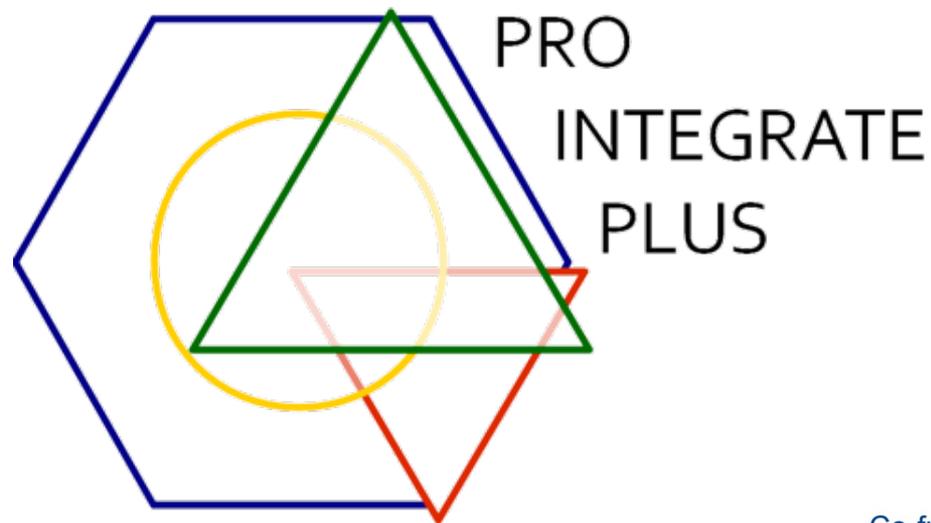


Well - being
through improved communication and cooperation at our
school

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Well Being in school



Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that **people perceive that their lives are going well.**

Well Being in school

Schools have an active role to play in providing and ensuring social, physical and emotional well-being for students.

Children spend a good part of their time in school, which is, therefore, a key place for shaping general well-being, including its social, physical and emotional aspects.

Students' health and well-being contributes to their ability to benefit from good quality teaching and to achieve their full academic potential.

Communication and Well-Being

Whether we say something or nothing, we communicate.

It is an automatic, unconscious and is a vital aspect of our lives.

We communicate all day every day whether we intend to or not. It's inevitable that occasionally, we get it wrong and we have conflict.

Communication and Well-Being

While research suggests that having healthy relationships improve wellbeing, conflict in relationships can negatively impact on both physical and mental health.

In most cases, **we communicate** by expressing our values, beliefs and personality through verbal and non-verbal messages.

Conflict is what happens when these values and beliefs clash with someone else's.

Communication and Well-Being

The body responds to conflict like it is being physically threatened and this can escalate the argument even further as “emotion brain” takes control (and “logic brain” takes a “break”).

What is Communication ?

- The process of successfully transferring information from one entity to another



Exchange of thoughts, messages or information by speech, signals, writing or behaviour

- The art and technique of using verbal or non verbal strategies effectively to impart information or ideas.

Communication in schools

Communication is paramount in education.

Whether it is teacher to student, student to student, teacher to teacher, teacher to parent, teacher to admin or admin to parent, or vice versa,

communication is needed to make sure our students are successful.



Communication in schools

It's easy to recognize that great communication is at the heart of any great school.

Although there is more technology than ever for connecting with parents, staff, students and the rest of our school community, communication is something that doesn't always happen.



Communication in schools

Conflicts are a part of our daily lives. It sounds absurd but **conflicts offer great opportunities** to develop our mutual relationships.

For that purpose, they need to be detected and resolved at their earliest stage.



Communication in schools

Quality communication can be of great help in that.

Schools are prone to conflicts and breakdown in communication especially in an age where all role-players are aware of their rights.

