Hello and welcome to this latest newsletter.

We use this newsletter to showcase the efforts and good practices that take place in different schools and colleges in the different sectors.

This has been a difficult year for the subject due to covid restrictions in schools. In spite of this a number of PSCD teachers have taken various initiatives, this shows resilience, effort and commitment from their part. We thank them for their contributions.

We also want to take this opportunity to thank the Malta PSD Association (MPSDA), that uses its’ Facebook page (https://www.facebook.com/groups/64634444174) to keep PSCD teachers abreast with different websites and resources related to the subject. We wish to personally thank outgoing members Rachel Zammit (President), Clare Bezzina (Vice President) and Elysia Micallef (Treasurer) for their work throughout this year. We also want to thank the other committee members Antoniette Axiq (Secretary), Joanne Falzon Zammit Munro and Kathleen Micallef (Members) who are committed to continue to work within the association.

We encourage all PSCD teachers to join the association and contribute in any way possible. The next general council of the association is going to be held soon and there are still some vacancies for some of the roles on the committee.

We encourage you to become part of this committee so that the association continues to work in favour of the subject and the teachers. If you are interested to take up one of the roles within the association please contact MPSDA directly via maltapsdassociation@gmail.com or communicate personally with us.
During PSCD lessons, students learnt about the practice of gratitude, being thankful for all the positive things in their life, and appreciating their loved ones, leading them to have a more fulfilling life. Students discussed how good it feels to be appreciated and how great it is to show one’s gratitude to others.

Our Year 10 students had the task of preparing unique gratitude cards for all members of staff at school, from colouring the card itself to writing a nice message on the inside.

The following week, during whole school assembly, we launched the activity by delivering a presentation about what we were up to. Streamed live on Teams from the Head of School’s office, two students presented cards and chocolates to the head of school and various school staff representatives.

During the rest of the week students paid surprise visits to educators in class or in their staffrooms; ancillary staff in their workshops and clerks in their offices, presenting them with gratitude cards and delectable treats.

Our students worked very hard during this activity. For some of our students, showing gratitude in this way was a relatively new experience. Our school staff were impressed, they showered our students with praise for their kind gestures.

As PSCD teachers we were delighted to witness the positive atmosphere among all the students and school staff that this activity helped bring about.

https://express.adobe.com/video/KiHcHr0gZqxs4
Gratitude Week: our students in action 😊 ...giving cards of gratitude to all members of staff. Thank you all for your hard work.
A few months ago, I attended the Friendship Cards course as I have been curious to learn how these can be used during PSCD lessons. Since then I have been using these cards with secondary school students to help them achieve various learning outcomes.

During the first term, with Year 9 students, we were discussing the importance of sharing and expressing different emotions. The students were presented with a case study and the cards helped the students to reflect on how they would feel in that situation and the importance of expressing those emotions. We continued to discuss what could happen if we bottle up emotions.

Students mentioned other feelings that were not on the cards and used the Blank card to write these emotions (the blank card gives the students an opportunity to add other emotions than the ones already mentioned on the other cards). This blank card helped them reflect deeper and thus enhance their emotional vocabulary.

The cards were also used when we discussed conflict management strategies, using the cards to help students discuss positive and negative behaviour when faced with conflict or a disagreement.

On a big board game, I placed several sticky notes coloured green and purple respectively. The green ones represent positive behaviour (good move) while the purple ones represent negative behaviour (bad move).
A few months ago, I attended the Friendship Cards course as PSCD lessons. Since then I have been using these cards with During the first term, with Year 9 students, we were discussing the importance of sharing and expressing different emotions. The students were presented with a case study and the cards.

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I was a bit sceptical of whether they would work with the Year 11 students, however, I was proven wrong, in fact the cards helped the students to reflect deeply and be actively engaged in the lessons. During the lessons on values and one’s priorities in life I used the cards and the poster ‘I feel generous’ since one of the student told me that she feels worthless. With the help of the poster the girl and the other students realized how valuable they are and our life could be a gift to others.

The following week, we started talking about volunteering/helping out and the students immediately referred back to the same poster. The poster was then used to help students reflect on different ways of how we can help others.

The cards were also used with Year 11 students during a lesson where we were talking about relationships and how they affect our emotions. We focused mainly on emotionally difficult situations that our relationships might go through. For this lesson, I prepared a case study and with the help of the cards we were going to discuss how to deal with such situation. However, when I asked the students to mention what situations they would find emotionally difficult in their relationships, a particular situation was mentioned by almost all the students and some pointed out that they are experiencing this at the moment. Therefore, I decided to focus on the situation they mentioned and the cards were used to discuss how this is affecting their emotions and 'bad ways' to deal with it.

The discussion I had with the students was one of the most powerful and meaningful I had in my career so far. The cards not only helped the students to reflect deeply but also to support each other since they realised that they are not the only ones going through this situation.

