R.E.” is implemented with the generous donation of the Solidarity Now.



Main goals:

- ✚ to foster an international program for teachers’ training, prevention and intervention in the school community (at local, national and international level)
- ✚ to develop an international school network as *Caring Communities*.
- ✚ to open up cultural bridges that encourage substantial cross-cultural understanding, cooperation and action
- ✚ to raise teachers’ awareness and provide them training upon building resilience
- ✚ to improve students’ social and emotional skills.
- ✚ to reinforce teacher – student relations
- ✚ to interconnect schools in Greece with schools in other countries
- ✚ to inform and raise awareness of parents upon primary issues concerning children’s and adolescents’ psychosocial development

Participants: “WeC.A.R.E.” 2012 -2016



EDUCATORS

434

STUDENTS

6741

SCHOOLS

287

From 13 countries: Greece, Cyprus, United Kingdom, Belgium, Germany, Switzerland, USA, Ireland, Canada, Netherlands, Sweden, Ethiopia and Australia.

Modules/ Thematic Units

- “Promoting positive school climate & resilience in the school community”
- “Recognizing & expressing feelings/ Dealing with negative feelings”
- “Understanding cognitive & psychological stress processes/ Suggestions for stress management”
- “Accepting and respecting diversity in the school community”
- “Closing of Program/ Joint Group Project/ evaluating implementation of Program in class”.

Program Structure

Each one of the thematic units consisted of:

- Teachers’ distance training in the context of which teachers received educational material and guidelines for activities’ implementation in classroom through electronic interactive platform
- In-class intervention - implementation of two activities for each module and a group project (activities for three different age groups)
- Use of the online educational interactive platform Sailing4Caring (uploading material from all classes projects deriving from the activities)
- Provision of supervision from member of the scientific team – school psychologists regarding the implementation of the activities in classroom (synchronous and asynchronous supervision)

Parents’ Training

International Program WeC.A.R.E. provides to parents:

- ✚ Entrance in the Online educational interactive application Sailing4Caring (S4C) – access in projects from classes participating in the program
- ✚ Distance training
- ✚ Family activities in relation to the thematic units of the program



Interconnection of teachers and schools from all over the world!



One of the basic innovative features of the Program WeC.A.R.E. is the online interactive educational application **Sailing4Caring** through which students make a visual journey with the **Boat of the schools of WeC.A.R.E.** The classes participating in the program are separated in groups of 3-4 classes from different countries. All the classes travel together with the Boat of the schools of WeC.A.R.E. and make an online journey in islands – stations inspired by the Greek Mythology: “The journey of Odysseus”.

Each island-station is related to one thematic unit/module of the program. Through the online educational interactive application

Sailing4Caring, students can communicate, cooperate in join-projects and share their work with their siblings from other countries!

Tracking progress

In the beginning of the Program, each class reports its goals including:



a) behaviors and positive characteristics that the whole class wants to reinforce (e.x. cooperation, friendly behavior) and

b) behaviors and characteristics that we want to change in our class (e.x. We make noise, bullying).

With the completion of each thematic unit, students and teachers report the progress of achieving the class goals in the Graph that tracks their progress.

Evaluation of the Program (2015-2016)

The evaluation of the Program was implemented in the context of a **multilevel evaluation model** with three levels (evidence based interventions) concerning the context and the procedure while as the effectiveness of the interventions. Evaluation results have shown great benefits from the implementation of the Program for teachers and students as well. More specifically, teachers recognized that after the implementation of the Program, students seemed to cooperate in a greater degree, to behave with more mutual respect and to provide support one another.

Students on their turn reported that the activities of the Program helped them:

- a) to recognize, to accept and to express their emotions,
- b) to improve their social skills and elements of their behavior
- c) to improve their interpersonal relations and
- d) to reinforce their self knowledge

Information about our actions:



www.connecting4caring.gr

[C4C Connecting 4 Caring](http://www.connecting4caring.gr)



www.centerschoolpsych.psych.uoa.gr



www.esose.gr



Communication

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