NEWSLETTER 5

TechWell
Digital Wellness in Schools

Issue 5

PREPARING THE GROUND FOR TECHWELL SCHOOL PILOTING

TechWell is moving into a new stage of the project: structured preparation for school-based implementation across partner countries. The pilot phase begins with school profiling, readiness checks and baseline assessment before core Digital Wellbeing Suite activities are implemented. This planned sequence helps ensure that later implementation experience can be understood in the context of each school.



A refreshed online home

The updated TechWell website brings project information, resources and news together in a clearer structure.
As piloting progresses, it will also serve as a central point for sharing implementation updates and cross-country learning.

Explore: techwellproject.eu

A closer look at the Digital Wellbeing Suite

The DWS combines guidance, tools and educational materials designed to support a whole-school approach to digital wellbeing.

Explore: techwellproject.eu/digital-wellbeing-suite/

Our five-step pilot pathway

Readiness → Baseline → Implementation → Monitoring → Reflection

TechWell continues until 31 August 2027

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Why baseline comes before action

Before implementation begins, TechWell aims to understand each participating school's starting point. This helps schools plan realistic steps and allows the project to learn from different contexts.



What we want to understand

- Current digital practices and policies
- Teacher and student perspectives
- Strengths and challenges
- Available support structures
- Implementation context and capacity

How the first steps support the pilot



- **They help schools identify priorities.**
- **They provide a clear starting point for measuring progress and change.**
- **They support meaningful comparison and learning across countries.**

Different schools. Different contexts.
A shared evidence pathway helps us learn together.

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FROM EVIDENCE TO IMPLEMENTATION

TechWell follows a common pilot pathway so that experience from different schools and countries can be understood within the same overall logic.



1. **School profile** — understand the local context.
2. **T0 baseline** — capture the starting point.
3. **Activity selection** — identify relevant DWS resources.
4. **Implementation** — put selected activities into practice.
5. **Monitoring** — document progress, feedback and adaptations.
6. **T1 follow-up** — revisit key indicators after implementation.
7. **Reflection and optimisation** — identify lessons and next steps.

This structure supports cross-country learning without requiring every school or country to use exactly the same activities.

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THE PEOPLE BEHIND IMPLEMENTATION



Meaningful implementation depends on people as much as on tools.

Different members of the school community contribute different perspectives, responsibilities and forms of support.

Key roles

1
SCHOOL LEADERSHIP
Creates legitimacy, time and organisational support.

2
SCHOOL COORDINATOR / LOCAL TEAM
Connects planning, communication and follow-up.

3
TEACHERS
Bring everyday classroom practice and workload realities into the process.

4
STUDENTS
Contribute insight into digital habits, pressures and support needs.

5
FAMILIES & SUPPORT PROFESSIONALS
Strengthen continuity beyond the classroom.

Digital wellbeing is a whole-school effort.

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WHAT COMES NEXT?



Over the coming weeks, TechWell communication will take a closer look at the people, roles and everyday practices that shape successful digital wellbeing implementation.

1

School readiness

What helps a school prepare?

2

Leadership & coordination

Why clear local roles matter.

3

Student voice

What students can tell us about digital wellbeing needs.

4

Teacher digital wellbeing

Why workload, communication and healthy boundaries matter too.

5

Clear school practices

How everyday rules and routines shape digital culture.

Follow the latest updates:
https://techwellproject.eu/news/

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Moving from Preparation to Meaningful Action

TechWell is moving from preparation towards practice.

By starting with baseline assessment, schools can take informed steps that support meaningful digital wellbeing improvements.



What we are building together

Stronger foundations
Baseline data creates a clear picture of where each school stands.

Shared learning
Comparing contexts helps us learn from each other.

Targeted action
Schools can focus on the areas that matter most to them.

Ongoing improvement
Data helps schools track progress and adapt over time.

Whole-school impact
Involving the entire school community makes change sustainable.

Stronger together
A cross-country approach builds a richer evidence base for all.

Our shared commitment

We commit to using evidence to guide our decisions.

We commit to supporting our school communities.

We commit to building a culture of digital wellbeing.

> **Every school is unique. Together, we create knowledge that helps everyone grow.**



Let's keep moving forward – from insight to action, for better digital wellbeing in every school.

STAY CONNECTED WITH US

for updates on additional resources, upcoming events, and opportunities



SCAN FOR MORE

www.techwellproject.eu

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