To conclude, I sincerely think that the Friendship Cards are a powerful and useful tool in PSCD lessons. They can be used with different age groups and during
Inħeġġu l-imħabba
għall-qari u għall-annimali
Il-primarja ta’ Marsaxlokk

‘L-Ikbar Ἡabib Tieghi’ huwa ktieb immirat għall-adoloxxenti u adulti, u jitratta r-relazzjoni bejn kelb u sidu, tifel ta’ 11-il sena. Jenfasizza l-importanza li nħobbu u nieħdu ħsieb l-annimali, kif jixirqilhom.

L-iskola primarja ta’ Marsaxlokk, b’kollaborazzjoni ma’ Pandora Publications, bieġhet kopji minn dan il-ktieb lill-istudenti u l-profitti kollu marru għall-AAA (Assoċjazzjoni għall-annimali ab-bandunati). Id-donazzjoni ngħatat lis-Sinjura Nathalie Cremona, li hi voluntiera fl-istess assoċjazzjoni, nhar it-Tnejn, 14 ta’ Frar, jum San Valentinu. Din saret biex jiġi enfasizzaw li l-imħabba ma għandix tkun biss bejn il-bnedmin, imma għandha tkun ukoll bejn bnedmin u annimali.

Ralph Camilleri—Kap tal-iskola
Nathalie Cremona—Voluntiera AAA
Elise Galea—studenta u membru tal-kunsill tal-istudenti
Lorraine Galea—Għalliema tal-PSCD u Awtrici tal-ktieb
Jum għal internet iktar sikur

Id-dipartiment tal-PSCD fi ħdan Id-direttorat għall-programmi ta’ Tagħlim u Assessjar għal darb’ohra ikkollabora mal-Kummissarju għat-tfal, Agenzija Appoġġ, u c-Cyber Crime Unit fi ħdan il-proġett beSmartonline biex ġie iċċelebrat il-Jum għal internet iktar sikur.

Din is-sena l-Jum għal internet iktar sikur ġie ċċelebrat it-Tlieta, 8 ta’ Frar. Dan il-jum mhux biex jippromwovi internet aktar sikur imma jenfassiza l-fatt li wieħed għandu dejjem juża l-internet u s-siti soċjali b’mod responsabbli, b’rispett, b’mod kritiku u kreattiv.


Inħeġġukom iżur dawn is-siti għal iktar riżorsi.

https://www.betterinternetforkids.eu/resources

https://www.besmartonline.org.mt/
During the Anti-Bullying week, PSCD lessons rotated around this subject, making special emphasis on awareness and developing different skills how to deal with and stop bullying. Special focus was given also to the by-stander power. As a follow up to all lessons, the students crafted a bracelet promoting kindness, to be brave and to stop bullying. They wore this bracelet the whole day! A brainstorming session about different ways of being kind was held with the older students. The ideas elicited were then written on colourful paper and were then displayed on the school's main notice board under the title "Throw kindness like confetti".

For the Disability Awareness Week, PSCD lessons emphasis was on celebrating diversity; awareness that we are different and respect our differences. In one activity, students played a guessing game on the interactive whiteboard to get the slogan "we are all different and everyone is special". Then they watched the clip "The box of crayons that talked". A discussion followed about why the colours did not like each other at first and why they started liking each other when the colourful picture drawn was finished. This helped them become more aware that we do not need to be the same to like each other; on the contrary, being different, makes us more interesting and special. As a follow up, the children broke the used crayons they brought from home into small pieces and put them in a muffin tray, making sure to use different colours. These were then melted in the oven. Once ready, each student had a new multi-coloured 'crayon'. Thus, the students were guided to understand in a practical way that as the different colours were merged together to create something beautiful, we too can use our uniqueness to be strong and happy together. While the colours melted in the oven, the students crafted happily a bookmark with the same theme using cardboard and colourful wool. This helps the students to retain what was learned during the lesson.
Students enjoyed all activities but more important than that is that they grew further in their understanding that all humans are different and we need to shower each other with kindness to make life more beautiful for everyone; throw kindness like confetti.
During the month of December as a run up to Christmas, students at St Thomas More College Secondary School St Lucia, have been invited to involve themselves in acts of Kindness and Altruism. This was done through the promotion of an Advent Calendar highlighting 25 Days of Christmas Acts of Kindness. This Advent Calendar was shared with students via the School’s Facebook page, as well as through the use of their PSCD Teams groups. Such small acts of kindness can bring about a positive attitude both in oneself and others.
On the other hand being aware that over the Festive season there are always elderly people who will not have any family or loved ones to celebrate with, students were also invited to participate in the National Campaign: Nanniet Post office. Through PSCD lessons students were invited to creatively write or draw a message addressed to a their grand father or grand mother and send a digital copy of their message to the digital portal of Nanniet Post office. These messages were then delivered with the help of the team from the Malta Foundation for the Wellbeing of Society, who took care of printing students’ messages and have them delivered to the elderly for the festive season. The aim of this activity was to have students reach out and bring about a positive touch to another person’s life. Students’ work was also shared on the School’s Facebook page and those students who took up this invitation were awarded a merit report for their act of altruism.
As part of citizenship education, PSCD tackles respect towards the elderly. The Ministry of Senior Citizens and Active Ageing launched a new publication aimed for use in schools, to promote respect for the elderly.

