



**Newsletter No. 1  
November 2013**

The Grundtvig Partnership „Learning Positive Discipline” (LPD) has been funded with support from the European Commission.

This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



**In this issue:**

- 1. Presentation of the project: Objectives**  
**Target groups**  
**Activities**  
**End product**
- 2. Partners**
- 3. First meeting (Vaslui, Romania):**  
**Objectives**  
**Activities**  
**Evaluation**
- 4. Next meeting**

The partnership will take place between August 2013 and July 2015 and involves 11 European institutions.

The overall aim of the project is to encourage adults to analyze how they relate to children and students to discover a wider range of tools and methods to solve behavioral problems of children based on communication and positive discipline. The project aims to draw attention to the negative effects of corporal punishment and verbal of children, and to promote raising children in a positive and non-violent atmosphere in all environments.

Such a project is necessary because many parents and teachers do not have the knowledge and skills necessary to manage children's problem behaviors on the development of positive relationships and mutual support and, in many cases, the source for worsening of behavioral problems of children is the way parents and educators know how to manage these problems.

## Project's specific objectives

- ☑ assimilation by the adults of some knowledge concerning problematic behaviors, conflict management and positive discipline
- ☑ development of adult skills to manage behavioral problems of children through positive discipline, to stimulate positive behavior and give support to children with a high risk of committing acts of violence
- ☑ promote certain behaviors and attitudes change ineffective in adult relationships with children and learning behaviors based on positive discipline relationship
- ☑ encourage the transfer of good practices and cooperation between European institutions on positive discipline techniques
- ☑ quality-improvement of the organizations which offer adult learning contexts through transfer of best practices and European cooperation
- ☑ promoting the acquisition of the key European competences by adults

## Target groups

- ❖ Parents who want to improve their parenting skills, which manifest the desire to know their children better
- ❖ People who interact with children (teachers, psychologists, school counselors) who want to discover positive disciplinary methods and tools to apply them in their professional activity with students or aiming to provide support to parents who wish to improve their knowledge, disciplinary skills and positive child behaviors.
- ❖ People working in adult education

## End Product

## Activities

- six project meetings;
- 2 european seminars ("Positive discipline techniques" and "Communication in the positive discipline);
- work-shops with adults;
- research "Education of children regarding positive discipline. Highlights and current practice in Europe";
- dissemination and exploitation;
- monitoring and evaluation.

The end product of „Learning Positive Discipline” (LPD) project is the guide **“Tools for teaching Positive Discipline”** which will contain:

- Introduction
- The three modules of the program of development of positive disciplinary skills among adults (Positive discipline as a form of behavioural learning, The ingredients of Positive Discipline, Problems solving with Positive Discipline)
- The annex: “50 Positive Discipline Techniques”

## Partners:

**Liceul “Stefan Procopiu”  
(Romania, Vaslui)  
Coordinator**

**Foreign Language  
Secondary School  
(Bulgaria, Pleven)**

**Kiwanis Club Vaslui  
(Romania, Vaslui)**

**Agentur Kultur e.V.  
(Germany, Munchen)**

**Estonian Survival Society  
(Estonia, Võru)**

**C.P.F.P.A. MISLATA  
(Spain, Mislata)**

**Bauska Secondary School no.2  
(Latvia, Bauska)**

**Kecskeméti Főiskola  
(Hungary, Kecskemét)**

**Amici del centro socio-culturale  
San Francesco  
(Italy, Umbertide)**

**DC Center Dariusz Cegliński  
(Poland, Rzeszow)**

**Usak Universitesi Kadin  
Sorunlari Uygulama  
ve Arastirma Merkezi  
(Turkey, Uşak)**



## “Stefan Procopiu” High School (Vaslui, Romania)

The “Stefan Procopiu” High School was established in 1972. In our school there are about 130 teachers. Over 60% of our high school’s teachers are women.

The High School "Stefan Procopiu" was awarded "European School" 4 times (2004, 2007, 2010, 2013). This title is awarded every three years to the schools that run European projects. The High School "Stefan Procopiu" is among the seven schools in Romania which have obtained the certificate "European School" 4 times in a row. In the last two editions, our school ranked on 3rd and 2nd place respectively. Since 1999, our school developed 34 European projects: 24 Leonardo da Vinci projects, 7 multilateral partnerships Comenius, 3 partnerships Grundtvig.



