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## **SOCIAL AND EMOTIONAL LEARNING MATTERS**

Newsletter of ENSEC (European Network on  
Social and Emotional Competence)

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## Welcome!

On behalf of myself, the other four co-chairs and our two founding chairs, I would like to welcome you to the 4th ENSEC newsletter.

In this newsletter, we would also like to share the work of the Spanish association CONVIVES, as some of our members are Spanish speaking, and we thought it will enrich our discussions. Issue 3 of REVISTA CONVIVES is a Special Issue on Cyberbullying which includes an article by one of our Chairs. So please, have a look at the website and the journal at <http://convivenciaenlaescuela.es/>

We would like to thank everyone who contributed to this newsletter. We would appreciate comments on it, please bearing in mind that the work of ENSEC is being done by chairs who are all volunteers, and on top of busy schedules.

We would love some interesting features for the next edition. Please send any contributions to me as a word document so that it can be cut and pasted – no logos please. And please stick to the 500 words max!

## FORTHCOMING CONFERENCES:



4th ENSEC Conference  
*Social and Emotional Competence  
in a Changing World*

3rd to 7th July 2013  
Faculty of Teacher Education  
University of Zagreb, Croatia



**"For those of you who are coming to Zagreb"  
Diana Olčar, member of the LOC and ENSEC**

Zagreb, the capital of Croatia, is situated in northwestern Croatia, and it lies on the crossroads between south and middle Europe, and between eastern and western Europe. It is a place where a German influenced sense of order is mixed with a Balkans sense of fun, and, after dark, hedonism.

Historically, Zagreb used to be comprised of two rival hilltop settlements, Kaptol and Gradec, which today, along with some other neighbourhoods, constitute the old city nucleus also called the Upper Town. Kaptol used to be a village, formed around today's city Cathedral. The focal point of Gradec is St. Mark's Square called after St. Mark's Church, which is situated in it. St. Mark's Church is surrounded by the Croatian Parliament, called Sabor, on one side, and the Prime minister's and his cabinet's offices, situated in Banski Dvori, on the other side. Many museums and galleries are situated in Gradec, just a few steps apart. To name just a few, there are the Palace of Klović, the Museum of Broken Relationships and the Croatian Museum of Naïve Art.

The Palace of Klović (Klovićevo dvorište) is, at the moment, hosting the exhibition *Masterpieces* from the Picasso Museum in Paris. The exhibition presents more than one hundred works of art and various documents of the most famous master of the 20th century, the founder of cubism, a painter, sculptor and graphic artist. Paintings are exhibited in Zagreb until 7th of July 2013.

The Museum of Broken Relationships exhibits objects left behind at the end of romantic relationships: shared belongings, mementos and gifts. Indicators of its quality are the Kenneth Hudson Award in 2011 for the most innovative museum of Europe and the top place on the TripAdvisor list for must-see sights in Zagreb.

The Croatian Museum of Naïve Art is one of the first museums of naïve art in the world. The museum's holdings consist of almost 2000 works of art - paintings, sculptures, drawings and prints - mainly by Croats but also by other well-known world artists.

On Gradec, you can also enjoy the interesting permanent collections of the Zagreb City Museum, the Croatian Natural History Museum, and the Croatian History Museum.

In the other parts of Zagreb the must see sites include the Museum of Contemporary Art, opened just a few years ago; the Technical Museum, where one can see, among other things, a demonstration of Nikola Tesla's experiments; and the Archeological museum, where the famous "Liber Linteus" is kept, an untranslated text in the lost Etruscan language, the longest one in the world, written in the only linen book still in existence in the world.

Throughout history, Gradec used to be surrounded with city walls and one could enter the city only through the city doors. One of the city doors was next to the Lotrščak Tower, on top of which today is placed "Grič cannon". This cannon is fired every day at noon, as a legend says, to mark Croatian victory against Turks. The Lotrščak Tower is a popular observation point which offers a view of the Lower town. There is also a station of one of the shortest public-transport funiculars in the world, with which one can descend to the Lower town and to the main square Trg bana Josipa Jelačića, the central place in Zagreb and a popular meeting point of everybody living in and visiting Zagreb.

