



The Zippy's Friends programme in Poland

The ZF programme has been running in Poland since 2005. For the first five years the partner of Partnership for Children was CMPPP. It was a teacher training center run by the Ministry of Education in Poland. This Methodological Centre coordinated the ZF program as well as activities of the domestic Network of Health Promoting Schools.

CMPPP invited trainers from teachers development centres across the country to participate in the ZF programme. Since 2010 the partner of PFC has changed. The CMPPP was replaced by COPE (Centre of Positive Education) - the training centre for teachers development. We still cooperate with the ZF program trainers, specifically in Poland.

In this way the programme reaches **10-15 thousand children** in hundreds of kindergartens and schools all around the country every year. The ZF programme continually arouses enthusiasm and great creativity of teachers and children and their parents. There are many teachers who carry out the activities with new groups of children every year. Some of them say that they can't imagine their work without the Zippy's Friends programme.

In 2013 the ZF programme was listed in the domestic register of programmes recommended by the Minister of Health and Minister of Education. Due to that the ZF programme can be financed by local authorities.



COPE – The CENTER OF POSITIVE EDUCATION IN POLAND

The training centre for teachers development was created by Elżbieta Nerwińska in 2010, when CMPPP ceased to exist. The main area of activity is the ZF programme. COPE delivers training for new teachers and coordinates implementation of the programme in schools and institutions, which started the programme in previous years. COPE actively cooperates with 30 trainers across the whole country. Once a year it organizes a professional development seminar for them.

Beside the ZF program COPE offers:

SMILE KEEPERS by Nada Ignjatović-Savić - the programme for promoting self and social awareness development. It consists of psychological workshops for children from 5 to 15 years of age.

APTECZKA – The Emotional First-Aid Kit – the programme is based on the Icelandic 10 Commandments for mental health, the idea of Mindfulness and positive psychology by M.P. Seligman. A teacher carries out several activities with children to build their optimistic attitude to life, to form valuable traits of character, to strengthen their self-confidence and confidence in others.