The publication ‘X'še jagħmel Joe?’/’What will Joe do?’, is aimed at Year 4 and 5 pupils. This publication, written by Dunstan Hamilton (EO PSCD) was distributed in schools last scholastic year. Due to the pandemic most schools could not make good use of this publication however this scholastic a number of PSCD teachers took the initiative to include it in their lessons.

The students of Ms Doreen Aquilina, PSCD teacher at Siggiewi Primary, as well as those of Ms Anthea Cardinali at Tarxien Primary drew Christmas Cards this last December for the elderly after going through the book
The students of Ms Karen Schembri at Naxxar Primary drew Valentine cards for the elderly this February. The elderly at Floriana Old People’s home reciprocated with a card by the elderly themselves to thank the Naxxar pupils for their kind thought.

Cards drawn are finally handed over to Ms Cynthia Formosa and Ms Donia Montebello from the Active Ageing Unit who then distribute them to the elderly.

Students can be encouraged to do a drawing for an older person with a message inside. There is no need for a particular theme although Easter is on the way, for example, or Birthday cards for those elderly with no family. Students are to sign with just their name (no surname). Any future drawings produced can be collected by the EO PSCD.

Teachers are encouraged to also discuss this topic with their students and one can also make use of the PSCD Year 5 Teleskola recorded lesson which refers to respect for the elderly: https://teleskola.mt/recorded_lesson/my-contribution-at-home-school-society/.

Soft copies of the publication, in Maltese or English, can be downloaded for free by PSCD teachers and pupils through the following link: https://octavo.app/en/store/persons/dunstan-hamilton
As the situation between Ukraine and Russia aggravates itself, our news cycles, social media feeds, and daily conversations start to revolve around this topic. Children—who have already become hypervigilant from the COVID-19 pandemic—are sure to pick up on some of the grievances and anxieties that the adults around them are feeling. It is here that, as PSCD educators, we must provide the space for our students to process their feelings regarding the situation. The Ukraine-Russia conflict is a global immediacy issue that needs to be tackled in our schools.

A lesson was carried out with Year 4 to 6 students, at St Dorothy Primary School, Sliema to give space to children to talk about the war they are experiencing live on their television or internet. I started the lesson by asking the students: ‘What do you know about what is happening between Ukraine and Russia?’ This allowed the students to explain what they have heard or seen, and it allowed the teacher the space to correct any misinformation or misinterpretation about the war. Than I wanted to address their feelings and concerns so I asked them: ‘Do you have any questions about what is happening?’ and: ‘How is the news making you feel?’ Some shared that they felt scared that a war might come to Malta, some felt sad, and some felt fed up with hearing so much negative news all the time. Their feelings were validated, and they were assured that the adults around them felt the similar feelings even though they might seldom talk about them or show how they are feeling. Then, we went over coping strategies to help us cope with the difficult realities around us.
One of the hardest feelings that we might face is a sense of helplessness in knowing that there is not much we can do. The students also shared such feelings. Despite this, to instil a sense of hope and activism, we created a ‘Wall of Prayers for Peace’. This ‘wall’ was made up of 'bricks' with prayers written on them, which the students wrote and coloured.

From these lessons, it became very clear how eager students were to talk about the things they were hearing and seeing, on the news. We often assume that children, due to their carefree nature, are not aware or bothered by the things going on globally. I realised how very far from the truth this was when I struggled to keep the discussion within the allocated time! As PSCD educators, we are duty-bound to hear their voices and concerns—and connect these to their capacity to take care of their mental wellbeing, as well as their roles as global citizens.
We want to end this newsletter with some reflections of a former student from Mellieha primary school Zuzanna Owerczuk. The student always took time to reflect after every PSCD lesson, writing poems in her poem book. Ms. Estelle Buttigieg (PSCD teacher) forwarded these poems to share with everyone.

Let us keep in mind the importance of reflection during PSCD, reflection allows students to develop your skills and review their effectiveness. It also allows them to question, in a positive way, what they do and why you do it and then deciding whether there is a better, or more efficient, way of doing it in the future.

![Poem](image-url)
When a group becomes a team
Listen. What are you needs.
Everyone's opinion is important.
And don't make leadership a right.
Each of you have equal parts.

Speaking in words
Speaking in signs
It's great to communicate.
Sometimes it's easy.
Before they invented the telephone.
It was harder before.

It's good to communicate from moon to sun.
When we communicate we all have fun.

Netiquette:
When you're on the Internet
Don't forget the Netiquette.
In one word... please and thank you.
Will show you rules, a whole set.
Remember to be safe and kind.
Take a break on your mind.
So when you're on the Internet
Don't forget the Netiquette!

Is you don't sit in
Have you ever felt left out?
Did you feel you did not count?
Don't worry you're still unique.
You are better than you think!

[Hand-drawn pictures of children interacting]