



HAPPY SCHOOL

**Structured Course**



# Psychologically safe environment

Experienced professional dedicated to cultivating psychologically safe work environments that prioritize trust, open communication, and employee well-being. Proven track record in addressing workplace challenges, reducing high workloads, improving work-life balance, and promoting a culture of innovation and shared responsibility. Adept at encouraging creative problem-solving, fostering values-driven leadership, and advocating for mental health and well-being. Committed to creating a positive and thriving workplace that empowers individuals to excel and contribute their best.

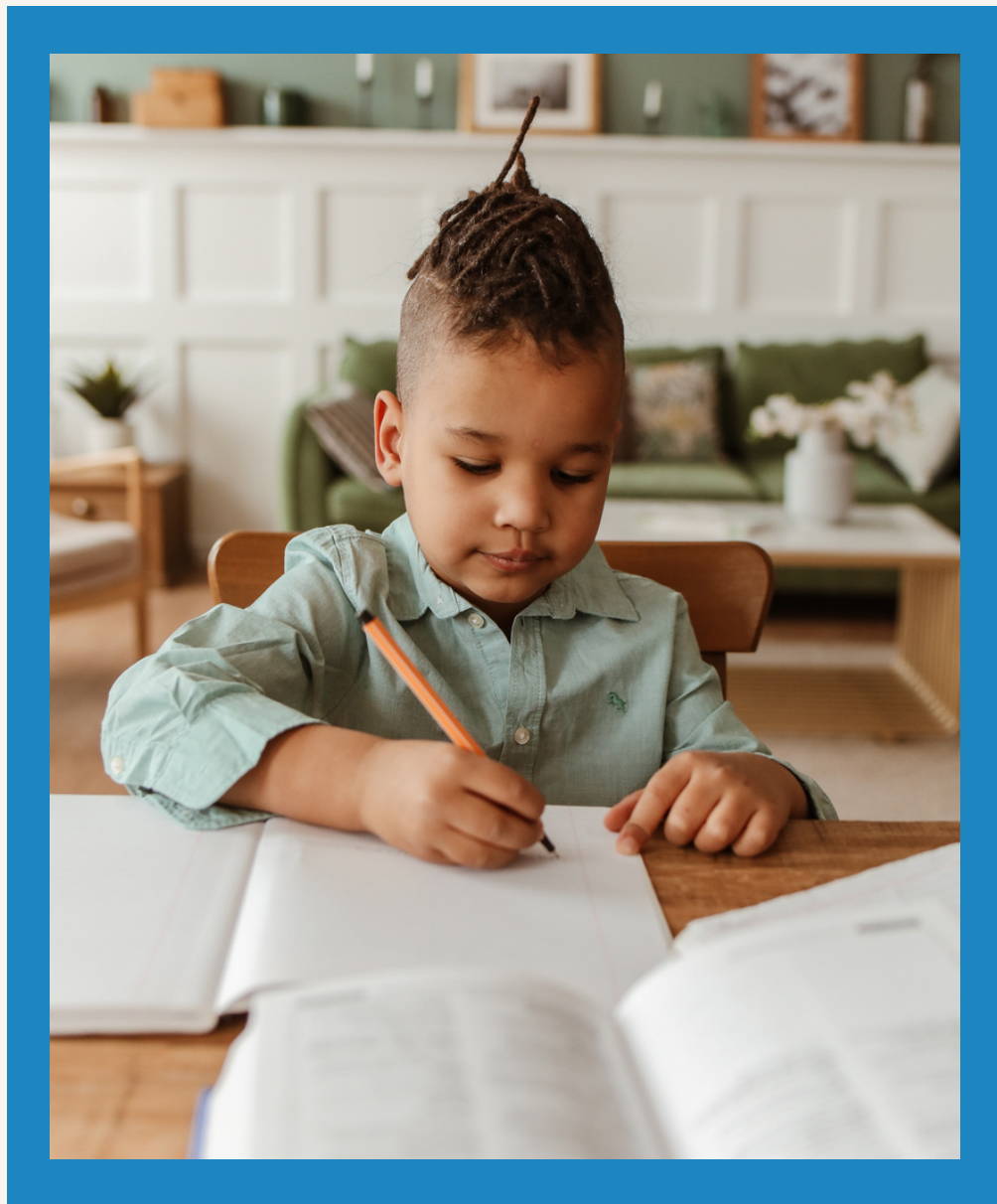


## To know more:

<https://teachershub.educationsupport.org.uk/sites/default/files/2022-10/Psychological%20safety%20in%20schools.pdf>

# Academic development

A holistic approach to education goes beyond academics and emphasizes four key components: a positive school climate built on strong relationships, engaging instructional practices, the development of social, emotional, and academic skills, and an integrated system of school supports through community partnerships. This approach recognizes the multi-dimensional nature of students and aims to nurture their overall well-being. By fostering positive relationships, connecting learning to real-life experiences, teaching essential skills, and leveraging community partnerships, schools can provide a more comprehensive and effective education for the whole child.



**To Know  
more:**

[https://greatergood.berkeley.edu/article/item/four\\_ways\\_schools\\_can\\_support\\_the\\_whole\\_child](https://greatergood.berkeley.edu/article/item/four_ways_schools_can_support_the_whole_child)



# Physical health +

- ✦ Adopting an active lifestyle from a young age is essential, as sedentariness and low physical activity can cause health problems and affect learning. Scientific evidence recommends limiting sedentary time in front of screens such as TV or video games.
- ✦ Children and adolescents should engage in at least 60 minutes a day of moderate to vigorous intensity aerobic physical activity, according to WHO guidelines.

