

REGIONALNA KONFERENCJA WARSZTATOWA

TRANSFORMACJA CYFROWA Z ETWINNING

25 KWIETNIA 2024

**SZKOŁA PODSTAWOWA NR 1 IM. T. KOŚCIUSZKI,
PUŁAWY**

Rejestracja na: WWW.ETWINNING.PL





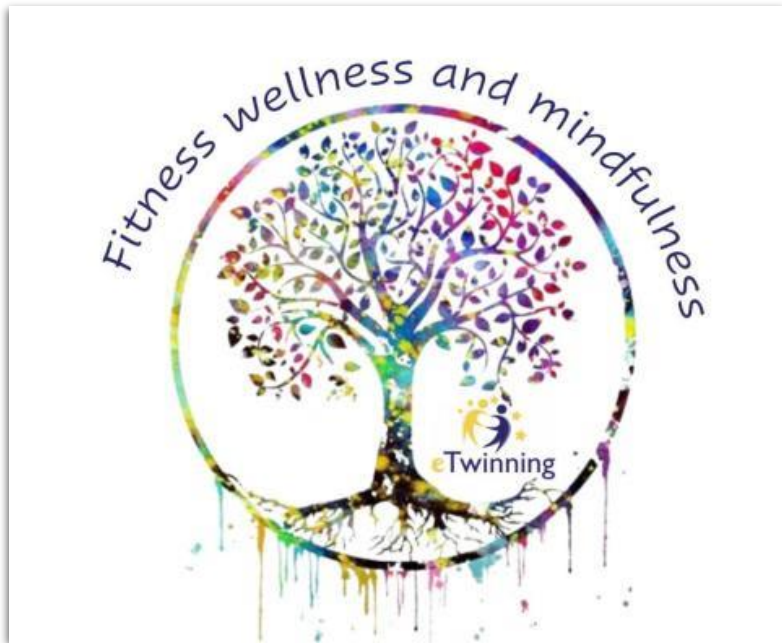
TRANSFORMACJA CYFROWA Z ETWINNING

Dobre praktyki w projektach eTwinning

Beata Wójcik



Fitness, wellness and mindfulness: a post pandemic view#eTwEC



Nasz projekt eTwinning

Klasa 8a

Uczestnicy projektu:

**Uczniowie klasy 8a
Szkoły Podstawowej nr 1
Im. T. Kościuszki
w Puławach**





Beata Wójcik + 15 • 6 miesięcy

PRIMARY SCHOOL No 1 WE INTRODUCE OURSELVES

LET'S TALK ABOUT US

kacper sadurski 6 miesięcy

Hi, my name is Kacper. I'm 13 years old. I love play handball and I have been training for 4 years. I haven't got any pets. But I want turtle. My favourite game is: CS:GO. I love pizza. My favourite colors are: black, white and pink. I have brown and green eyes.

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Dodaj komentarz

Konrad Gładysz 6 miesięcy

Hi, my name is Konrad. I am 13 years old. I train box MMA and jujitsu I really like to play games, most often I play Survival, RPG, Sandbox and simulation games. I am also interested in computer science, mainly in programming and motion capture (I really like watching how games are created). I also like visiting different countries, getting to know their cultures

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Dodaj komentarz

awegliniski09 6 miesięcy



Try this effects combo on Photo Lab

Hi my name is Antek. I am 13 years old. I'm 175 cm tall. I train handball and athletics. My favourite school subject is P.E. My favourite food is chicken with rice. I have blue eyes.

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Dodaj komentarz

Szymon Brodzik 6 miesięcy

Hi, my name is Szymon. I'm 13 years old. I love play handball and I have been training this sport for 4 years. My favourite animal is pig. I like winter and snow. In free time I sometimes play video games. I love MARVEL films.

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Dodaj komentarz

Paweł leń 6 miesięcy

Hi, my name is Paweł. I'm 13 years old. I practice handball. My favourite school subjects are P.E and informatics. My favourite food is pizza. I have 2 dogs. I'm 172 cm tall. My favourite computer games are CS:GO, the Witcher 3 Wild Hunt, Fifa and Hello neighbour.