If you take a walk from the Main Square to the main railway station (Glavni kolodvor) you'll pass through a few beautiful parks: Zrinjevac, i.e. Zrinski trg, Strossmayerov trg, and Trg Kralja Tomislava. These squares (Croatian: "trg") are

also beautiful parks and a part of what is called “Lenuzzi’s green horseshoe”. The “horseshoe” was designed in the late 19th and early 20th century by the architect Milan Lenuzzi and it surrounds the centre of the Lower Town on the west, south and east sides of Lower town. Constituent parts of the “horseshoe” include also Trg Ante Starčevića, the Botanical garden, Trg Marka Marulića, Trg Ivana Mažuranića, and Trg maršala Tita. When in Zagreb, don’t miss the opportunity to take a walk along this “horseshoe” and enjoy some peace in the city centre.

If this is not enough parks for you, you can visit a park-forest “Maksimir” in the eastern part of the city. Founded in the 1787, the Maksimir Park was the first large public park in South-Eastern Europe, and predates the majority of Europe’s public park foundations. The park includes several big meadows, numerous creeks and five lakes, and is a habitat for various plant and animal species, such as the Middle Spotted Woodpecker (*Dendrocopos medius*), an endangered species in Europe. Zagreb’s Zoo is located in the southern part of Park Maksimir.

During weekends, many Zagreb residents like to hike on the Medvednica mountain, a nature park just north of Zagreb. You can arrive at the base of the mountain from the city centre by the means of public transportation (trams number 14 and 15) in just half an hour, and enjoy not only intact forest landscape and clean air while hillwalking, but you can also try bean stew, cottage cheese, and apple pie in one of the many climbers’ lodgings. You can also arrive at the Medvednica summit Sljeme by bus from number 14 tram end station Mihaljevac.

Zagreb’s two lakes, Jarun and Budek, are popular getaways for residents any time of year, but especially in summer, when the clear waters are ideal for swimming. During the day, many of them can be seen walking, riding a bike, in-line skating or barbecuing there, and when the night falls, Jarun becomes a popular destination among young people because of its many night clubs and bars.

Croatians are known as people who like to spend hours sitting in cafés and chatting with friends. Even if you’re not a coffee person, don’t miss the opportunity to take a rest from your busy schedule in one of the many cafés located in the city squares. Here you can buy a hot or cold beverage, chat with your friends, read a book, or just relax and enjoy the atmosphere while watching the passers-by.

After all that sightseeing you’ll probably get hungry and whichever food you try, for sure, you will not get disappointed. Croatian cuisine is a unique representative of the harmony of interesting, tasty, and often seemingly incompatible contradictions. Zagreb has its toponymic steak, Zagreb steak, a veal roll stuffed with cheese and ham, battered and fried as the Viennese steak is. If you like pastry, try štrukli. It is a phyllo dough stuffed with cottage cheese. They can be boiled or baked, savory or sweet, added to soups or served as a dessert, but they are mostly offered as a hot appetizer.

For more information about Zagreb take a virtual tram ride through Zagreb, learn about Zagreb’s history and its famous people, take a virtual sightseeing trip, listen to the music and watch videos typical for Zagreb, and much more here: <http://www1.zagreb.hr/zkult/zkult.html>

**Conference Registration** is open until the 1st of June. Further details of the Conference can be found at <http://www.quovadis.hr/ensec2013/> If you are not able to join us, you will be able to read some of the Conference Papers in the International Journal of Emotional Education, or the Croatian Journal of Education. Conference participants will be contacted in September with details of the opportunities for publication.

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We would like to invite you to join our Istanbul 2013 World Congress of Psychological Counseling and Guidance that will take place in September 8-11 at Boğaziçi University, Türkiye. This joint congress is being organized through collaboration with the International Association of Counseling (IAC) and the Turkish Association of Psychological Counseling and Guidance. For the first time this joint congress will bring 2013 International Association for Counseling Conference and 12th Turkish National Congress of Psychological Counseling and Guidance together. You will have the opportunity to share studies presented on twelve different themes, including the main theme “Counseling and Technology Use: Real Lives Virtual Contexts.”

