

Measures that the Associated Schools Group is implementing to maintain students' physical, mental and psychological health

Due to the circumstances we are experiencing, caused by the pandemic of the COVID-19 virus, the Carolina Michaelis Associated Schools Group (AECM) through the Psychology and Guidance Service (SPO), the Health Education Project (PES), the Health Centre Unit of Boavista, the School Library / Educational Resources Centre (BECRE), the Multidisciplinary Support Team for Inclusive Education (EMAEI), the Physical Education group and other services, sought to meet the needs of the educational community by adapting and reformulating Education Plans activities, in an attempt to minimize the negative impact created by the limitations imposed by the new coronavirus in the country and in the world.

Summarizing some of the actions carried out and / or to be carried out by the above mentioned services of the Associated Schools Group, with the main objective of maintaining the physical, mental and psychological health of the students and of the other members of the school community, the following measures stand out:

- **The promotion of psychological health by SPO (Psychology and Guidance Service Team)**
 - Communication with parents, students and teachers, through different channels, such as the exchange of messages by e-mail and the sending of material and resources from sources such as the Order of Psychologists, DGS/ General Health Direction, DGE / General Education Direction to target audiences defined according to the specificity of the situations / themes: general recommendations on COVID-19, organization of routines, issues related to health and self-care, study support, guidance for parents, online safety, dealing with anxiety and avoiding conflicts,...;
 - Needs assessment through close contact with class teachers, class directors/ Form teachers, meeting with the Parent Association, sending online questionnaires to students;
 - The attempt to overcome difficulties and the search for problem solving in particular cases;
 - Thematic sessions implementation with the purpose of preventing and promoting psychological health for secondary school students through chat or video conference on the impact of COVID-19, dealing with anxiety, online safety,...;
- **The monitoring of the processes / cases followed by the SPO (Psychology/ Guidance Service Team)**
 - through meetings / dialogue with the class directors, parents and students, through close contact;
 - through the participation in and of the different technical and pedagogical structures and services of the group;
 - With the participation/ dialogue in /with the Pedagogical Council, Multidisciplinary Support Team for Inclusive Education (EMAEI), Health Education Project, and Support Team for the Distance Learning Plan (E@D/ Ensino@Distância).

- **Monitoring students with selective and additional measures by the Multidisciplinary Support Team for Inclusive Education (EMAEI):**
 - Special education teachers and EMAEI (Multidisciplinary Support Team for Inclusive Education) have assumed the role of supporting teachers and technicians in the educational community, as well as supporting families in the context of the E@D modality/ Distance Learning, by monitoring students with selective and additional measures, ensuring this way the continuity of measures that support learning and inclusion, articulating, whenever necessary, with community services.

- **Monitoring students with experiences of failure and deficient narratives by tutors:**
 - Through contacts made available such as mobile phone, email address, Teams platform and / or other means available to monitor and help young people to minimize / overcome difficulties.

- **The role of Class Directors/ Form Teachers:**
 - Effective articulation with students, students' families and other teachers of the class, as well as with the formal structures of the school, particularly with the elements of the School Board.

- **Promoting a healthy and sustainable life through The Health Education Project (PES) and the Eco Schools Program:**
 - Schedule of online “Food Advice” appointments, available to the entire school community, with nutritionist Inês Ferreira, intern at the Faculty of Nutrition and Food Sciences at the University of Porto (FCNAUP), booked in advance by email;
 - Dissemination of three videos, one per week, on Healthy Eating in times of confinement - COVID-19 - 1st tip - Food in social isolation COVID-19 - <https://nutrimento.pt/manuais-pnpas/>;
 - Dissemination of advice on creating a shopping list, choosing the best foods while offering a simplified approach to reading food labels <https://www.youtube.com/watch?v=6-aCkPWm2OY> & feature =youtu.be;
 - Training bar / canteen employees on Good Hygiene and Food Safety Practice...