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Dodaj komentarz

Anonimowy 6 miesięcy



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Dodaj komentarz

gabaplo08 6 miesięcy



YouTube

sanah i Dawid Podsiadło „ostatnia nadzieja”

Hi! My name's Gabrysia. I'm 14 years old. I'm 158 cm tall. I have green eyes and long straight brown hair. I'm a

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Dodaj komentarz

SMIL9Y 6 miesięcy

ALL ABOUT ME



Hi, my name is Gabriel. I am 13 years old. I have green eyes. I'm 172 cm tall. I train handball and athletics. I sometimes play games. I like taking some photos. I have 2 british cats

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Dodaj komentarz

+

Nauczyciele:

Marida Vitulli

Liceo Scientifico Statale "G. Galilei" di Perugia

Beata Wójcik

Szkoła Podstawowa nr 1 im. T. Kościuszki w Puławach

Beata Berłowska

Szkoła Podstawowa nr 1 im. T. Kościuszki w Puławach

Giovanna Agrillo

Liceo Statale "N. Jommelli" di Aversa

Konstantinos Tzavidas

Primary School of Loutraki-Pella

Ivana Miletic

Prirodoslovna škola Split



:Padlet



maridavitulli1 + 10 • 10 dni

Teachers' introductions ▾

Welcome everybody! Nice to meet you all



I'm Anna Oliva . I'm a science teacher at Liceo Jommelli. I like teaching my subject and i love involving my students in innovative projects. i'm a beginner etwinner and i hope to learn a lot in this project.



Hi everyone! I'm Vittoria Di Cicco, I'm 50 years old, I'm from Italy and I live in Parete. I teach italian and latin in IIDL in high school and I love my students

Beata Berłowska,
Primary School no 1,
Puławy, Poland.



Hello everybody. I'm Beata. I like mountain, walking and a healthy lifestyle. I'm a teacher of religion, history and social studies. My



Zasady projektu:

Netiquette

- Be accurate with factual information
- Extend your good nature online
- Use internet resources ethically
- Promote healthy discussions
- Ignore inflammatory comments
- Respect others as equals
- You are here to learn
- Remember, your words are permanent
- Pause before you post



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To avoid accusations of plagiarism, all partner schools have agreed on these basic rules:

1. Students will be informed on how to use, reuse and publish materials, pictures, videos and all types of contents by declaring and quoting the credits.
2. Students will use materials produced with Creative Commons Licence.
3. All materials produced will be OER and are freely reusable according to the Creative Commons Licence CC-BY-NC-4.0 international.

Plan projektu:



Plan projektu został ustalony przez nauczycieli prowadzących i skonsultowany z uczniami



Fitness, Wellness and Mindfulness: a post pandemic view

Let's explore the topic....from the students' point of view

The project aims at helping teens to cope with the problems of their lives and develop their social and emotional well-being by becoming more aware of the influences around them. Teenagers discuss the issue of GOOD HEALTH and WELL BEING in many respects (the influence of media, peers, family, social networks, etc.). They question and think critically about the place and importance given to body image nowadays and think creatively about self-confidence and self-esteem.

International mixed groups of students working alternatively in virtual environments (Wonder.me)

<https://app.wonder.me/space/42ee4634-145f-4fc1-af88-ac4c960eb5e0>

ACTIVITY	TITLE: guiding questions	WHERE apps, software	WHEN- deadline
Brainstorming activities - all groups	My expectations: what do you expect from this project? Share your thoughts	Discussion\ Forum, padlet, nearpod, word cloud, mentimeter	December



Nasze oczekiwania:

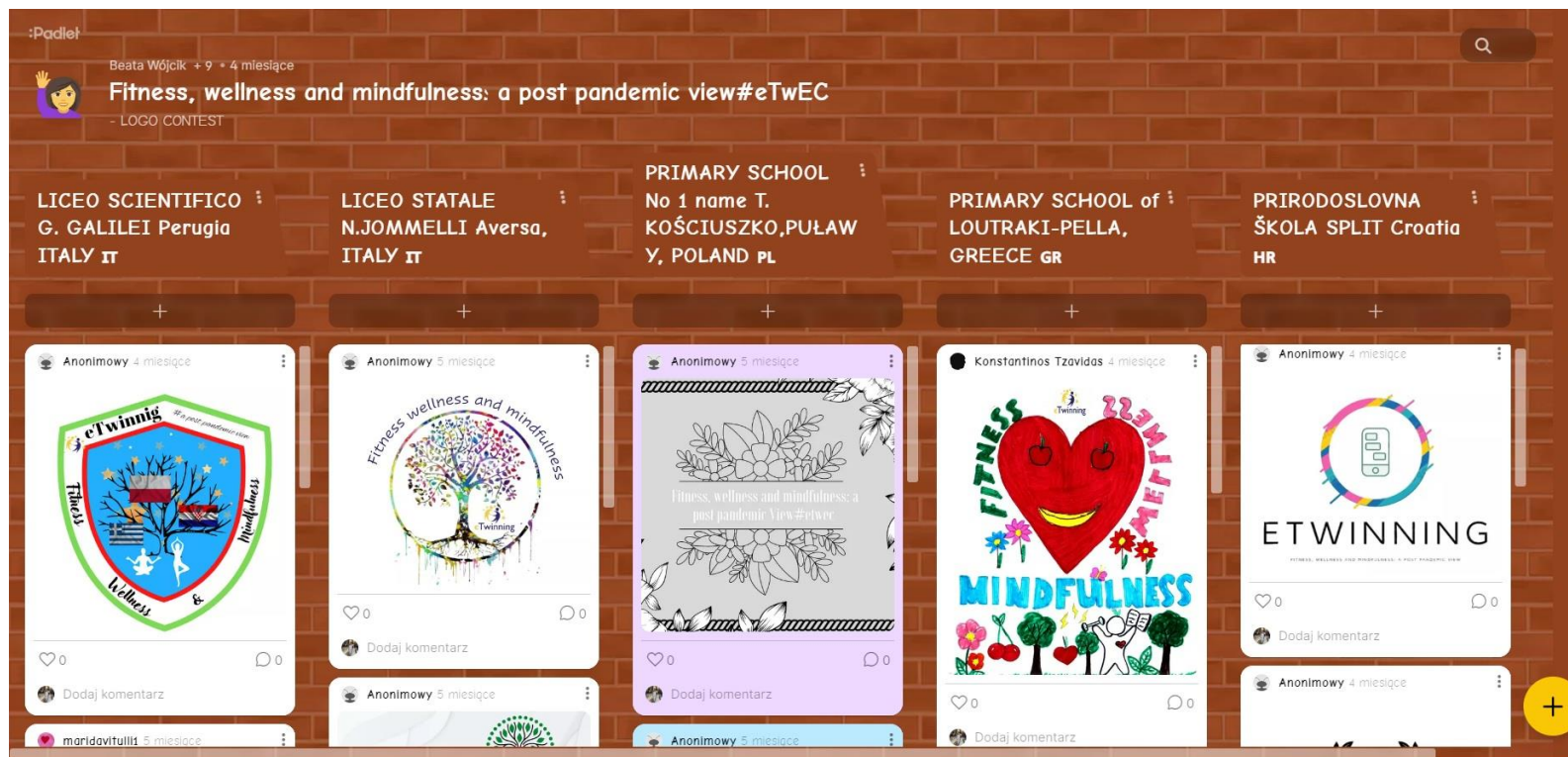
Join at [menti.com](https://www.menti.com) use code 5213 6391

What do you expect ? Tell about your needs! What would you like to prepare?

84 answers



Logo projektu: *konkurs*



Logo projektu



2



1



3

Podział na grupy międzynarodowe-współpraca:

MIXED GROUPS										
MENTOR	MARIDA		BEATA		GIOVANNA		IVANA		KOSTAS	
MIXED GROUPS	HAPPINESS		SERENITY		EMPATHY		GOOD HEALTH		WELLNESS	
1	Elisa		Marcello	MARIDA	Valentina	MARIDA	Cecilia	MARIDA	Matilde	MARIDA
2	Sara		Ludovica		Sara P.		Giovanni I.		Nicolas	
3	Alessandro		Veronica		Giovanni D'A.		Giulia		Riccardo	
4	Chiara		Andrea		Christian		Margot		Sofia	
5	Raissa	BEATA	Klaudia	BEATA	Gabriel	BEATA	Kacper	BEATA	Antek	BEATA
6	Ada		Wiktoria		Wiktor		Szymon		Konrad	
7	Gabrysia		Paweł		Kinga		Daria		Amelia	
8	CARMEN	GIOVANNA	CARMEN 2	GIOVANNA	MARIANNA	GIOVANNA	ROSA	GIOVANNA	LAVINIA	GIOVANNA
9	MATTEO		DIEGO		MARIANGELA		ILARIA		GIADA	
10	GIUSEPPE		ILARY		ANDREA		MATTIA		SAMUEL	
11	ANA	IVANA	EMA	IVANA	RAFFAELLA		MARIA		GORANA	IVANA
12	Maritina (GR)	KOSTAS	Emmi (GR)	KOSTAS	ANDELA	IVANA	KATARINA	IVANA	Sotiris (GR)	KOSTAS
13	Dimitris B. (GR)		Giannis (GR)		Dimitris L (GR)	KOSTAS	George P. (GR)	KOSTAS	Nikos (GR)	
14			George N. (GR)		Maria (GR)		Marios (GR)		Petros (GR)	