Pre Conference includes workshops and International Research Seminar (IRS) of IAC. Upon request deadlines for presentations and posters are extended to **May 31st**. Early bird registrations have started. All Congress related applications occur through the Congress web page. Please visit our web page to learn about our invited speakers and Congress in general. We appreciate your help in announcement of our Congress to your respected colleagues. We hope to see you in Istanbul in September

Contact:

[info@iac-pdr-istanbul2013.org](mailto:info@iac-pdr-istanbul2013.org)

Congress web site:

[www.iac-pdr-istanbul2013.org](http://www.iac-pdr-istanbul2013.org) [facebook.com/iac.pdr.istanbul2013](https://facebook.com/iac.pdr.istanbul2013)



The 2013 Australian Association for Research in Education Annual Conference will be held in beautiful Adelaide, South Australia, Dec. 1-5. The conference theme is "Shaping Australian Educational Research".

### **CALL FOR PAPERS**

You might like to consider submitting a paper or symposia. Closing date for abstracts is May 31<sup>st</sup>!!!

Visit <http://aare2013.com.au/> for further details.

We have already heard about two symposia being submitted by members of the Flinders University Centre for Student Wellbeing and Prevention of Violence about their work with student social and emotional wellbeing in Malta, the UK and Australia.



## **NEWS FROM ENSEC MEMBERS:**

### ***Promoting Mental Health in Schools (PMHS) Project 2011-2013***

Promoting Mental Health in Schools is a three year FP7 international research exchange programme involving the University of Malta, the University of Leicester (UK), Hull University (UK), Flinders University (Australia) and the University of Sunshine Coast (Australia). The five research partners are building a transnational, multilevel framework for the promotion of mental health in schools, undertaking research in schools, universities, support services and agencies in the UK, Australia and Malta. The project is coordinated by the University of Malta and is funded by the European Union FP7 Marie Curie International Research Staff Exchange Scheme and the Australian Academy of Science. The researchers in this project are members of ENSEC. For further details contact [carmel.cefai@um.edu.mt](mailto:carmel.cefai@um.edu.mt)

### ***A Resilience Curriculum for Early and Primary Schools in Europe (RESCUR) Project 2012-2015***

RESCUR is a three year Lifelong Learning Comenius Project involving the University of Malta, the University of Crete, Greece, the University of Pavia, Italy, the University of Zagreb, Croatia; Orebro University, Sweden; and the Technical University of Lisbon, Portugal. The project is aimed at developing a resilience curriculum for early and primary education in Europe through the intercultural and transnational collaboration among the partner institutions at an EU level. It will develop, pilot and publish a resilience curriculum for early years and primary schools in Europe, with universal resilience activities as well as additional optional activities for vulnerable students, such as Roma children, children with disability, gifted children, and children of refugees, immigrants and ethnic minorities. Besides the teachers' manual, the curriculum will also include a manual of activities for parents to reinforce the skills being learnt at school. The project which is coordinated by the University of Malta, is funded by the EU. Most of the researchers in the project are members of ENSEC. For further information please contact [carmel.cefai@um.edu.mt](mailto:carmel.cefai@um.edu.mt)

### ***Something Different (aChild2Child)***

This film is a document about the work done through "aChild2Child" kind and friendly hands in the United Kingdom. The film was made for the American education establishments to raise awareness and understanding about "Touch". See: <http://peacefulhands.org/>

It is important to note that here in the UK there are still people who do not realise the need for touch within our nurseries, schools and colleges. In fact, the need humans have for touch confirms their acceptance and confidence within society.

The safeguarding agenda for children is now highlighted. We should be teaching our children that their bodies are to be respected. A person must give consent to allow touch. This is a clear, underlying message for touch work.