## Foreign Language Secondary School (Bulgaria, Pleven)

The Foreign Language School of Pleven is a school with traditions in foreign language education. The studied languages are: English, German, French, Spanish and Russian. Our motto is: “More languages- more cultures- more worlds”. Our school is a heir of one of the first ten schools in Bulgaria. Founded by the wealthy teacher Emanuil Vaskidovich in 1849. Since 2004, our school developed 7 Comenius projects.



## Kiwanis Club Vaslui (Romania, Vaslui)



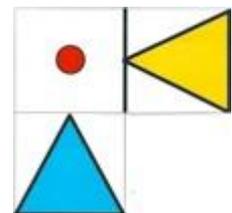
Kiwanis Club is a non-profit, non-governmental organization whose main gold rule is: “Always do for others what you would like others to do for you.” The Motto of the club is: “Serving the Children of the World”. The club started its activity in 2005 with over 20 members. It is an association where its volunteers believe in the same values and they all share the desire of creating a better world by serving the Children of the World. The club follows all the procedures and principles of Kiwanis International, which first appeared in 1915 in Michigan, as a men’s club. The name of the club was given by a historian, specialized in the Amerindian language, and it is an abbreviation of the expression: “NuncKee-wanis”, which means lets share our talents; leading to the name Kiwanis. The goals of the Kiwanis Vaslui club are:

- To give priority to the human and spiritual values of life in balance with its material values;
- To encourage the implementation, in daily life, of the golden rule: “Always do for others what you would like others to do for you”
- To promote the taking and the applying of higher standards in the social, professional and business areas
- To develop through percept ion and examples a clever, active and well-intentioned civic spirit
- To promote values such as justice, tolerance, patriotism and good faith.



## Agentur Kultur e.V. (Germany, Munchen)

Agentur Kultur e.V. was founded as an agency for the planning and realization of cultural and educational activities with a regional, national, European and international dimension. In 2012 it was restructured as a non profit organization „Agentur Kultur e.V.“ It is carrying out seminars, conferences, research projects and study trips in cooperation with public bodies and as a special focus for institutions, which are mainly working in the field of adult education.



Main points of interest: Sustainable development and environmental education, Intercultural learning and communication, Intergenerational learning, Health education, Family education, Seniors’ education. Agentur Kultur e.V. is engaged especially in the region of Munich and Stuttgart in projects of adult education and vocational training. Up to now Agentur Kultur participated in eight EU-funded projects (five GRUNDTVIG Learning Partnerships, one GRUNDTVIG Workshop, one GRUNDTVIG Multilateral Project and one LEONARDO DA VINCI Partnership).

## Estonian Survival Society (Estonia, Võru)

Estonian Survival Society is a non-profit organisation that was formally established in November 2001. It has been working with non-formal training of both adults, youth and children until that time. In addition to the regular target groups, it has been working with youngsters and children from different “special needs” target groups for more than 5 years now. This includes youngsters, pedagogues and parents from special needs’ schools (study difficulties, behavioural problems) as well as orphans. For this target group, the project theme of “Learning positive discipline” is especially relevant.



We have found an unique way of dealing with our learners – trying to help them and to influence their life for having better chances for future – using the method of outdoor learning. The centre has experience with carrying out camps, organizing classroom and outdoor training for the learners, and the feedback from them, as well as their parents and pedagogues has been very positive. We are also working with training the staff of these establishments, as well as co-operation with parents. To make the training appealing to learners from all age groups, the form of practical, hands-on training is used mainly. Before each practical session, though, the topic is explained in theory in as many details as needed.



## C.P.F.P.A. MISLATA (Spain, Mislata)

The Adult Public Education Centre is a public school located in Mislata and it depends on educational authorities. This school is focused on the adult learning, that means, that the students should be over 18 in order to apply. The school provides compulsory and non-compulsory studies. There are different groups and levels in the school. It varies from literacy levels to courses in order to get the Certificate in Secondary Education, which is the basic certificate in the Spanish education system. There are also other training courses such as the preparation to the access of vocational training, foreign language courses in English and French, Spanish as a second language, Valencian language, IT and seminars in Culture.



The centre welcomes students at risk of exclusion, students with special educational needs and foreigners. Our school has a wide range of people, but the majority of our students are over 30-35. And we also have an important group of people over sixty. That's why we think this project is very suitable for us, because our target group is very wide in that sense: we have young parents with little children and grandparents.

