



Safe and healthy learning and working environment



ZNP good practices on providing
psychological support to teachers
during the COVID-19 pandemic

12 April 2021



A YEAR WITHOUT SCHOOL

In March, a year has passed since the schools were first closed. One of the longest lockdown in Europe.

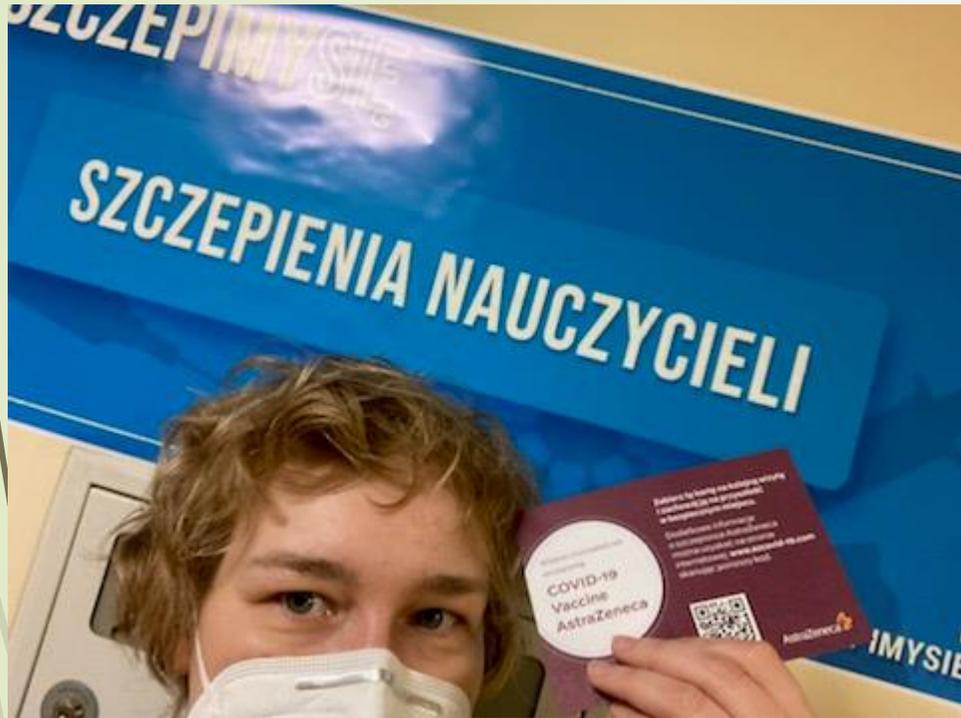
OUR ACTIVITIES

03/2020 – 03/2021



- over 100 appeals, positions and open letters
- 34 letters to the authorities: the Prime Minister of the Republic of Poland, ministers, labour inspectorate containing teacher's postulates
- the Teacher's Voice published nearly 100 articles, reporting on the situation in schools across the country, and interviews with experts - psychologists, doctors and epidemiologists

Our successes



- free coronavirus tests for those working in kindergartens and primary schools
- including teachers as well as administration and service workers in the priority group
- vaccinations, which benefited 545,000 people working in the education system, including those who are on leave or on sick leave due to comorbidities

WORKING TOGETHER

BEZPŁATNE
KONSULTACJE
PSYCHOLOGICZNE
DLA NAUCZYCIELI,
EDUKATORÓW,
RODZICÓW



Bezpłatne konsultacje psychologiczne –
nauczyciele, edukatorzy, rodzice

After the article "Teachers: We are on the verge of endurance. ZNP: Psychological support needed ", the Psycho-Edukacja Foundation contacted us and offered free on-line psychological help for teachers.

We offer over 100 consultations on different days of the week and at different times. One person can use three sessions (a single session lasts up to 45 minutes). Meetings are held via Skype.

Help is provided by the Foundation's volunteers - people with psychological and psychotherapeutic preparation, who have additionally undergone training in the use of acceptance and commitment therapy in crisis intervention, with particular emphasis on the COVID-19 pandemic.



I teach others - I take care of myself!



I teach others - I take care of myself!

- Teachers' well-being is crucial in education, whether it is done remotely or in a traditional way. It is good for them to be able to take care of themselves, because a teacher who feels good is more likely to develop their competences and cares about the development of students' competences.
- At the end of November, we asked teachers about the problems they face, especially in the field of distance education. **The answers most frequently mentioned problems with motivating students as well as coping with stress and taking care of oneself.**
- That is why, together with the Orange Foundation, as part of the "Lesson: Enter" project, we undertook activities aimed at supporting teachers in these aspects. As part of a joint initiative called "I teach others - I care for myself", in December and January, Głos Nauczycielski featured a series of publications ending with an open webinar on January 27, 2021, broadcast on GN's Facebook profile (www.facebook.com/GlosNauczycielski)

głosnauczycielski



- *The most important thing is to understand that taking care of yourself is our right, not a privilege*
- *From a psychological and practical point of view, the basic “tool” in a teacher's work is the teacher himself. He himself, because he works with his "head", uses his knowledge and emotions. The more a teacher is able to take care of himself, the more he is able to take care of balance in his life, work-life balance, balance between the roles in which he / she is involved (teacher, partner, parent) during a pandemic, the greater his / her mental resilience*



głosnauczycielski



- ▶ *We listen to the needs of teachers - this is important, especially during a pandemic. The world is changing, it is becoming more and more digital and we see the need for changes in this direction also in Polish education, as a very important aspect of our lives. We want to help teachers use the digital world, advise on how to conduct lessons using various platforms, applications and educational portals*
- ▶ *It seems crucial that we change this question from "how to motivate students" to "what motivates students?". If the teacher or parent looks at such a question and finds answers, they will obtain solutions. Children motivate built relationships. That is why it is so important that online lessons contain elements of integration*

głosnauczycielski



- Stress, depression, fatigue. The price of distance education is high
- Concern for teachers 'mental health is care for students' mental health



PROBLEMS WITH INCREASING AGGRESSION

- How is the pandemic contributing to the radicalization of youth?
Radicalization of behavior and views - how to recognize, how to react?
- Threats to children and young people on the Internet, new phenomena and trends - pathologists, what should be paid attention to.
- Why is it so easy to misinform in a pandemic? Disinformation in social media and social attitudes.

Jak rozpoznawać, jak reagować? Wpływ radykalnych treści i dezinformacji w internecie na młodzież

Zapraszamy nauczycielki i nauczycieli na rozmowę online inaugurującą cykl webinarów

10 lutego, godz. 17:00 Transmisja: fb.com/FundacjaMISO

z udziałem:

Renaty Mieńkowskiej-Norkiene, przewodniczącej Rady Programowej MISO

Sławomira Broniarza, prezesa ZNP

Konrada Ciesiołkiewicza, prezesa Fundacji Orange

Thank you for your attention!



Dorota Obidniak

***Coordinator of International Cooperation
and Educational Projects***

obidniak@znp.edu.pl