

NEWSLETTER 2



BUILDING CAPACITY: TRAINING THE THRIVING SCHOOLS NETWORK

The Thriving Schools project has completed its initial training phase, bringing together educators, school leaders, mental health professionals, and trainers from Cyprus, Greece, Italy, and Romania to strengthen school well-being through a whole-school approach.

During the 2025–26 school year, the project delivered a comprehensive training programme to prepare Master Trainers, Well-being Champions and school teams to implement the Thriving Schools framework. The programme covered Positive Psychology, the PERMA model, Social and Emotional Learning (SEL), staff well-being, student engagement, the development of a positive and supportive school climate, and practical strategies for embedding well-being into everyday school life.

TRAINING PROGRAMME APPROACH AND HIGHLIGHTS

The training was delivered in two stages:

1. **Master Trainers.** Master Trainers from each country first completed an intensive three-day programme, equipping them with the knowledge, tools, and facilitation skills to support schools throughout implementation. Participants consistently reported high satisfaction with the clarity of objectives, the quality of materials, and the relevance of the content to their professional roles.
2. **Well-being Champions/ School Core Teams:** Master Trainers then delivered specialised sessions to Well-being Champions and School Core Teams, focused on practical implementation: action planning, building a positive school culture, and engaging teachers, students, and families in well-being initiatives. Across all partner countries, participants particularly valued the interactive activities, collaborative discussions, practical examples, and the chance to exchange experiences with colleagues from other schools.

Across Cyprus, Greece, Italy, and Romania, **Year 1 training reached:**

- **30 Master Trainers** trained as the foundation of the cascading model
- **100+ Well-being Champions** trained to lead implementation in their schools

What participants valued most

- Practical tools for promoting well-being in schools
- Opportunities for reflection and peer learning
- Development of school-specific action plans
- Real-life case studies and implementation examples
- Ongoing coaching and support structures
- Strategies for creating positive and inclusive school climates



FROM TRAINING TO PRACTICE

With the training phase now complete, participating schools are entering the implementation stage. Over the coming months, Well-being Teams in each school will begin putting the Thriving Schools framework into practice, supported throughout by the Master Trainers and Well-being Champions.

A growing European network

More than 40 schools across Cyprus, Greece, Italy, and Romania are now part of the Thriving Schools project, representing a wide range of educational contexts, communities, and learning environments across different school sizes and student populations. Together, these schools form a European network committed to a Whole School Approach to well-being, one that places students, teachers, and staff at its centre, while also engaging parents, families, and the wider school community in building a positive and inclusive educational experience for all.

A dedicated team in every school

Each participating school has established a Well-being Team, responsible for:

- Coordinating project activities locally
- Engaging colleagues across the school
- Supporting day-to-day implementation
- Championing a culture of well-being across the wider school community



WHAT'S NEXT FOR THRIVING SCHOOLS?

Implementation continues across all participating schools, supported by monthly teacher training modules throughout the school year. As the year draws to a close, data collection will take place across all schools, and preparations will begin for the next phase of the project.



Read more about the project at <https://thrivingschools.eu>