School-based conflict can be ignited by a number of aspects **and they have an impact on wellbeing.**

Communication in schools

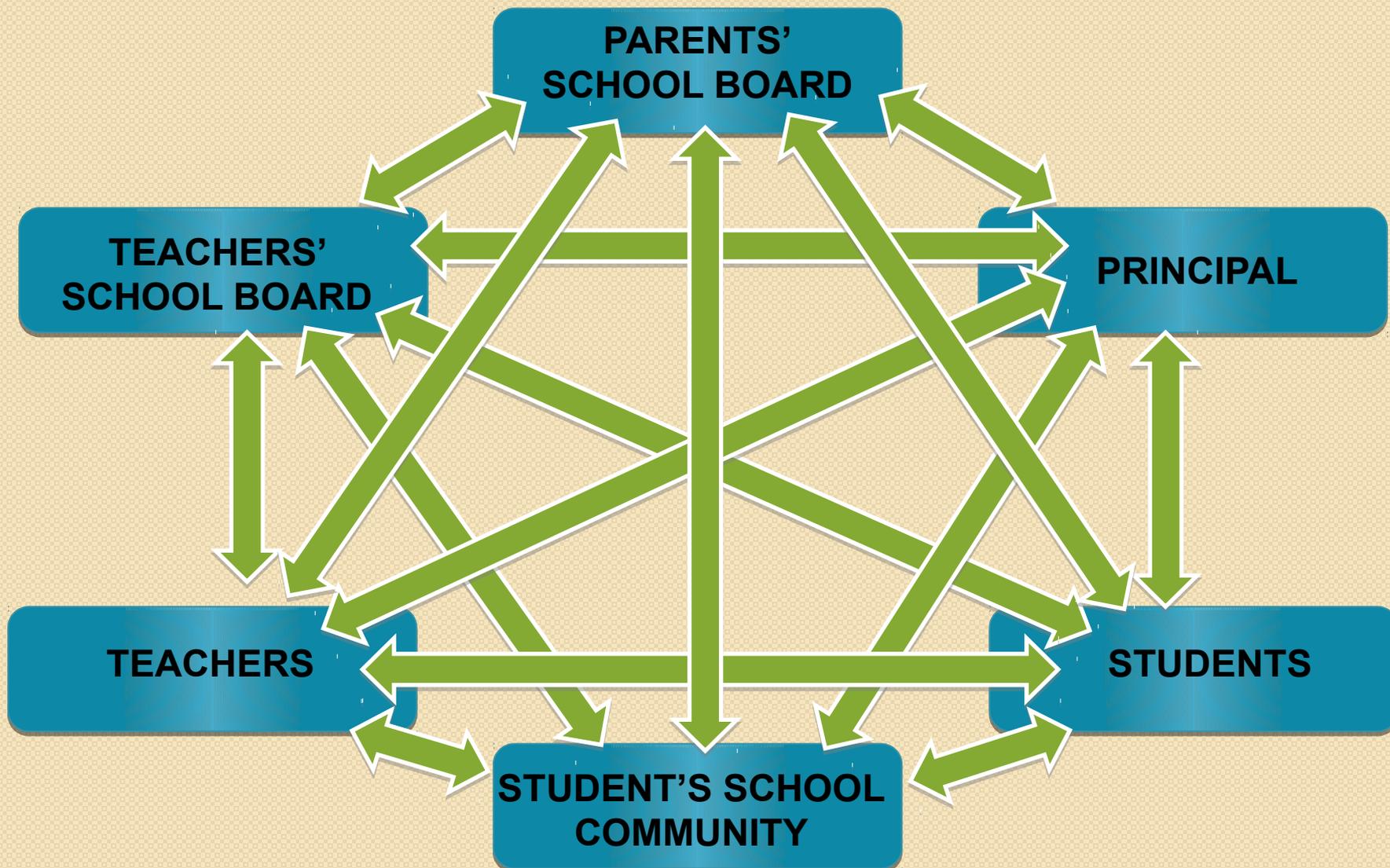
When conflict does arise, communication plays a big role in finding a mutually desirable resolution.

Quality communication can be of great help in that.

Schools are prone to conflicts and breakdown in.

School-based conflict can be ignited by a number of aspects and they have **an impact on wellbeing.**

GREEK SCHOOL'S COMMUNICATION WEB



Student's representation in the Greek School

Elections in Gymnasiums and Lyceums

They are held every September and are divided into **2 parts**.

In the 1st part every student elects the Presidium of his/her class.

The **Class Presidium** has 5 members:

The President, The General Secretary,

The Treasurer, The 1st Member,

The 2nd Member

Student's representation in the Greek School

Elections in Gymnasiums and Lyceums

In the second part students elect a **School Council** which has 15 members and represents the students.

Its role is extremely important in every school because the School Council takes significant decisions for all the students.