Zespół 1 - HAPPINESS



Zespół 1 zajmował się zdrowym trybem życia. Przygotował prezentację poświęconą temu tematowi.



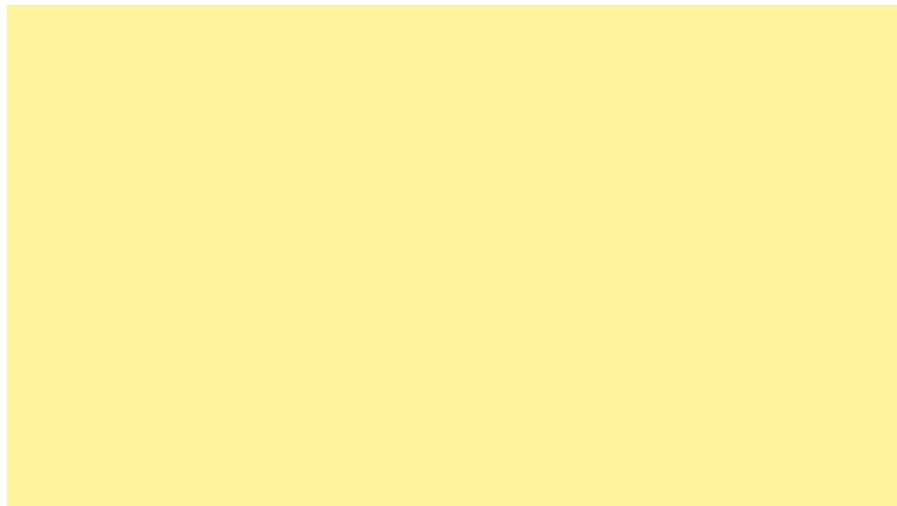


Zespół 2 SERENITY



eTwinning

Tematem prezentacji drugiego zespołu
był stan spokoju. Członkowie zespołu
dawali w niej rady, dzięki którym można
otrzymać ten stan.



Zespół 3 - EMPATHY

Następna z kolei grupa przygotowała prezentację dotyczącą empatii. W niej członkowie grupy opisali jak się relaksują.





eTwinning

Zespół 4 - GOOD HEALTH



Kolejna grupa w swojej prezentacji podała wskazówki, czego unikać, a co robić żeby żyć zdrowo.

GOOD HEALTH





eTwinning

Zespół 5 - WELLNESS



WELLNESS CHALLENGE



1 Do what makes you happy
Nicolas, Italy

2 Take control of your own life
Gorana, Croatia

3 Stay off from negative thoughts
Riccardo, Italy

4 Never miss ...taking care of your health

5 Don't overthink
Giada, Italy

6 Choose living in peace
samuel Italy

7 Give yourself a ...

8 Avoid Being stressed ... samuel Italy

9 Spend time on what makes you feel good.
Matilde, Italy

10 Follow your heart!
Lavinia, Italy

11 Have a more positive and overall greater appreciation for life
Sofia, Italy

12 Keep positive thinking
Sotiris, Greece

13 BE YOURSELF!
Nikos, Greece

14 Never stop smiling!
Petros, Greece

Ostatni zespół przedstawił jak zachować zdrową kondycję w swoim życiu.

Dzień Bezpiecznego Internetu

Our **ACRONYM** for 7th February 2023
and "Safer Internet Day"

Look out when surfing the Internet
End a chat if you feel uncomfortable
Turn on thinking while surfing the net
Stop sharing your private life

Share no personal information
Use a strong password and ...
Remember to change it from time to time
Follow the rules of netiquette

Social media cannot replace human interaction
Advertising human body can be harmful
Find ways to limit screen time
Emotions do not express your feelings
Life is not internet
Your safety matters!



