

# boost

## Promoting mental wellbeing amongst children in schools: paving the way towards a more systematic approach.

Mental wellbeing is essential for the overall health and development of young children. Not ensuring mental health promotion early on can place a great burden on both the individual and the overall society. Social and emotional skills are therefore an important part of mental health promotion and schools have a fundamental role to play. Academic research shows that that **Social and Emotional Learning (SEL) programmes** help children and have long-term results on the social wellbeing and academic achievements of children.

However, **several shortcomings have been identified** in using these programmes, which may compromise their sustainability and long-term effects.

Against this background, **the Horizon 2020 BOOST project** aims to create an innovative approach to strengthen social and emotional skills among children and young people in school, as to promote mental health and wellbeing. The overall aim of this project is to develop, implement, and test a new SEL-based population approach to promote mental health and wellbeing in primary school children.

COVID-19 has reshuffled the lives of many people and the effect on young children's wellbeing should not be forgotten. As it is time to re-discuss the importance of SEL programmes and the overall wellbeing of young children, the BOOST consortium released a **policy brief** on...

### EUREGHA WEBINAR

**18 November 2020**  
**10:00 - 11:30**

## PAVING THE WAY TOWARDS A MORE SYSTEMATIC APPROACH

...the systematic work with policies to promote mental wellbeing among children in schools. The brief summarises some of the preliminary findings and lessons learned from the EU H2020 project BOOST. While the findings show that social and emotional wellbeing and learning is important in national educational policies and EU education policy, **there is a need for systematic policy development to promote SEL- based learning at a school level.** We therefore invite you to join us for the webinar to discuss the current state of the work of BOOST and the outcomes of the policy brief together with representatives from local authorities, schools, universities and the EU institutions.

Welcome	<b>10:00</b>	<b>VALENTINA POLYLAS:</b> Director, EUREGHA
Keynote speech - EU policy on promoting well-being in children and young people	<b>10:05</b>	<b>SABINE VERHEYEN, MEP:</b> Chair CULT Committee, European Parliament - TBC
Introduction to the BOOST project and the progress made so far	<b>10:20</b>	<b>STINE HELMUM BRAATHEN:</b> Research Manager, SINTEF
BOOST policy brief - recommendations based on findings from the formative study	<b>10:30</b>	<b>ÅSE MARIT HOVDEN:</b> Public Health Manager, Viken County
Panel debate	<b>10:40</b>	<p><b>KJETIL LUNDEMOEN:</b> Head of Development, Modum Municipality</p> <p><b>INGRID STEGEMAN:</b> Programme Manager, EuroHealthNet</p> <p><b>VLADIMIR GARKOV:</b> Policy Officer, DG EAC, European Commission</p> <p><b>MARC DURANDO:</b> Executive Director, European SchoolNet - TBC</p> <p><b>AGATA WIZA:</b> Associate Professor, Poznan University School of Physical Education - TBC</p> <p><b>EVA ROMERA:</b> Associate Professor, University of Cordoba</p>
Q&A	<b>11:15</b>	
Conclusions/Key Take-aways	<b>11:25</b>	<b>STINE HELMUM BRAATHEN:</b> Research Manager, SINTEF