



#ASEFClassNet 2020 School Collaboration

A New Education Scenario: Wellbeing of
Teachers, Students & Parents

Activity 2: Wellbeing & Mental Health: “Look In, Reach Out: Ensuring Mental Health of Teachers”

Background

The outbreak of the COVID-19 pandemic caused severe disruptions in the education sector and heavily affected teachers, students and parents alike. School closures and the move to full home-based learning globally had far-reaching effects on the teaching & learning environment, ranging from challenges linked to curriculum development & delivery, access to technology to the lack of social engagement, etc.

This activity addresses teachers in secondary schools and focuses on their wellbeing and mental health. Participants will work in small peer-to-peer support groups and meet on a monthly basis to share and discuss their experiences & insights, provide support & encouragement to each other and brainstorm on solutions for mental health challenges. All sessions are moderated by an experienced school counsellor trained in the field of mental health. Teachers will also attend webinars on specific topics related to mental health & stress management, and complete individual tasks designed to support their wellbeing while learning about the topic.

Expected Outcomes

- Participating teachers will learn the basic terminology when talking about wellbeing and mental health.
- Teachers exchange with peers about the concept of mental health and how it differs across Asian and European cultures.
- Teachers will have a safe space to share experiences, identify commonalities as well as challenges linked to mental health & wellbeing that are specific to their own school or culture.
- Teachers jointly create a peer-to-peer support network to identify needs, brainstorm on solutions, and jointly build resilience by learning basic techniques for managing stress and maintaining mental health.

Coordinators



Coordinators Asia:

Ms Anjali AGGARWAL, Principal

Ms Geeta RAJAN, Head, International Affairs

[St. Mark's Senior Secondary Public School, Meera Bagh](#)

India



Coordinator Europe:

Ms Svea KUČINIĆ, Educational Rehabilitator

[Administrative School Zagreb](#)

Croatia

Required Technology & Software

Internet access & computers with webcam

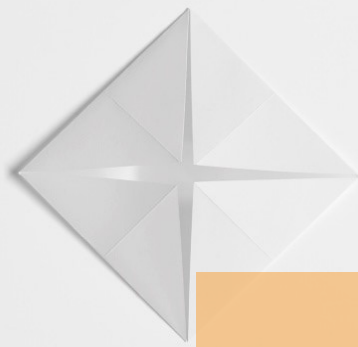
Video chat platform Zoom

Dropbox

Facebook

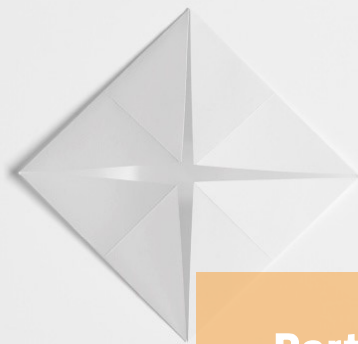
This School Collaboration is part of the ASEF Classroom Network (ASEFClassNet) Programme. For further information, please visit:

<https://classnet.asef.org>



Participants (Registered)

#	Country	Participating Teacher	School
1	Australia	Ms Juliette BENTLEY Teacher	Mt St Michael's College
2	Belgium	Mr Rembert JONCKHEERE Teacher / ASPnet Coordinator (UNESCO)	GO! Atheneum Comenius
3	Croatia	Mrs Marija ROTH Psychologist	Gimnazija "Ivan Supek
4	Germany	Dr Renata DUDA-MERLE Teacher	Küstengymnasium
5	Hungary	Ms Adrienn KOTVELYESI English Teacher, Group Leader	Bugát Pál Secondary Technical School
6	India	Ms Sakshi MALHOTRA PGT Psychology	St. Mark's Girls Sr. Sec. School, Meera Bagh
7	India	Ms Muskan KAPOOR School Guidance counsellor	St. Mark's Sr. Sec. Public School, Meera Bagh
8	India	Ms Anushree GHAI PGT Psychology	St. Mark's Sr. Sec. Public School, Janakpuri
9	India	Ms Archana PURI Teacher	St. Mark's Sr. Sec. Public School, Janakpuri
10	Italy	Mrs Mariolina BONO Teacher	Liceo Scientifico Statale Enrico Fermi
11	Japan	Mr Akihiko FUJINO Teacher	Tokyo Metropolitan Jousui High School
12	Malaysia	Ms Shi Min TAN English Teacher	Syed Ibrahim Secondary School
13	Myanmar	Mr Kyaw THAUN Assistant Lecturer	Taungoo Education College
14	Pakistan	Mr Sohail ASLAM Teacher	Government. High School Kot Khaira, Jhang
15	Pakistan	Ms Sidra ASHRAF Teacher	Beacon House School System



Participants (pending registration)

#	Country	Participating Teacher	School
16	Philippines	Ms Floriedes ANDA Special Science Teacher, Mental Wellness Committee Chairperson	Philippine Science High School
17	Philippines	Ms Maria IGLESIAS Assistant Principal II	Department of Education Narvacan National Central High School
18	Philippines	Mr Jan CASUNCAD Head Teacher III Science	Don Ramon E. Costales Mnhs
19	Russian Federation	Ms Elena EFREMOVA Director of Studies	School 525



Programme (13 Oct–31 Dec 2020)

Date	Time	Activity
Tue, 13 Oct	GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs	Introductory Meeting Introduction of facilitators and participants Expectation setting by participants Expected outcomes
Thu, 15 Oct	GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs	1st Peer Support Group Meeting Defining mental health and identifying issues
Tue, 3 Nov	GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs	1st Webinar: What Is the Burn-out Syndrome? Speakers: Ms Dušanka KOSANOVIĆ Psychologist & Family Psychotherapist Familylab, Croatia Dr Samir PARIKH Psychiatrist, Director Department of Mental Health and Behavioural Sciences Fortis Healthcare, India
Thu, 12 Nov	GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs	2nd Peer Support Group Meeting Reflection on 1st task assignment & webinar, open discussion, troubleshooting, checking on progress
Thu, 26 Nov	GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs	2nd Webinar: The Importance of Vulnerability Speaker: Dr Samir PARIKH Psychiatrist, Director Department of Mental Health and Behavioural Sciences Fortis Healthcare, India
Thu, 10 Dec	GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs	3rd Peer Support Group Meeting Reflection on 2nd task assignment & webinar, open discussion, troubleshooting, checking on progress
Thu, 17 Dec	GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs	3rd Webinar: Strategies for Coping with Work-related Stress when Working In Schools Speakers to be confirmed
Tue, 22 Dec	GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs	Closing Meeting Checking on progress
Dec (TBC)	GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs	Joint Closing Session A joint closing session with participants from all 4 Activities