About the ASEF Classroom Network (#ASEFClassNet)

The ASEF Classroom Network (#ASEFClassNet) is a platform that connects high school students, teachers & school leaders, teacher trainers, researchers, policy makers and EdTech experts across Asia and Europe (ASEM). The Network provides opportunities for collaborative teaching & learning and focuses on Education for Sustainable Development and the potential of education technology in the secondary education sector. Activities of the network include, amongst others, conferences & capacity building programmes for school leaders & teachers, bi-regional school collaborations, research & studies for policy support as well as communication and outreach campaigns to advance knowledge and promote good practices within the secondary school sector. https://classnet.asef.org

ASEF ClassNet School Collaborations are peer-to-peer learning initiatives that engage school leaders & teachers from the 51 ASEM countries to share and jointly work on innovative teaching & learning practices. Designed and implemented by Asian and European secondary, high and vocational school teachers, these collaborations are conducted either as an integral element of the daily school curriculum or as an extracurricular activity. They consist of both virtual and practical activities and have a duration between three months to up to one year.

About ASEFClassNet 2020 School Collaboration: A New Education Scenario - Wellbeing of Teachers, Students & Parents

The outbreak of the COVID-19 pandemic caused severe disruptions in the education sector and heavily affected teachers, students and parents alike. School closures and the move to full home-based learning globally had far-reaching effects on the teaching & learning environment, ranging from challenges linked to curriculum development & delivery, access to technology to the lack of social engagement etc.

This ASEFClassNet 2020 school collaboration focused on the Wellbeing of teachers, students and parents at the secondary education level and included 4 specific activity strands:

1) Wellbeing & Mental Health
2) Parent-Teacher Collaboration
3) Pedagogical Knowledge & Digital Competences
4) Intercultural Understanding & Exchange

The project was implemented over the period of October to December 2020. The collaboration facilitated a peer-to-peer learning and support network among ca. 60 teachers that created awareness and built resilience & knowledge for a conducive teaching & learning environment amidst the current uncertainties. Through inter-cultural collaborations and the opportunity to share experiences as well as innovative practices with an educator community from Asia and Europe, the project also contributed to the development of soft skills, mutual understanding and a mindset of Global Citizenship.

The project was coordinated by a team of Asian and European educators:

Coordinators Asia:
Ms Anjali AGGARWAL, Principal
Ms Geeta RAJAN, Head, International Affairs
St. Mark’s Senior Secondary Public School, Meera Bagh
India

Coordinator Europe:
Ms Svea KUČINIĆ, Educational Rehabilitator
Administrative School Zagreb
Croatia
Interested teachers from ASEM countries could apply for one or more of the four activities under the ASEFClassNet School Collaboration 2020. In total, the project received close to 100 applications. Participants had the opportunity to experience the following:

- **Peer-to-Peer Collaboration**
- **Workshops conducted by peers for peers**
- **Dialogues with experts**
- **Virtual classroom visits in Asian & European schools**
- **Exchange between representatives of parent associations & teachers**
- **Creation of virtual library of resources on wellbeing & mental health (articles, e-books, blogs, videos, handbook, etc.)**
- **Virtual get together of all project participants at the end**

### Technology & Software Used
- Internet access & computers with webcam
- Video chat platforms (Microsoft Teams, Zoom or Skype), Google Drive
- Dropbox
- Facebook
- Slack
- Graphic Design & Editing Tools

### Participation and Commitments
- Regular attendance and active participation in online group meetings & activities
- Resource creation and sharing to strengthen the peer-to-peer learning and support platform
- Completion of individual and team assignments related to the topics being covered in meetings & webinars
- Promotion of project activity and knowledge gained from the project in own teaching & learning community

### Website and Public Social Page Pages
https://classnet.asef.org
Activity 1: Parent-Teacher Collaboration
“Better Together – Parents & Teachers”

Background
This activity engaged teachers and representatives from parents associations/committees from selected Asian & European schools. It focused on the relationship between parents and teachers, which is crucial to help students flourish and to influence the students’ learning progress, confidence and wellbeing at school. Participants formed teams to collaborate in a methodical manner: discussing strategies, planning activities and completing specific tasks to monitor the growth and holistic development of their children/students.