## Bauska Secondary School no.2 (Latvia, Bauska)

Since the day the Bauska Secondary School No 2 was established in 1944 it has been providing education for Russian speaking children from Bauska and neighbouring rural municipalities. Now the school provides education mainly in Latvian, for young learners also bilingually. Enabling environment, supporting teachers and pupils, cooperation with parents, permanent rising of motivation, development and interaction between cultures – these are the keystones of the school's philosophy. Its mission is to stimulate every student and teacher's development efforts and possibilities to become competitive, free and responsible culture personality.



The school realize 6 education programs at this moment: primary education, general secondary education, special education program for children with learning difficulties, general secondary education with specialisation in sciences, math and technologies, general secondary education evening program, general secondary education extramural program. The school actively works on promotion of inclusive education. Besides school offers different extra-class and sport activities, modern and well equipped classrooms, canteen and café. For learners convenience the school offers also Information center – library, Internet-reading-room, Lifelong learning education center, Career education center, Inter-Culture center. The School museum gives a detailed insight in school's history.



## Kecskeméti Főiskola (Hungary, Kecskemét)

Kecskemét Kollege - Teacher Training Faculty is an institute for three-year pre-service training of educators and elementary school teachers. The Faculty has also two higher level vocational training programs for youth workers and baby-nurses.

The mission of Teacher Training Faculty is to prepare well-trained specialists in young-children teaching and education, in strong cooperation with the town of Kecskemét and Southern Great Plain region of Hungary, in the same time giving a special value in accordance with its particularities. Our aim is to give the most recent knowledge for future educators, but also in accordance with our traditions. Our education is training-based, where students are partners and later they will successfully handle educational challenges. In addition to our college level and higher level vocational training programs mentioned, we offer short-period trainings for in-service educators in different areas as personality development, conscious reading, ECDL or language learning and teaching.

We give special importance to talented students, offering the necessary possibilities to unfold their creativity and giftedness in areas like music, fine arts, drama or puppet show.



## **Amici del centro socio-culturale San Francesco (Italy, Umbertide)**

„Amici del centro socio-culturale San Francesco” is a no profit association located in Umbertide (Perugia) which is brought to principles of democracy and cultural, philosophical and religious pluralism. The principal purposes of the association are:

- spread the knowledge of the cultural facts in their various forms of expression (literature, theatre, cinema, picture, music, science...);
- permit and favour a direct and spontaneous participation of the citizens to produce culture;
- promote a culture of peace based on knowledge and the respect of the values of whom every society is based on;
- take back and increase the value of local cultures that are very significative;
- take care and respect the right of the citizens (health, environment, good administration) without any distinctions of sex, age, social condition, and cultural origins;
- facilitate aggregation process, promoting moments of everyday life, of meeting, of dialogue, with a particular attention to less protected classes; Intergenerational activities related to old traditions and old manual work;
- promote and administer upgrade courses for teachers and also professional courses.

The association has already realized displays, courses, meeting with authors, musicians and has worked with the local schools in several projects.

'Amici del centro socio-culturale san Francesco' has also looked after the 'Poetry Prize XXV April' since its birth (arrived at the 31st edition this year).



## **DC Center Dariusz Cegliński (Poland, Rzeszow)**

DC Center is a private enterprise located in Rzeszow (Poland) acting in the area of education, entrepreneurship, consultancy and in the field of cultural diversity. The company has experience in conducting research of educational needs and preparing and conducting training for various groups of participants including people threatened with social exclusion, especially women.

To this moment DC Center implemented several European Union funded projects – it was coordinator of Grundtvig partnership “InteGrant” project, a partner in Leonardo da Vinci partnership “ASK” project and Grundtvig partnership "Communities in Theatre", and moreover a partner in three Leonardo da Vinci-Transfer of Innovation projects.

DC Center also participates in projects funded from European Social Fund where it conducts trainings for various groups of users.