Please watch the film or the trailer and get back to me should you have questions or points for me to consider.

Contact me on landline: 01204 300516

e-mail: [info@achild2child.co.uk](mailto:info@achild2child.co.uk)

Jean Barlow



### ***European Assessment Protocol for Children's SEL Skills***

The “*European Assessment Protocol for Children's SEL Skills*” (EAP) project is included in the European Funding Programme in the Field of Education and Learning, known as Lifelong Learning Programme 2007-2013 (LLP), a lifelong learning program that allows people to pursue learning opportunities of European dimensions, at every stage of their lives.

The sectorial subroutine, Comenius, of which the EAP\_SEL project is part, is defined by its concern with the educational community and sets out to develop knowledge and understanding, between students and teachers, of cultural, values and lingual differences, with the aim of helping young people gain those “cross” key competencies that are also essential to their personal development, their future employment and active citizenship.

The project is coordinate by University of Perugia (Italy) and envisages the contribution of a partnership composed of different Countries: Croatia, Slovenia, Switzerland, Sweden and Italy (Udine).

The keystone of the project is made up of the introduction, in the curricular teaching programmes, of the *Social Emotional Learning* (SEL), as it is internationally known, and the creation of a protocol that will evaluate the emotional and social maturity of the children in elementary school.

Thanks to the collaboration of 36 other partners from all over Europe, the project aims to induce an actual changing in the daily practice of teaching – learning.

### ***Purposes and objectives***

The main purpose of this project is the creation of a standardized evaluation tool that will be able to offer precise evaluation guide-lines for SEL skills in children, and will guarantee the high quality of SEL intervention on a European dimension.

Amongst the various objectives of the project, it stands out the one who aims to improve, promote, value, and spread an innovative European dimension of teacher training in the field of Social Emotional Learning, and to create an integrated approach to the teaching – learning practices, in order to support the “cross” key competencies with the goal of reinforcing social cohesion, active citizenship, intercultural dialogue, gender equality and personal fulfilment.

The most innovative elements of EAP-SEL project result in the proposal of a “SEL European model” and the establishment of a “European Committee” that will periodically supervise the state of the art of SEL in Europe, fostering its diffusion and sharing.

### **Activities**

Involved in the EAP – SEL project are students and teachers from elementary schools of the 5 participating countries: Italy, Switzerland, Croatia, Slovenia and Sweden. In every Country will be selected 10 first year classes at primary school (school year 2013/2014) to start the intervention of social emotional learning (experimental classes) and 10 first year classes where no intervention will be carried out (control classes). The classes will be selected on the basis of specific criteria, with the involvement of a total of circa 1.000 student of elementary school all over the European area.

Teacher assessment and direct children assessment will be collected relatively to SEL competencies and behavioural outcomes; these assessments will help evaluating the effectiveness of the experimental intervention carried out in class. The experimental activities will last 24 months and will take children and teachers through first to second class of elementary school, with continuous solutions.

### **Partners**

Coordinator: Perugia University, Department of Human Sciences

- Udine University, Department of Human Sciences
- University of Applied Sciences and Arts of Southern Switzerland, Department of Education and Learning
- Örebro University, Department of Health Sciences and Medicine
- University of Zagreb, Faculty of Education and Rehabilitation Sciences, Department of Behavioural Disorders
- University of Ljubljana, Faculty of Education

### **Contact**

Contact: Annalisa Morganti. Department of Human Sciences, University of Perugia

Website: [www.unipg.it](http://www.unipg.it) – [www.eap-sel.eu](http://www.eap-sel.eu)

## JOURNALS

### ***International Journal of Emotional Education***

The latest issue of the International Journal of Emotional Education (IJEE) has been published by the Euro Centre for Educational Resilience and Socio-Emotional Health at the University of Malta. Volume 5 Issue 1 has a particular focus on the training of teachers in social and emotional learning. Birgitta Kimber and her colleagues evaluated the effectiveness of a social and emotional training programme with school teachers in Sweden, while Sue Roffey and Florence McCarthy examined teacher education in Circles of Support in Australia. Another paper by a team of researchers from Australia led by Nicola Schutte reviews the literature on the training in emotional intelligence as applied to various contexts such as education, business, mental health and sports. Another interesting paper by Paul Cooper and Michalis Kakos explores the current interest amongst young people in negative affect in relation to the history of melancholy and theories of identity formation. Paul Downes, Reviews editor, presents the review of five interesting books for the readers. As from this edition, the IJEE has become an open access journal and all editions are now available free of charge to the public. IJEE does not charge authors for publishing in the journal.

