

TOGETHER NOW FOR TOMORROW



ERASMUS + PROJECT 2017 – 2019

1ST TRANS-NATIONAL MEETING MALTA

NOVEMBER 2017



Co-funded by the
Erasmus+ Programme
of the European Union



Thursday 23rd November 2017

- 9.00** Welcome meeting with the Principal of the Gozo College
- 9.30** Tour around the school
- 10.30** Break
- 11.00** Discussion - TNT
- 12.30** Lunch
- 1.45** Walk to Seguna Cliffs guided by Mayor of Ta' Sannat Mr Philip Vella
- 2.45** Professional Development Session– *A Brain Spa animated by Colleen Bower*
- 4.45** Conclusion
- 5.00** Transport to Hotel Calypso
- 7.30** Dinner

Friday 24th November 2107

- 9.00** Visit to Gozo Secondary School, Gozo Middle-School and Gozo Post Secondary School
- 12.00** Lunch
- 1.30** Discussion – TNT

2.30 Conclusion

2.45 Transport to Hotel Calypso

3.00 Free time

7.30 Dinner with Staff of Sannat Primary and Special Unit at L-Iskoll Bar and Restaurant, Xlendi

Saturday 25th November 2017

Excursion to Malta

Sunday 26th November 2017

Excursion to Gozo

Monday 27th November 2017

9.00 Observation in classrooms at Sannat Primary and Special Unit

10.30 Coffee Break

11.00 Discussion TNT

1.00 Lunch

2.30 Farewell, transport to Hotel Calypso

Some notes about the Professional Development Training

Topic The Brain Spa: How findings from positive psychology and neuroscience research can help teachers and their students develop greater mental resilience

CONTEXT (or reason/s for choosing the topic)

- *In the last 20 years, society has entered the digital era with its inherent distractions, overstimulation and pace increasing stressors and the providing the potential for the hijacking of learning processes and greater brain “fog” in school and outside.*
- *This era has also coincided with two exciting developments in the psychology arena. Positive Psychology reverses the focus of psychology in the previous century on what makes people sick and subject to stress, to focus instead on what makes happy people tick and how to adopt resilient mindsets. Neuroscience has benefitted enormously from the advent of brain scanning technology to develop a much greater understanding of the role of specific brain areas and the chemicals and connections that help them function optimally.*
- *Both strands have been able to demonstrate that learning, although a natural drive, can be easily impeded or sabotaged by specific suboptimal environmental, emotional or neurochemical activity and of course the reverse is true too.*

Given that Sannat Primary School has been chosen to participate in the Erasmus Together for a New Tomorrow international program, it seems appropriate that professional development contributes to equip

the staff to embrace change and the opportunities presented by learning research in the digital era.

AIMS AND OBJECTIVES

- *AIM: Contribute to the greater wellbeing and mental resilience of the school community for the greater facilitation of learning*
- *Delegates will be able to understand the relevance of a selection of recent research findings (in the positive psychology and neuroscience fields) to the management of their own and students' wellbeing*
- *Delegates will be able to practice a range of simple techniques designed to build metacognition, resilience and refresh the brain for learning*

Delegates will consider specific classroom applications for the material covered

CONTENT

- *An overview of research activity in the relatively new Positive Psychology and Neuroscience fields with a review of salient findings from recent studies about resilience, brain plasticity and neurochemistry (Plenary session) 20 mins*
- *A metaphorical brain spa in which participants undertake a variety of metaphorical "treatments" (interactive exercises) designed to change mindset, focus, mood and energy. (Small groups, carousel) 60 mins*

A plenary discussion with takeaway ideas and strategies to incorporate content into school practice 30 mins

LIST OF EXPECTED OUTCOMES:

- *Delegates will gain, or develop further, an awareness of how the body and brain work together to impact learning*
- *Delegates will be able to employ a range of strategies to improve their own and students' mental resilience and openness to learning*

- *Delegates will gain tools to contribute to the whole-school involvement in the Erasmus + project and specifically the “Feel Good On The Move” practice.*

*Animator Teresa **Colleen** Bower – Teacher, trainer and Malta Chamber of Scientists project manager*

