NEWSLETTER 4

TechWell
Digital Wellness in Schools







TECHWELL MOVES TOWARDS CROSS-COUNTRY SCHOOL PILOTING

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The TechWell project is entering an important new phase. Following the development of the Digital Wellbeing Suite, the preparation of multilingual educational resources and extensive stakeholder engagement across six countries, the consortium is now focusing on the next major step: preparing schools for cross-country piloting. In this edition, we share the main outcomes of the recent partner meeting in Budapest, explain how participating schools will be supported throughout the pilot process and highlight a relevant European discussion on digital resilience in education.

BUDAPEST PARTNER MEETING: KEY OUTCOMES

On 26–27 May 2026, TechWell partners met in Budapest to review progress and coordinate the transition towards school-level experimentation. Discussions focused on refining the pilot methodology, preparing participating schools and aligning monitoring and support arrangements across the six countries.



BUDAPEST PARTNER MEETING: KEY OUTCOMES

The consortium discussed and further aligned its approach in the following areas::

- common criteria for the selection and preparation of participating schools;
- the school readiness and baseline assessment process;
- the establishment of school-level Digital Wellbeing Teams;
- implementation planning and partner support;
- monitoring tools, feedback mechanisms and data collection;
- national adaptation while maintaining a common European pilot framework.

The meeting also helped clarify responsibilities among partners and identify the immediate tasks to be completed at both consortium and national level.

The Budapest discussions confirmed that the TechWell pilot will not be limited to testing individual classroom activities. Instead, it will examine how a structured whole-school digital wellbeing approach can be introduced, supported and adapted within different European education systems.

PREPARING SCHOOLS FOR THE TECHWELL PILOT

Preparing schools for the TechWell pilot involves more than providing educational materials or organising individual lessons.

The pilot is designed as a whole-school process that brings together school leadership, teachers, students, families and other members of the school community. Its purpose is to support schools in reflecting on their current digital practices, identifying priorities and planning practical steps towards healthier, safer and more inclusive digital environments.

School selection and preparation

National partners are working with schools to ensure that participating institutions understand the purpose, structure and expectations of the pilot.

The selection and preparation process considers factors such as:

- the school's interest and commitment;
- leadership support;
- the involvement of relevant staff members;
- the school's capacity to participate in baseline assessment and monitoring;
- the possibility of engaging students and families;
- the diversity of national, social and educational contexts represented in the pilot.

The purpose is not to identify schools that already have perfect digital wellbeing practices. The pilot aims to work with schools at different stages of development and learn how the TechWell approach can support progress in varied contexts.

Understanding school readiness

The readiness process helps schools and national partners understand the institution's starting point before implementation begins.

It may examine areas such as:

- current digital practices and school policies;
- staff awareness and confidence;
- leadership commitment;
- student and family engagement;
- existing digital safety and wellbeing initiatives;
- available capacity for implementation and monitoring.

This information will support realistic planning and provide a baseline against which implementation experiences and changes can later be considered.

Establishing a Digital Wellbeing Team

Each participating school will be encouraged to establish a Digital Wellbeing Team or identify a group of staff members who can coordinate the process locally.
The team may include school leaders, teachers, support staff and other relevant members of the school community. Depending on the national and institutional context, schools may also involve students, parents or external specialists.

The team's role is expected to include:

- coordinating the school's participation;
- supporting internal communication;
- helping identify priorities;
- planning implementation activities;
- encouraging wider school-community involvement;
- collecting feedback and reflecting on progress.

This structure is intended to ensure that digital wellbeing is not treated as the responsibility of one individual teacher or one subject area.

Implementation planning and support

Following the readiness and baseline phase, participating schools will develop an implementation plan suited to their own context.

The plan will help schools determine:

- which areas of digital wellbeing require the greatest attention;
- which TechWell resources and activities are most relevant;
- who will be involved;
- how activities will be scheduled;
- what support is needed;
- how progress and feedback will be documented.

National partners will provide guidance throughout the process, while the common TechWell framework will help maintain consistency across the six participating countries.
The aim is to balance a shared European methodology with sufficient flexibility for schools to respond to their own needs, structures and priorities.





FROM THE DIGITAL WELLBEING FIELD

Helping pupils succeed in digital environments

A recent Teachers of Europe podcast explores how schools can help pupils become more resilient and confident in digital environments without placing additional pressure on teachers.

The discussion addresses themes closely connected to the TechWell approach, including critical awareness, responsible technology use, practical school-level support and the involvement of families.
One of the central messages is that digital resilience cannot be built through isolated interventions alone. Schools need coordinated approaches that connect classroom practice, school culture, staff support and family engagement.

This perspective strongly reflects the whole-school logic being tested through TechWell.

Why it matters for TechWell

The TechWell pilot will explore how schools can translate broad digital wellbeing objectives into realistic and sustainable institutional practices. External European discussions such as this provide useful context for understanding shared challenges and emerging approaches across education systems.

Key relevance for TechWell
It reinforces the project's whole-school approach to digital wellbeing.

Read or listen to the feature:
Helping pupils succeed in digital environments

WHAT COMES NEXT?

Over the coming weeks, TechWell partners will continue preparing the cross-country pilot phase.

The next steps include:

Finalising pilot preparation

Partners will continue refining the common methodology, implementation guidance, monitoring tools and support arrangements.

Coordinating with participating schools

National partners will maintain direct contact with schools, clarify expectations and support the establishment of local coordination structures.

Conducting readiness and baseline work

The consortium will prepare the processes needed to understand each school's starting point and implementation context.

Refining the Digital Wellbeing Suite

Feedback from partners and schools will be used to improve the clarity, usability and sequencing of the DWS components before and during implementation.

Preparing national implementation

Each partner country will adapt the common pilot framework to its own education system while preserving the shared objectives and evidence requirements of the European policy experimentation process.

The upcoming pilot phase will allow the project to move from development into implementation in real school settings. The evidence and experience collected through this process will support the further refinement of the Digital Wellbeing Suite and contribute to future implementation guidance, sustainability planning and policy recommendations.



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