Cyber safety tips

- Don't click any suspicious links.
- Don't download anything from suspicious websites.
- Don't tell your passwords to anyone.
- Install an anti-virus program on your computer.
- Don't share your personal information on social media
- Create strong passwords

Remember that, and stay safe on the internet

SAFER INTERNET DAY

Safe internet is a service that provides protection against viruses, malware and threats on the Internet

Safe internet rules:

- 1) ONLY OPEN MESSAGES FROM PEOPLE YOU KNOW
- 2) KEEP YOUR PERSONAL DETAILS AND PASSWORDS TO YOURSELF
- 3) REMEMBER THAT THE PERSON ON THE OTHER END MAY NOT BE WHO THEY SAY THEY ARE

5 Internet Safety Tips

- ### Don't Give Out Personal Information

Keep your personal information private and use it on safe sites only.
- ### Create Complex Passwords

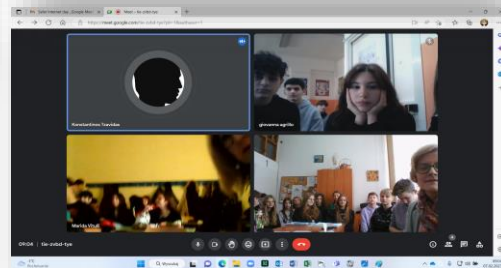
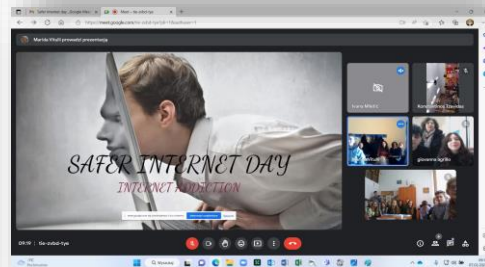
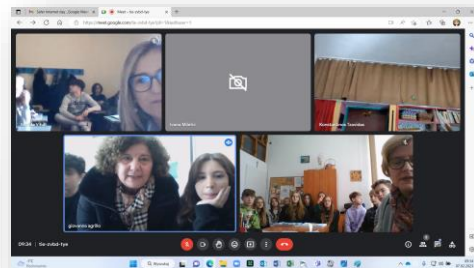
Create passwords with a combination of letters, numbers, and symbols.
- ### Watch out for adults impersonating children

You don't know who's on the other side
- ### Never send your naked photos

They can be used against you
- ### Don't download suspicious files!!!

