

Mental Health Project in the Vila Real de Santo António School Group
GIVE STAGE TO EMOTIONS - 2023/2024

1st Term				
Day	September	October	November	December
1				
2				
3				
4				Promotion of the program
5				I'm going!
6			3rd session	Vocational Guidance and
7			promotion program	Career Development
8			socioemotional skills	
9		1st session	12th grade	
10		promotion program		
11		socioemotional skills		
12		7th, 8th and 9th years		
13	Beginning of the school year		2nd session programs:	
14			Self care and wellness	
15			educational agents	
16		1st program session	Guardians of Education	
17		Self care and wellness		
18		educational agents		school interruption
19		Guardians of Education		
20			4th session	
21			promotion program	
22			socioemotional skills	
23		2nd session	Primary School / 5th and 6th years	
24		promotion program		
25	Disclosure	socioemotional skills		
26	promotion programs	10th and 11th years		
27	socioemotional skills			
28				
29				
30				
31				

Start of classes / Interruption of classes / End of school

Programs to promote social and emotional skills: 1 - My lid still pops: self-regulation strategies for anxiety levels;
 2 - My emotions; 3 - Positive body image: self-esteem and self-confidence; 4 - Time management and impact of social networks

Vocational Guidance and Career Development Programme: 1 - I am going!

Programs for the promotion of Health and Psychological Well-Being in the school community: 1 - Psychological / Emotional First Aid;

2 - Conversations with Psychologist Sónia: Promoting Self-Care and Psychological Well-Being

Weekends

Holidays

The work carried out through these Programs for the Promotion of Social and Emotional Skills and Lifelong Guidance is a part of the work carried out by the Psychology and Guidance Service, which also includes the following activities:

- 1 - Psychological and psychopedagogical support (weekly, fortnightly or monthly) - therapeutic intervention in individual consultation and psychological assessment;
- 2 - Member of the Multidisciplinary Support Team for Inclusive Education;
- 3 - Weekly support in the Specialized Education Unit room (Autism Spectrum Disorder);
- 4 - Member of the Psychological Health Team in the School Context, part of the Support Program for Health Promotion and Education (PAàPES);
- 5 - Dr. Panel - interactive panel for students to ask questions about mental health and psychological well-being.