- **Promotion of Physical Activity**
 - Dissemination actions carried out by Physical Education teachers in the school community: for teachers, parents, students and other professionals of the "National Program for the Promotion of Physical Activity", to encourage the practice of physical exercise in times of confinement;
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 - Dissemination of links on Youtube of virtual classes (dance, physical condition, yoga, etc.), namely "#move to forget" on Facebook, #eutreinoemcasa/ "Itrainathome" and the dissemination of an online Physical Activity Agenda of U.Porto / Porto University - UPFit at home.

➤ Promoting active citizenship

- Registration and dissemination of the 2020 EU Health Award to the educational community ;
- Dissemination of info on “The importance of media literacy in Health” - the “GILM Challenges” to teachers, students and parents / EE, through email;
- Dissemination of the online study: “Additive Behaviors in Times of COVID-19”; students over 18 were invited to participate;
- Motivating/ inviting 8th grade students to produce videos under the sub-theme of Coronavirus in the subject of Citizenship and Development on the theme of Health;
- SHE Facebook disclosure;
- Dissemination of a Newsletter to parents with different information on the matter.

➤ Promoting communication / information and reading

- Dissemination and updating of the websites of the Carolina Michaëlis Library with information / suggestions that might be useful for everyone. Those links were:
 - Blog: <https://becreescm.blogspot.pt/>
 - Facebook: <https://www.facebook.com/Biblioteca-Escolar-Carolina-Michaëlis>
 - Twitter: https://twitter.com/BECRE_ESCM
 - Instagram: <https://www.instagram.com/becre.escm/>
- Disclosure of the Moodle Platform, the resources “Resources #EstudoEmCasa”/ “Istudyathome” and of the link to the website "Support for schools" <https://apoioescolas.dge.mec.pt/> by the School Board;
- Dissemination of the teachers training actions offer of the Porto Ocidental/ western School Training Centre (CFEPO);
- Dissemination and display of the Information leaflet with *Frequently Asked Questions*, sent by the Department of Public Health of the Northern Regional Health Administration (ARS);
- Dissemination and display of the Poster for Schools sent by DGS (Health General Direction);
- Dissemination and display of the Hand Hygiene Handout sent by the Health General Direction (DGS);
- Dissemination of the event – “*WORLD HEALTH DAY 2020: A Youth Agenda for Health in the next decade: 2020-30*”, to all teachers via email;
- Links and information materials / resources on the topic “Coronavirus” were sent to educators and teachers.

➤ Promotion of Health literacy on Coronavirus and COVID-19

- Disclosure of information sent by DGS (Health General Direction) and DGE (Education General Direction) on Coronavirus and COVID-19;
- Dissemination of DGS (Health General Direction) information no.5/2020, published on 27 February 2020, on Citizens returning from an area with active community transmission of COVID-19;
- Dissemination and display of the Information leaflet with frequently asked questions, sent by the Department of Public Health of the Northern Regional Health Administration (ARS);
- Display of Poster for Schools sent by DGS (Health General Direction);

- Display and dissemination of the Hand Hygiene Brochure sent by the General Health Direction (DGS);
- Dissemination of the event – *“WORLD HEALTH DAY 2020: A Youth Agenda for Health in the next decade: 2020-30”*, to all teachers via email;
- Dissemination and display of the Leaflet with Steps for EEE (European Economic Space)Contingency Plan, prepared by USP (Public Health Unit) Porto Ocidental / Western Porto;

➤ **Finally, we´d like to emphasize:**

- The constant articulation among all the different members of the educational community, structures and services of the group, in monitoring families and students´ needs and difficulties, in the resolution of difficult situations and intervention in particular cases;
- The support of the Associated Schools Group Board in providing technological means to the most needy students (computers / tablets), for providing daily meals in the takeaway mode served at the Irene Lisboa Middle School canteen(one of the four schools of the Associated Schools group) and / or for offering food baskets;
- The great effort made to ensure that all students have the necessary means for Distance Learning and to identify situations of economic need and family fragility.

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English translation - courtesy of Graça Cruz

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