You can download a virus

Spotkanie



Erasmus+



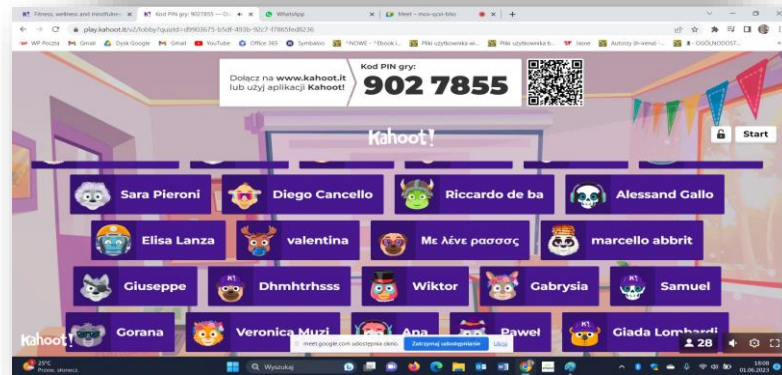
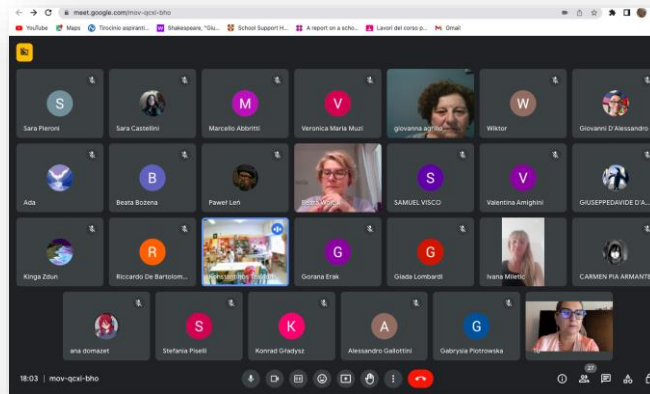
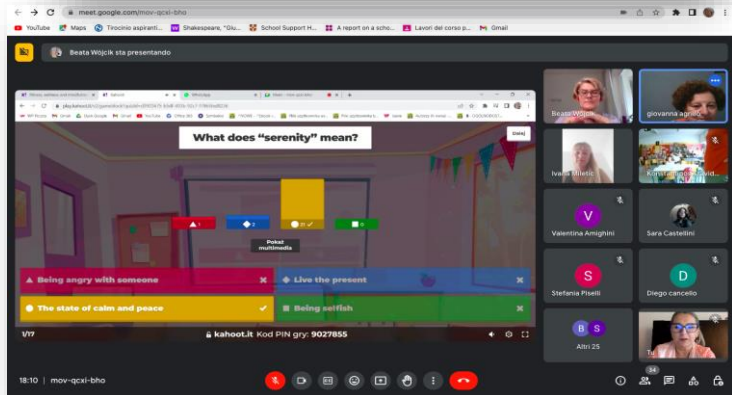
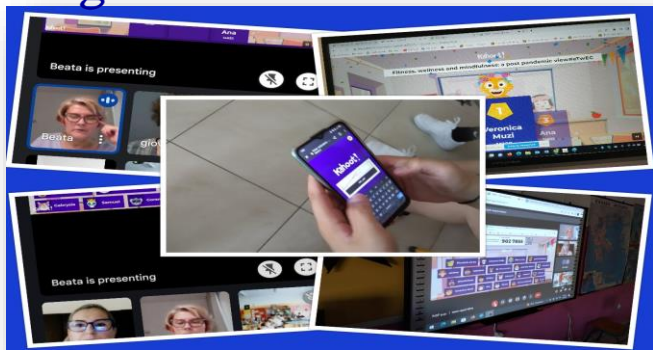


eTwinning

Ekologia: Words in Action



Ostatnie spotkanie z kahootem





Nasze dyplomy za grę w kahoota



Diploma

THIS IS AWARDED TO

GABRYŚIA PIOTROWSKA

For the 2nd place in the international online

Italy, Poland, KAHOOT competition 2022/23

Croatia, Greece

Project Partners

**eTwinningProject: Fitness, wellness and
mindfulness: a post pandemic view#eTwEC**



Diploma

THIS IS AWARDED TO

KINGA ZDUN

For the 5th place in the international online

Italy, Poland, KAHOOT competition 2022/23

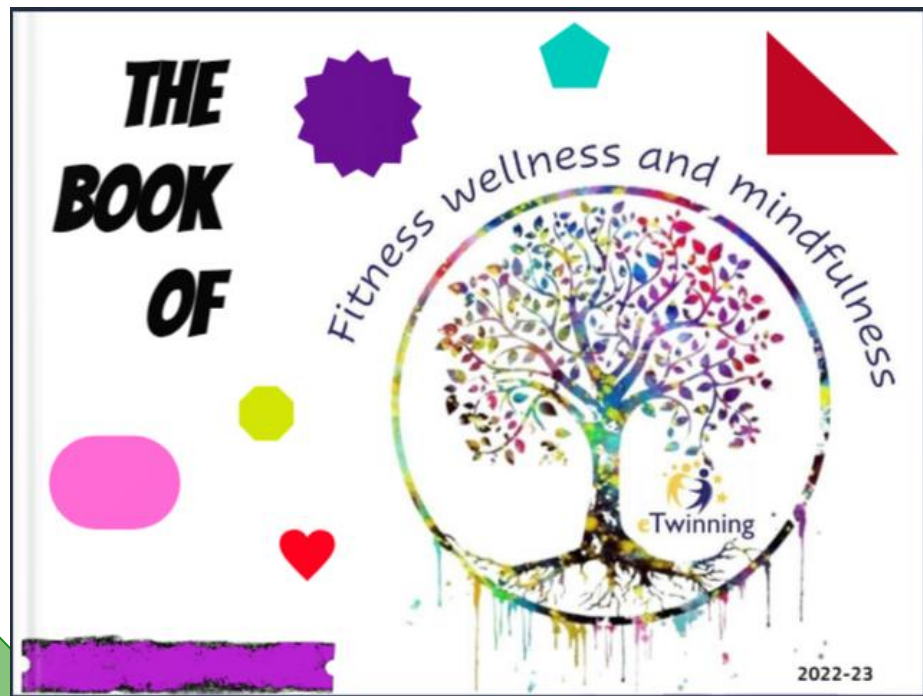
Croatia, Greece

Project Partners

**eTwinningProject: Fitness, wellness and
mindfulness: a post pandemic view#eTwEC**

Podsumowanie projektu:

*Wszystkie działania projektowe zostały podsumowane we
wspólnej książce*



Ewaluacja



EVALUATION

To see the questionnaire of students' & teachers' opinion on the project (last survey) click [here](#).