## Women Studies Research and Impelmentation Center – Usak University (Usak, Turkey)

### Our institution aims

- To constitute an awareness about women, family problems and towards sexual discrimination with University's related fields and institutions.
- To chase scientific researches in women problems field
- To announce good practices about women Works
- To design education programmes and courses for women and family and children
- To pioneer constituting a social sexual aspects about new roles in society
- Disseminate the affirmative research's results domestically and internationally by effective projects

### Activities:

- Take its place in the social and economic development of women, in all matters related to the status and sensitive, knowledgeable and competent in activities for the training of cadres.
- Cooperation with the relevant departments and units of the University for the solution of women's and family's problems to make work.
- To do research and studies in all areas of women's and family issues and activities related to membership within the country and outside the country.



## First meeting: Vaslui, Romania

The first project meeting took place from 6-10 November 2013. The host institution was: “Stefan Procopiu” High School and Kiwanis Club Vaslui.

### Meeting's objectives:

Team building/ knowing each other

Agreement on work plan and deadlines (according to the application form)

Reconfirmation/negotiation of responsibilities/tasks

Development of evaluation strategy

Development of dissemination strategy

### Activities:

Knowing each other exercises

Press conference at City Hall

Work sessions (“Who is who”)

Intercultural evening

Work-shop: Example of good practice: “Emotions-behaviors-positive discipline”

Cultural and social activities

Meeting evaluation

## Press conference at City Hall



## Who is who – Partner's presentation

"Who is who" was the presentation activity of partner institutions held at Kiwanis Club Vaslui.



## Work session – Project Management and Implementation

Since this was the first meeting of the partnership, within the working session were discussed issues concerning the implementation of activities during the two years. Discussed subjects: work packages, work plan with responsibilities and deadlines, the basic rules of the group, host partner responsibilities, dissemination and exploitation strategy, monitoring and evaluation strategy.

In this working session we discussed the work plan (activities, responsibilities, deadlines) of the project until the next meeting to be held in March 2014 in Munich (Germany):

- application and analysis of questionnaires for research: "Education of children on positive discipline. Highlights and current practice in Europe". The main objective of the research "Education of children on positive discipline. Highlights and current practice in Europe" is to identify the forms of discipline used by parents as well as their attitudes towards physical punishment (slapping, beating). The target group for the research is the parents.
- staff-learners workshops to develop the first module of the guide „Tools for Teaching Positive Discipline”; the guide will contain useful resources for adults working with children (teachers, primary school masters, school counselors, psychologists, parents) or in adult education field;
- completion of the dissemination instruments set out in the application form: website design, poster, flyer, logo;
- dissemination activities of the partnership; in November, the first newsletter will be issued within the partnership and each partner has the responsibility to disseminate the project in their own language.



## Work-shop: Example of good practice: “Emotions-behaviors-positive discipline”

### Steps of the workshop "Emotions - behaviors - positive discipline":

- organize participants into five mixed groups comprising 5 or 6 people: red group , blue group, brown group, black group, green group;
- knowing each other exercise;
- presentation of material found on every table;
- selection by each group of a emotions cardboard (according to the theory of R. Plutchick): fear, anger, sadness, loneliness , anticipation, surprise;
- Power Point presentation of a material with information on positive discipline (which is positive discipline, positive communication within the discipline, reflective listening);
- explaining work tasks;
- solving the tasks by each group;
- presentation of the results by one of the members;
- assessment activity.

The workshop was coordinated by Daniela Luca, the project coordinator of “Stefan Procopiu” High School-Vaslui. Starting from the feeling/emotion extracted, each group noted an inappropriate behavior shown by a child and an adult, and a method of intervention/remediation/correction of the behavior identified.



After solving these tasks, there were presented information about the role of communication in positive discipline, as a good relationship with the child requires maintaining an effective communication. But communication with the child is not just teasing, she reminding, threatening, questioning, giving advice, interrogating, lecturing. These „ways of speaking” do not improve communication, on the contrary, they disturb.

Communication, both with children and adults, is based on mutual respect. The tone of the voice, the words used, nonverbal behavior are very important in communication as the basis for education without violence. It was presented an important element of communication as a basis for positive education, namely reflective listening that involves understanding what the child feels and wants to say and then the repetition by the adult of the expressed ideas in a way that the child feels understood and accepted. Reflective listening helps the child/adult to think beyond the problem that arose and exploit various solutions to the problem.

### Reflective listening - example



After presenting information about the role of communication in positive discipline and about the reflective listening, the five groups were asked to find a way to intervene, using reflective listening, to address inappropriate behavior of the child/adult above. Each group presented the analyzed behavior and methods of intervention.