Student's representation in the Greek School

Elections in Gymnasiums and Lyceums

The School Council has 15 members:

The School President

The Vice-President

The Treasurer

Another 12 Members

Student's representation in the Greek School

In the Greek system, students are acknowledged actors according to the Law 1566/1985, which states that **students' committees** aim to help students

"gain responsibility and direct experience of the importance of democratic dialogue in the development of conscious and active citizens"



Student's representation in the Greek School

Each form has an elected council, and each school has an elected students' committee comprised of fifteen members. The board (three members) of the students' committee can participate in three of the school level bodies: the teachers' committee, school council and school committee.

Student's representation in the Greek School

However, their participation in these bodies is not compulsory and takes place when issues directly related to students are discussed. In that way the students' participation is defined and controlled by others/adults.

For example, students' representatives are usually 'invited' in the teachers' committee when long-term (i. e. more than three days) or pen-nanent exclusions of students are discussed.

Student's representation in the Greek School

Students are also consulted about the organization of excursions, and they are consulted about how to find ways to tackle in a cooperative way with problems within and around the school.

The students' bodies need to make sure that students' decisions are 'democratically' taken, i. e. a representative number of students vote and the option with the most votes is selected.

Student's representation in the Greek School

Student bodies and especially the school wide students' committee are instrumental in negotiating students' demands with the teachers' association.

In the case of student activism, the school committee calls a day for debating and voting.

If action is agreed, the committee lets the head teacher and teachers know students' decisions.



Suggestions on improving communication in our school

Watch films that model conversation skills.

Conversation is one of the most basic and essential communication skills. It enables people to share thoughts, opinions, and ideas, and receive them in turn. Although it may appear simple on the surface, effective conversations include a give-and-take exchange that consists of elements such as: body language, eye contact, summarizing, paraphrasing, responding.



Suggestions on improving communication in our school

Reinforce active listening.

Communication isn't just about speaking; it's also about listening.

Teachers can help their students develop listening skills by reading a selection of text aloud, and then having the class discuss and reflect on the content.

Suggestions on improving communication in our school

Teachers should offer group presentations and assignments.

Team-building exercises can also help students sharpen both oral and written communication skills. Not only does it offer students the chance to work in small groups, thereby reducing some of the pressure, but it also gives them the opportunity to debate their opinions, take turns, and work together towards a common goal.

Suggestions on improving communication in our school

Teachers should try to build teamwork

If a whole classroom is working together to achieve similar goals it creates an environment that makes communication easier, it will help students help each other and build the camaraderie needed to make the classes run more smoothly.

Suggestions on improving communication in our school

Teachers and parents should have a tea or coffee together

Once a month, teachers could meet with parents in the morning or in the afternoon to discuss anything and everything having to do with the school.

Suggestions on improving communication in our school

Use of sociograms by the teachers

A sociogram is a visual representation or map of the relationships between individuals. Friends create a support group within which kids adjust socially and academically to school and the classroom environment. It would be helpful for teachers to be aware of the impact of friendships within their classrooms, and the role that friendships may play in students' academic motivation and achievement.

Suggestions on improving communication in our school

Schools should have a lot of education trips

Memories of school Educational trips are among the most prominent of the formative years, largely because they are a welcome break in the routine for both students and teachers. While their purpose is essentially to educate, they can also be a fun bonding experience for everyone involved.



Suggestions on improving communication in our school

“Peacemaker” training in our school

The aim of this training is to contribute to the building of a strong, mutually respectful, safe, inclusive and peaceful school community.

Suggestions on improving communication in our school

Joining Clubs and activities at school should be compulsory

Regardless of whether they're establishing new relationships, or building upon existing friendships, after school activities provide an ideal environment in which to nurture social skills and confidence. Extracurricular activities work to teach children the value of working as a team to achieve a mutual goal, a skill that will benefit them in their future occupation.



10 Commandments of Communication

1. **“Speak” to people.**

There is nothing as nice as a cheerful word of greeting.

2. **Smile at people.**

It takes 72 muscles to frown; 14 to smile.

3. **Call people by name.**

The sweetest music is the sound of one's own name.

4. **Be friendly and helpful.**

5. **Be cordial.**

10 Commandments of Communication

6. Be genuinely interested in people.

You can like everybody if you try.

7. Be generous with praise and cautious with criticism.

8. Be considerate of the feelings of others.

It will be appreciated.

9. Be thoughtful of the opinion of others.

10. Be alert to give service.

What counts most in life is what we do for others.



THANK YOU !!!!