On the same [link](#) you can see the results in full detail

The aim of this study is to analyze the results of the Last survey and evaluate the project. The following outcomes can be deduced

- Almost all the teachers and students said they learned more about the topic GOOD HEALTH and WELL BEING and became aware of its importance thanks to the project
- Most of the participants have not taken part in an etwinning project so far
- The majority of participants enjoyed doing activities like The LOGO of the project, QUIZ and KAHOOT games
- A great number of participants have benefited from the use of new Web 2.0 tools thanks to the activities of the project
- Almost all the participants enjoyed to meet new partners and work collaboratively in most of activities, increasing their English language competence
- Almost the totality of the participants considered the FORUM and ONLINE Meetings enjoyable and useful to communicate
- Most of teachers and students said they would like to participate in another eTwinning project
- The project met the partners' expectations



Fitness, wellness and mindfulness: a post pandemic view Last survey

For both teachers and students

[Przełącz konto](#)

 Nieudostępnione



* Wskazuje wymagane pytanie

Narzędzia TIK

Use of Technology

Digital tools, Apps,
Software, TIC

[Padlet](#)

[EU & ME quiz](#)

[CapCut](#)

[Mentimeter](#)

[ME\[QR\]](#)

[TwinSpace Forum](#)

[Canva](#)

[Google Meet](#)

[Facebook](#)

[Kahoot](#)

[Zoom](#)

[Google forms](#)

[YouTube](#)

[Bookcreator](#)



Spotkania projektowe

1

These are the...

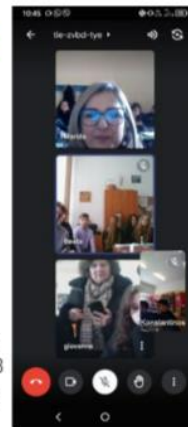
Online Meetings of the Project



1st Meeting _06 Dec. 2022
_Getting to know each other



2nd Meeting
_07 Feb. 2023
Safer Internet Day

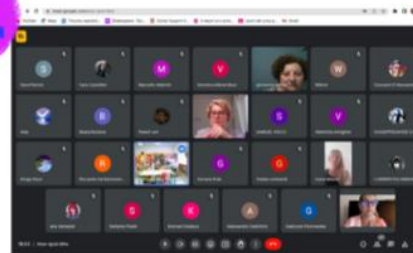


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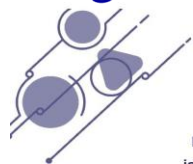


3rd Meeting _17 May 2023
_Final Activities Discussion



4th Meeting _31 May 2023
_Online Quiz
Students' Knowledge Testing (first evaluation)

Odznaki Jakości



Giovanna Agrillo

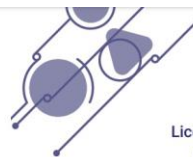
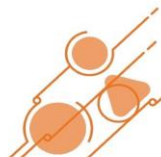
Liceo Statale "N. Jommelli" di Aversa, Italy
is awarded with the National Quality Label
for the project:

**Fitness, wellness and mindfulness: a post pandemic
view#eTwEC**

13.12.2023



National Support Organisation
Italy



Marida VITULLI

Liceo Scientifico Statale "G. Galilei" di Perugia, Italy
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for the project:

**Fitness, wellness and mindfulness: a post pandemic
view#eTwEC**

13.12.2023



National Support Organisation
Italy



Beata WOJCIK

Szkoła Podstawowa nr 1 im. Tadeusza Kościuszki w Puławach, Poland
is awarded with the National Quality Label
for the project:

**Fitness, wellness and mindfulness: a post
pandemic view#eTwEC**

01.08.2023




Ph. D. Paweł Poszytek
National Support Organisation
Poland



Dziękujemy za uwagę

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