



## LETTER CIRCULAR - Institute for Education

Date: 28<sup>th</sup> November 2022

Ref: IfE 71/2022

From: Joanne Grima – CEO

To the attention of: Heads (College Network)

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Subject: Be Well Campaign 13<sup>th</sup> March 2023

Apply here: [Registration](#)

Registration Deadline: 15<sup>th</sup> January 2023

Registration Fee: Free of charge

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The Institute for Education is accepting applications submitted online for the Be Well Campaign which will be held on the **13<sup>th</sup> March 2023**.

The Maltese education policies (National Curriculum Framework, 2012; Framework for the Education Strategy for Malta 2014-2024, 2014; Respect for all Framework, 2014) state that our education system should target the holistic well-being of all our students. In practice, are we really targeting all types of well-being? How are students feeling in our education system?

**Be Well Campaign is a campaign that specifically gives voice to our main stakeholders in our education system – our students in the primary and the secondary schools.** The aim of this campaign is to elicit practical ways how well-being in schools can be practised. During this campaign, policy makers and key well-being stakeholders will be present to discuss these suggestions with students.

During the initial workshops, students will have the opportunity to discuss in small groups the importance of well-being in schools and also practical suggestions how our education system can address it. The outcomes of the workshop will then be discussed with key stakeholders in well-being and policy makers. Finally, students and participants will have the opportunity to participate in one of the interactive workshops.



The following programme for the Be Well Campaign will be followed.

- 08.30 – 09.00 Registration and Welcome Juice
- 09.00-09.30 Welcome Speech Ms Joanne Grima, CEO Institute for Education  
Welcome speeches
- 09.30-10.30 Discussion workshops for students - Practical ways how well-being can be addressed in schools
- Discussion workshop for policy makers and key stakeholders in well-being -  
Ways how student well-being can be addressed
- 10.30-11.00 Healthy snack and healthy drink
- 11.00-11.30 Presentation of ideas elicited from discussion workshops
- 11.30-12.15 Panel discussion- Students, policy makers and key stakeholders in well-being
- 12.15-13.00 Interactive workshops

Workshop 1	Let's dance together - Dance for Well-being
Workshop 2	Let's become artists- Art for Well-being
Workshop 3	Let's practice drama -Drama for Well-being
Workshop 4	Let's be mindful and relaxed - Mindfulness for Well-being
Workshop 5	Let's create ourselves happy – Creativity for Well-being
Workshop 6	Let's use our green fingers – Gardening for Well-being

13.00 Closure



We invite the Head of College Network to identify from the College:

1 student from Year 4  
1 student from Year 5  
1 student from Year 6

2 students from Middle School  
2 students from Senior School

2 accompanying educators (teachers/professionals from Students Support Services/  
Educational Officer Curriculum)

Kindly fill in this [registration form](#) by no later than 15<sup>th</sup> January 2023. In the form, you will be indicating the workshops that the educators and the students from each College as a group would like to attend and you will be indicating any allergies.

Thank you for your attention.

Joanne Grima  
CEO Institute for Education