**To know more:** <https://imoves.com/how-can-i-support-physical-wellbeing-within-my-primary-school>







# Emotional Intelligence

Emotional Intelligence (EI) is crucial in education, with organizations actively promoting EI and Social-Emotional Learning (SEL) programs. The text defines EI, discusses its importance in education, mentions supporting organizations, highlights measures to assess EI, and explores its impact on academic achievement and school retention. It emphasizes the need to integrate EI into educational settings for enhanced student well-being and success. In conclusion, incorporating EI and SEL is vital for improved student outcomes, supported by research and organizations, benefiting both academic success and emotional well-being.

**To know more:**

[https://prodimages.6seconds.org/pdf/case\\_for\\_EQ\\_school.pdf](https://prodimages.6seconds.org/pdf/case_for_EQ_school.pdf)





# Learning/teaching environment



The concept of a positive learning environment is central to fostering the growth of children. It involves the interplay of physical, social, and emotional elements, each contributing to the overall educational experience. A balanced harmony of these factors is essential for effective teaching and learning. Strategies like setting routines, encouraging student engagement, and accommodating diverse needs in the classroom play a crucial role in creating an environment conducive to growth and development. Such an environment significantly influences the well-being and academic progress of students.

## **To know more:**

<https://www.highspeedtraining.co.uk/hub/how-to-create-a-positive-learning-environment/>





# Cooperation with teachers

Collaboration among educators is essential in education, facilitating teamwork, idea sharing, and improved student outcomes. This involves structured settings for teachers to cooperate in designing innovative lesson plans, evaluating student progress, and establishing a shared educational culture. Various collaboration models, including common planning time, Professional Learning Communities (PLCs), and Critical Friends Groups (CFGs), are employed, with collaborative teaching methods like station teaching, parallel teaching, alternate teaching, and team teaching being applied in classrooms to meet diverse student needs, fostering communication and trust while benefiting both teachers and students.



## **To know more:**

<https://soeonline.american.edu/blog/teacher-collaboration-importance/>

# Emotional environment

Fostering a social-emotional learning (SEL) environment in the classroom is essential, aiding in student development of self-control, empathy, and interpersonal skills. SEL helps students regulate emotions, manage stress, enhance academic performance, and build resilience. It cultivates a sense of community, encouraging student participation, and creating a supportive atmosphere that benefits mental health and overall well-being, preparing students for success in school and life.

**To know more:** <https://www.classcraft.com/blog/how-to-create-a-social-emotional-classroom-environment/>





# Acceptance/personal recognition



Effective praise is a powerful tool for motivating and engaging students, but it's often underutilized. When used correctly, praise can improve relationships between teachers and students, reduce behavior issues, and prevent loss of instructional time. There are three main types of praise: personal praise, effort-based praise, and behavior-specific praise. Among these, effort-based and behavior-specific praise are found to be the most effective in fostering student empowerment and motivation. When delivering praise, be specific, clear about expectations, praise the process and progress, be sincere but avoid overpraising, be sensitive to cultural differences, and avoid comparisons to other students to make it meaningful and effective.

**To Know more:** [https://greatergood.berkeley.edu/article/item/four\\_ways\\_schools\\_can\\_support\\_the\\_whole\\_child](https://greatergood.berkeley.edu/article/item/four_ways_schools_can_support_the_whole_child)



# School's community

A connected school community fosters a sense of belonging, school pride, and motivation for students, teachers, parents, and the wider school members. It promotes shared learning goals and accountability, increases learning opportunities for students through enhanced digital collaboration, supports personalized student learning journeys, and creates an inclusive learning community where diverse knowledge and skills are valued. Such a community encourages shared responsibility for learning and contributes to improved educational outcomes. Online learning platforms and education software play a pivotal role in creating and maintaining these connected environments by catering to individual learning needs, providing a network of support, nurturing collaboration and reflective practice, sharing community knowledge, and facilitating continuous feedback and reporting.

**To know more:** <https://schoolbox.com.au/blog/6-benefits-of-a-connected-school-community/>







# Openness to ideas and opinions

The concept of the Daily Me, which entails personalized digital news packages, has become a prevalent aspect of today's digital information landscape. It manifests in two primary forms: self-curated content through RSS feeds and news apps, as well as hidden content that websites tailor to users based on algorithms. This personalized approach has the potential to create filter bubbles, limiting exposure to diverse perspectives and reinforcing existing beliefs. To counter this, educators can employ strategies such as promoting open discussions about the implications of personalized content, creating intellectual safe spaces for respectful discourse, teaching students about filter bubbles and encouraging them to seek diverse viewpoints, and fostering skepticism to critically evaluate media and embrace opposing ideas.

**To know more:** <https://www.edutopia.org/article/guiding-students-be-open-new-ideas/>



# Effect of the school

In the school setting, it is crucial to consider that a positive classroom atmosphere is essential to students' well-being and directly affects their learning. Teachers play a key role in creating a welcoming environment based on quality relationships. In addition, it is important to implement individual-oriented teaching strategies and promote active student interaction in learning. Students desire a school environment that is inclusive and non-competitive. The main goal of the school should be to foster positive relationships and support individual skill development to create a happy classroom.



**To know more:**

<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00431/full>