Colleen came to education after a successful career in business culminating in Managing Directorships of healthcare and international recruitment companies. She then spent 9 years delivering lively and interactive lessons and developing curricula within outstanding Psychology departments in schools in both the UK and HK, and also conducted post-graduate action research projects developing interventions that use Psychological theory to improve classroom motivation and attainment. Back in recruitment in 2014, Colleen combined her recruitment and educational expertise in the development of innovative staffing solutions, such as the Birmingham Teacher Talent Team, to meet the needs of the rapidly changing UK educational landscape. Now based in Malta, Colleen is working to raise public engagement with Science and Technology on Gozo through arranging lively Cafe Scientifique debates with leading local scientists and developing the island's first large-scale Science Festival, Science In The Citadel. For full details see link <https://www.linkedin.com/in/colleen-bower-449b5518/>

WINTER TIME-TABLE | 2017-2018 - MGARR - CIRKEWWA SERVICE

Operates Daily - Crossing time: Approx 25 mins

From: 6 November 2017 - 10 June 2018

DEPARTURE - MGARR, GOZO

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| • 01:30 | • |
| • 03:30 | • 13:30 |
| • 05:00 | • 14:15 |
| • 06:00 | • 15:00 |
| • 06:30 | • 15:45 |
| • 07:00 | • 16:30 |
| • 07:30 | • 17:15 |
| • 08:15 | • 18:00 |
| • 09:00 | • 18:45 |
| • 09:45 | • 19:30 |
| • 10:30 | • 20:15 |
| • 11:15 | • 21:00 |
| • 12:00 | • 22:30 |
| • 12:45 | • 23:45 |

DEPARTURE - CIRKEWWA, MALTA

- | | |
|---------|---------|
| • 02:15 | • 11:15 |
| • 04:00 | • 12:00 |
| • 05:45 | • 12:45 |
| • 06:30 | • 13:30 |
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- 18:45
 - 19:30
 - 20:15
 - 21:00
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- 21:45
 - 23:05
 - 00:
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EMERGENCY TELEPHONE NUMBER **112**

Mobile Pauline Grech 00356 79257988

TOURISTIC INFORMATION



I would also suggest that apart from visiting our website (www.visitgozo.com) you download our mobile app.

Through the Visit Gozo Mobile App, you can explore Gozo and find useful information about what you can do while on the island, what to experience, the island's points of interest, bus routes and a host of places and experiences. The app brings an exhaustive database of everything you can find on the island of Gozo.

The app can be downloaded from both android and apple stores depending on the smartphone on the following addresses:

Android - <https://play.google.com/store/apps/details?id=com.esri.android.tutorials.visitgozo>
Apple - <https://appsto.re/mt/ACaS8.i>

MALTA (mainland)

Valletta

Main sites

Valletta - Museum of Archaeology, The National War Museum housed within Fort St Elmo, The Palace State Rooms and Armoury. For more information please visit - www.heritagemalta.org

St John's co-Cathedral - www.stjohnscocathedral.com

The Manoel Theatre - www.teatrumanoel.com.mt

Upper Barrakka Garden for a panoramic view of the Grand Harbour and the Three Cities across the harbour.

Rabat /Mdina

Rabat/ Mdina - <http://heritagemalta.org/museums-sites/#RabatMdina>

Mdina Cathedral and Museum -

www.metropolitanchapter.com (the website of the Metropolitan Cathedral of St Paul in Mdina and Cathedral Museum)

The Three Cities - <http://heritagemalta.org/museums-sites/#HarbourAreas>

Audio-visual shows / audio-guides / bus tours with audio guides

“Gozo 360°” – an audio-visual show about

Gozo: www.citadelcinema.com

www.themaltaexperience.com (the Malta Experience website – an audio-visual show about the Maltese Islands)

www.maltaattraction.com (the website of “Valletta Living History” – an audio-visual show about Valletta)

www.themdinaexperience.com (The Mdina Experience website – an audio-visual show about Mdina)

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<http://www.malta5d.com> Experience Malta in 5D

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www.myguide.com.mt (for info re an audio tour around Valletta)

<https://www.visitmalta.com/en/info-offices>