Outcomes
- The activity created awareness on the importance of teacher-parent collaboration and encouraged both parties to recognise and respect their unique roles in a student’s learning process – in school and at home.
- This peer-to-peer exchange provided a platform for teachers & parents to learn about effective and assertive communication techniques to establish a cooperative and collaborative environment based on mutual trust.

Coordinators

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Coordinator Europe:
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Croatia

Required Technology & Software
- Internet access & computers with webcam
- Video chat platform Zoom
- Dropbox
- Facebook
- Slack

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<tr>
<th>Date</th>
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| Wed, 14 Oct 2020 | GMT: 07:30 - 09:30 hrs | Introductory Meeting  
Introduction of facilitators and participants  
Expectation setting by participants  
Expected outcomes |
| Mon, 19 Oct 2020 | GMT: 07:00 - 09:00 hrs | 1st Peer Support Group Meeting  
Framework setting |
| Thu, 22 Oct 2020 | GMT: 07:00 - 09:00 hrs | 1st Webinar: What is Holistic Development of a Child? How are Parents and Teachers Better Together?  
Speakers:  
Ms Jelena PERAK  
Sociologist  
Forum for Freedom in Education, Croatia  
Ms Hema MUTREJA  
Counselling Psychologist  
India |
| Fri, 6 Nov 2020 | GMT: 07:00 - 09:00 hrs | 2nd Peer Support Group Meeting  
Reflection on webinar, open discussion, troubleshooting & checking on progress |
| Fri, 20 Nov 2020 | GMT: 07:00 - 09:00 hrs | 2nd Webinar: Social & Emotional Security Along with Academic Engagement  
Ms Ritika ANAND  
Vice Principal - (Academics)  
St. Mark’s Senior Secondary Public School, Meera Bagh  
India |
| Fri, 4 Dec 2020 | GMT: 07:00 - 09:00 hrs | 3rd Peer Support Group Meeting  
Reflection on open discussion, troubleshooting & checking on progress |
| Fri, 18 Dec 2020 | GMT: 07:00 - 09:00 hrs | Activity 1 Closing Session  
Summary and checking on progress |
| Wed, 27 Jan 2021 | GMT: 07:00 - 08:00 hrs | Joint Closing Session  
A joint closing session with participants from all 4 Activities |
Activity 2: Wellbeing & Mental Health: “Look In, Reach Out: Ensuring Mental Health of Teachers”

Background

This activity addressed teachers in secondary schools and focused on their wellbeing and mental health. Participants worked in small peer-to-peer support groups and met on a monthly basis to share and discuss their experiences & insights, provide support & encouragement to each other and brainstorm on solutions for mental health challenges. All sessions were moderated by an experienced school counsellor trained in the field of mental health. Teachers also attended webinars on specific topics related to mental health & stress management, and completed individual tasks designed to support their wellbeing while learning about the topic at the same time.

Outcomes

- Participating teachers learned the basic terminology to talk about wellbeing and mental health.
- Teachers exchanged with peers about the concept of mental health and how it differs across Asian and European cultures.
- Teachers had a safe space to share experiences, identify commonalities as well as challenges linked to mental health & wellbeing that are specific to their own school or culture.
- Teachers jointly created a peer-to-peer support network to identify needs, brainstorm on solutions, and jointly build resilience by learning basic techniques for managing stress and maintaining mental health.