## The conclusions:

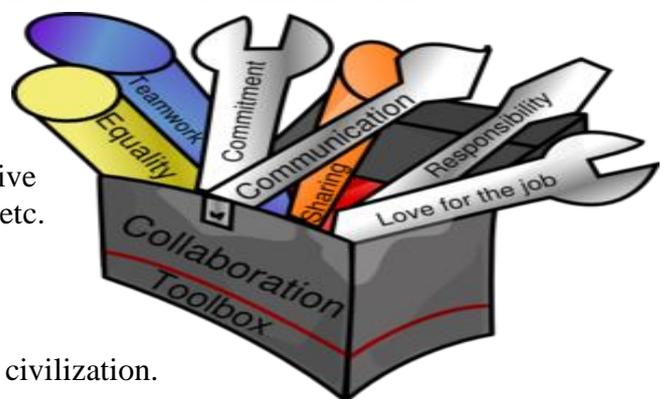
- positive discipline begins with good communication;
- reflective listening and the message at first person ensure effective communication;
- the adult must send the child the message that they understand his feelings so that the child feels heard and accepted, not rejected, so the child is encouraged to say more about his the problem;
- reflective listening is not just a simple repetition of the child's words;
- reflective listening also means discretion when it is clear that the child prefers to remain silent on certain issues; the child should not be forced to share his feelings;
- impulsive responses given to children can create misunderstandings;
- misuse of reflective listening can block communication.

To assess the activity, participants were asked to answer questions such as “What did you like most about this activity?”, “What word could characterize the whole activity?”, “How do you feel today?”.

## Partners expectations from the project

On the occasion of the activity “Who is who”, some partners expressed their expectations on the learning partnership "Learning Positive Discipline" (LPD). Here are some of them:

- Raising awareness of need for teaching knowledge regarding proper children education
  - Maybe the most important life-activity
  - Long-term investment
- Teaching materials to be used in future training sessions
- good practice experience, share used methodologies at everyday work,
- shared collaboration patterns with public institutions, NGOs and other organisations,
- improved quality of adult education in dealing with discipline problems,
- promoted cultural openness of partners and the developed intercultural communication,
- developed European partnerships, knowledge and intercultural communication.
- Experience in international teamwork
- Harmonious cooperation between all partners.
- Fruitful exchange of ideas, experiences and best practices regarding adult education, positive discipline, management of European projects, etc.
- New European friends.
- New collaborations.
- New ideas for new projects.
- Development of knowledge about the partners civilization.
- Beautiful memories.
- By taking part in this project, the adults, as well as the members of the Kiwanis Club, will be able to learn about the learning discipline positive and they will be able to develop skills regarding life in an intercultural society (tolerance, respect for cultural diversity and the rejection of cultural stereotypes).



## Meeting evaluation

At the end of the activities, the project evaluation meeting was carried out. Here are some of the positive aspects mentioned

by the partners in the evaluation questions:

- Excellent preparation for the first meeting;
- Excellent care of the participants in the first meeting;
- Good organization;
- Implication of Romanian learners;
- No time to get bored;
- Good explanation of tasks;
- Communication between partners;
- All Romanian people have been extremely nice to all of us;
- We felt like at home;
- Perfect combination of work and enjoyment;
- I found interesting knowing different points of view, meeting people from other countries;
- Intensive and productive workshops;
- Hospitality of the hosts;
- The welcome and hospitality was amazing and the team is very available and open minded, and very well prepared;
- Very good experience;
- The people was so kind and always smiling;
- I don't remember the bad things;
- A lot of teachers from Romanian school participated in the project activities;
- Good planning of the workshops;

Regarding the negative aspects the partners mentioned very few: the great distance between Bucharest and Vaslui, too little free time. The participants also appreciated the various positive aspects of the management and coordination of partnership such as information received from the coordinator before the meeting, facilitation by the coordinator of partners' understanding the work plan, responsibilities and deadlines, communication and collaboration between partners who were encouraged to participate in discussions.

## Next meeting

The second project meeting will take place in March 2014 Germany. The main objectives will be: analysis of results of the project (research "Education of children on positive discipline. Highlights and current practice in Europe", the first module of the guide "Tools for Teaching Positive Discipline", dissemination tools), monitoring of project progress and fulfilling responsibilities by the partners, reviewing the work plan based on monitoring results, team building.