The journal may be accessed at [www.um.edu.mt/edres/ijee](http://www.um.edu.mt/edres/ijee)

## **Early Support**

for children, young people and families

### **Early Support For Children, Young People And Their Families**

In May 2013, the National Children's Bureau (NCB), UK, launched the new *Developmental Journal for Children and Young People with Multiple Needs*. This is a way of working that aims to improve the delivery of services to disabled children, young people and their families. It focuses on enabling services and practitioners to work in partnership with children, young people and their families. See for example the Early Years Developmental Journal. It is free to download from:

<http://www.ncb.org.uk/earllysupport>

## NEW BOOKS BY ENSEC MEMBERS

Claude-Hélène Mayer & Christian Martin Boness  
*Creating mental health across cultures. Coaching and training for managers*  
“*Omnia mea mecum porto*” – *All of my possessions I carry with me.*

Since Diogenes the discourse on health, well-being, management, culture, values and organisations has been ongoing. The attitudes and mental images which guide a person to lead a life of well-being, health and happiness have been the topic of much discussion.

*Managing healthy transcultural organisations* is based on the strength and the sense of coherence (SOC) of individuals, to comprehend, manage and create meaning in challenging work situations. To cope with these challenges, managers need to activate their individual resources and increase their transcultural and conflict management competences.

In our management and consultancy practice, we experience the importance of interlinking health and well-being on the one hand, with transcultural communication and conflict management on the other. A systemic approach supports the development of the three SOC components effectively and contributes to wellbeing within individuals and the organisation.

In this book, we present MEHTO, a coaching and training module for managers which includes individual counseling sessions, group training series, as well as team mentoring and facilitator training. We have developed MEHTO through management research in international organisations and global players, as well as through our experience in international and transcultural management consultancy.

Particularly during the past years of global economic crisis, we have recognized the need for increasing mental health in managers and organisations. We believe that managers and organisations in the 21st century require a shift towards holistic and spiritual values to promote sustainable healthy organisations.

This manual aims at developing health-oriented management practices which focus on individual and organisational wellbeing across cultures. It is a manager's Handbook or Vademecum towards a successful and healthy leadership mindset. Enjoy it!

Claude-Hélène Mayer & Christina Krause (Eds.)  
*Exploring Mental Health:*  
*Theoretical and Empirical Discourses on Salutogenesis*

Since a few decades the question of “What keeps people healthy?” has been frequently discussed. This text collection book contains new theoretical and empirical discourses on salutogenesis and sense of coherence from interdisciplinary

perspectives. Researchers from various cultures have contributed to this book, discussing relevant contemporary questions on mental health and wellbeing.

This text collection book can serve as a handbook for salutogenetic research and practice. It provides an introduction to the topic as well as specific insights into selected research areas.

This book is a must for lecturers, researchers and students of health sciences, psychology, medical sciences and medical sociology.

Paul Cooper & Carmel Cefai  
*Understanding and Supporting Students with Social, Emotional and Behavioural Difficulties: A Practical Guide for Staff in Schools*

Paul Cooper, Hong Kong Institute of Education & EuroCentre for Educational Resilience, University of Malta

Carmel Cefai, EuroCentre for Educational Resilience, University of Malta

This is the First Monograph in Resilience and Health, published by the European Centre for Educational Resilience and Socio-Emotional Health University of Malta

It is free to download from:

[www.um.edu.mt/edres/publications](http://www.um.edu.mt/edres/publications)