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India

Coordinator Europe:
Ms Svea KUČINić, Educational Rehabilitator
Administrative School Zagreb
Croatia

Required Technology & Software

- Internet access & computers with webcam
- Video chat platform Zoom
- Dropbox
- Facebook

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<tr>
<td>Tue, 13 Oct 2020</td>
<td>GMT: 07:00 - 09:00 hrs</td>
<td>Introductory Meeting</td>
<td>Introduction of facilitators and participants</td>
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<td>Expectation setting by participants</td>
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<td>Expected outcomes</td>
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<td>Thu, 15 Oct 2020</td>
<td>GMT: 07:00 - 09:00 hrs</td>
<td>1st Peer Support Group Meeting</td>
<td>Defining mental health and identifying issues</td>
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<td>Tue, 3 Nov 2020</td>
<td>GMT: 07:00 - 09:00 hrs</td>
<td>1st Webinar: What is the Burn-out Syndrome?</td>
<td>Speakers: Ms Dušanka KOSANOVIĆ</td>
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<td>Psychologist &amp; Family Psychotherapist</td>
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<td>Familylab, Croatia</td>
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<td>Dr Samir PARIKH</td>
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<td>Psychiatrist, Director</td>
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<td>Department of Mental Health and Behavioural Sciences</td>
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<td>Fortis Healthcare, India</td>
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<td>Thu, 12 Nov 2020</td>
<td>GMT: 07:00 - 09:00 hrs</td>
<td>2nd Peer Support Group Meeting</td>
<td>Reflection on 1st task assignment &amp; webinar, open discussion, troubleshooting, checking on progress</td>
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<td>Thu, 26 Nov 2020</td>
<td>GMT: 07:00 - 09:00 hrs</td>
<td>2nd Webinar: The Importance of Vulnerability</td>
<td>Speaker: Dr Samir PARIKH</td>
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<td>IST: 12:30 - 14:30 hrs</td>
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<td>Psychiatrist, Director</td>
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<td>Department of Mental Health and Behavioural Sciences</td>
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<td>Fortis Healthcare, India</td>
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<td>Thu, 10 Dec 2020</td>
<td>GMT: 07:00 - 09:00 hrs</td>
<td>3rd Peer Support Group Meeting</td>
<td>Reflection on 2nd task assignment &amp; webinar, open discussion, troubleshooting, checking on progress</td>
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| Thu, 17 Dec 2020 | GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs | **3rd Webinar: Strategies for Coping with Work-related Stress when Working in Schools**
|            |                     | **Speakers:**
|            |                     | Ms Mateja MARINIĆ
|            |                     | Master of Educational Rehabilitation and Transactional Analystist – Psychotherapist in Supervision
|            |                     | Croatia
|            |                     | Ms Geetika KAPOOR
|            |                     | Consultant School Psychologist
|            |                     | Nationally Certified School Psychologist USA
|            |                     | Registered Rehabilitation Psychologist (Rehab. Council of India)
|            |                     | Founder, EdEssential, India
| Tue, 22 Dec 2020 | GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs | **Closing Meeting**
|            |                     | Checking on progress
| Wed, 27 Jan 2021 | GMT: 07:00 - 08:00 hrs IST: 12:30 - 13:30 hrs SGT: 15:00 - 16:00 hrs | **Joint Closing Session**
|            |                     | A joint closing session with participants from all 4 Activities
Activity 3: Pedagogical Knowledge & Digital Competences
“TE(A)CH Tips & Tricks”

Background

The usage of and accessibility to technology in education became paramount during the outbreak of the COVID-19 pandemic and school lockdowns. For some teachers, the creative application of tech tools in classrooms was a natural continuation of the already existing teaching practices; others faced difficulties and struggled. This activity invited teachers to exchange their experiences and learn about innovative models of teaching (online, in person, blended learning) that are currently being used across Asia and Europe. Students were included to provide feedback in the process.

Outcomes

- Teachers enriched their pedagogical skills by exploring diverse teaching & learning models across ASEM countries and learn from peers about their teaching practices during the COVID-19 pandemic.
- Teachers increased their knowledge on various EdTech tools and enhance digital competences; recommendations on how to improve and maximise the use of existing technology and resources.
- Students had the chance to participate in the process of brainstorming and the development of solutions to learn and demonstrate 21st century skills.

