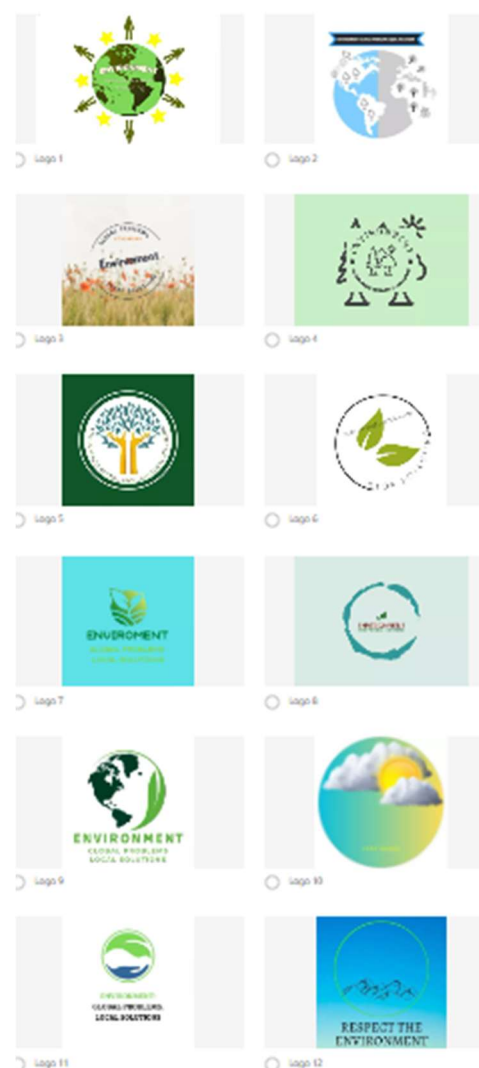




## LOGO COMPETITION

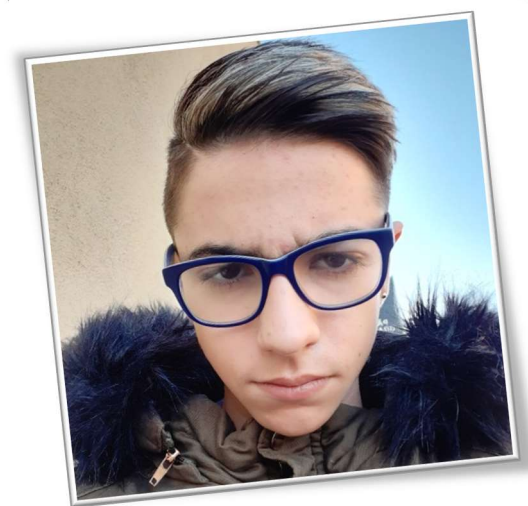


We would like to express our gratitude to everyone who voted in the logo competition for the eTwinning Project *Environment: Global Problems, Local Solutions*. With a total of 308 participants, number 9 emerged as the winner of this contest, receiving 84 votes.

Congratulations to our Fábio Oliveira, the designer of this fantastic logo, that will represent the project in an impactful way.

We would also like to thank all the young eTwinners from the participating schools for their dedication and creativity demonstrated in creating the logos and helping to promote awareness of environmental issues.

Just like all the initiatives carried out throughout the academic year, this contest was another small step towards a more sustainable future, where every contribution, no matter how small, is valuable.



## The Vital Role of Nature in Mental Health

As part of the eTwinning project *Environment: Global Problems, Local Solutions*, we had the opportunity to reflect on a theme that is particularly relevant to our field of study: the importance of Nature in mental health.

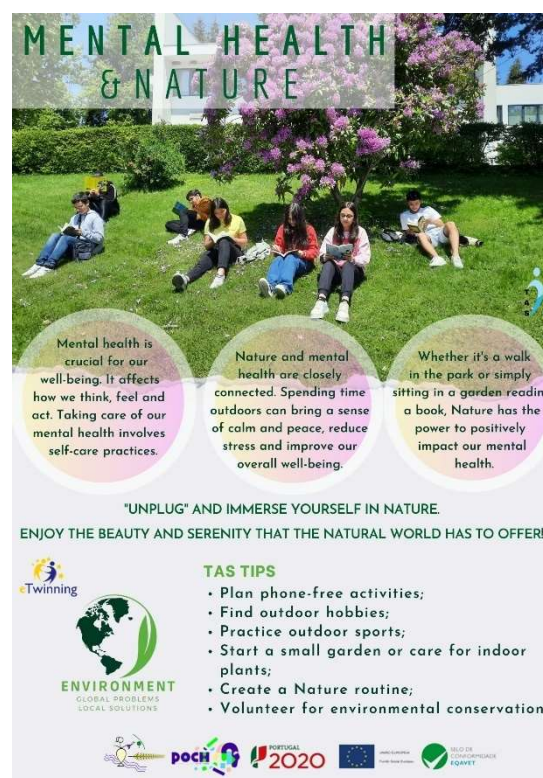
In an era where digital technologies prevail in all spheres of our lives, we recognized the need to highlight the vital role of Nature in the emotional and psychological well-being of individuals. We understood that a connection with Nature is essential to balance the pressures and fast pace of everyday life.

Each of us can find moments to enjoy the natural beauty around us, whether it's through a revitalizing walk in a park, reading a book in a peaceful garden, as we experienced in the school gardens, or simply savouring a moment of contemplation outdoors.

These small moments of connection with Nature have a significant impact on our mental health, providing a sense of calm, renewal, and inner harmony.

Our initiative aimed to raise awareness not only within the school community but also among all those who came across the message. Awareness posters were placed in strategic locations at school, and the activity was promoted through our contacts on social media and the school's webpage. By promoting awareness of the importance of Nature in mental health, it is hoped that more people will recognize and appreciate the therapeutic benefits that the natural world has to offer.

"Unplug" and immerse yourself in Nature. Taking care of our mental health is also taking care of our overall well-being!



Scan the QR Code to learn more!