Coordinators

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Ms Geeta RAJAN, Head, International Affairs
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Coordinator Europe:
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Administrative School Zagreb
Croatia

Required Technology & Software

- Internet access & computers with webcam
- Video chat platform Zoom
- Dropbox
- Slack

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Introduction of facilitators and participants  
Expectation setting by participants  
Expected outcomes: Launch of Virtual Library Resources & Handbook |
| Fri, 30 Oct 2020 | Ongoing       | **1st Check In: Slack**  
Framework setting  
Resource sharing and review  
Assignments of activities |
| Fri, 13 Nov 2020 | GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs | **1st Webinar: When Teachers Learn from Students: Leveraging on Students’ Affinity for Technology & Social Media as a Learning Tool for Teachers**  
Speakers:  
Ms Juliette BENTLEY  
Teacher  
Mt St Michael's College, Australia  
Ms Alexia MICALLEF GATT  
Teacher, Science & Biology  
St Paul's Missionary College, Malta |
| Fri, 27 Nov 2020 | Ongoing       | **2nd Check In: Slack**  
Resource sharing and review  
Assignments of activities |
| Thu, 17 Dec 2020 | GMT: 07:00 - 09:00 hrs IST: 12:30 - 14:30 hrs SGT: 15:00 - 17:00 hrs | **Closing Meeting**  
Review and evaluation  
Check on progress |
| Post 18 Dec 2020 | Ongoing       | **Dissemination of Handbook**  
Among teacher & educator communities across ASEM |
| Wed, 27 Jan 2021 | GMT: 07:00 - 08:00 hrs IST: 12:30 - 13:30 hrs SGT: 15:00 - 16:00 hrs | **Joint Closing Session**  
A joint closing session with participants from all 4 Activities |
Activity 4: Intercultural Understanding & Exchange
“Cross-Country Education”

Background

This activity allowed students & teachers to travel across classrooms in Asia and Europe – virtually: a unique opportunity to fulfill the curiosity of intercultural learning, to make friends and dive into different education systems. The virtual classroom exchanges took place once a month. Participating schools were paired with an institution from the other region. Teachers jointly decided on the classroom set up they wish to showcase to their students and activities conducted.

Outcomes

- Provided opportunity for teachers and students to explore a new classroom in a cross-country education setting
- Allowed “Study abroad” experience for students without travel and cost limitations
- Created chance for students to practice their second or third language in a real-life cross-cultural setting
- Prepared students for possible future face-to-face exchanges by experiencing first a virtual exchange and collaborations.

Required Technology & Software

- Internet access & computers with webcam
- Video chat platform Zoom

Coordinators

Coordinators Asia:
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| Fri, 16 Oct 2020     | GMT: 07:00 - 09:00 hrs, IST: 12:30 - 14:30 hrs, SGT: 15:00 - 17:00 hrs | **Introductory Meeting**  
Introduction of facilitators and participants  
Project introduction and planning  
Pairing of schools |
| Mon - Fri, 19-23 Oct 2020 | Timing differs from each virtual visit | 1st Round of Asia-Europe Classroom Visits & Activities |
| Mon - Fri, 26-30 Oct 2020 | Timing differs from each virtual visit | 1st Round of Return Visits |
| Thu - Thu, 5-12 Nov 2020 | Timing differs from each virtual visit | 2nd Round of Asia-Europe Classroom Visits & Activities |
| Mon - Fri, 16-20 Nov 2020 | Timing differs from each virtual visit | 2nd Round of Return Visits |
| Mon - Fri, 7-11 Dec 2020 | Timing differs from each virtual visit | 3rd Round of Asia-Europe Classroom Visits & Activities |
| Mon - Fri, 14-18 Dec 2020 | Timing differs from each virtual visit | 3rd Round of Return Visits |
| Mon, 21 Dec 2020     | GMT: 07:00 - 09:00 hrs, IST: 12:30 - 14:30 hrs, SGT: 15:00 - 17:00 hrs | **Closing Meeting**  
Summary and reflections |
| Wed, 27 Jan 2021     | GMT: 07:00 - 08:00 hrs, IST: 12:30 - 13:30 hrs, SGT: 15:00 - 16:00 hrs | **Joint Closing Session**  
A joint closing session with participants from all 4 Activities |