

SH SCHOOL OF HEALTH

TOGETHER, WE
TRANSFORM YOUTH
INTO TRUE HEROES OF
HEALTH
— GENERATION H



OUR STORY

About Wello

With over 5 years of experience in children’s and youth health, Wello Association has built impactful projects: School of Health and Wello Summer Camp. Through strong partnerships and innovative methods, the Association inspires real change in the wellbeing of young generations.

School of Health

Developed by Wello Association – is the first national program that integrates technology, nutrition, emotional health, and physical activity. With the support of our partners, the program takes place both in-person and online, helping children and teenagers in Romania and the Republic of Moldova make better choices for a balanced lifestyle.

Fondation Botnar

In 2023, School of Health received a 30-month grant from Fondation Botnar —one of Europe’s largest foundations, with CHF 3.8 billion in assets. This support enabled schools to integrate health education on nutrition, emotional wellbeing, and physical activity.



OUR IMPACT



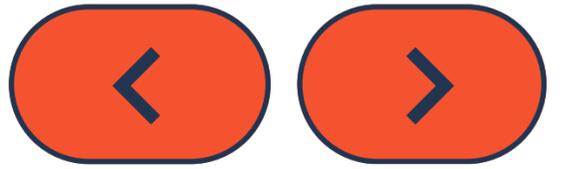
Active in 400+ schools across 13 counties in **Romania & Rep. Moldova**
Over 700 schools accessed our **resources** at least once
15,000+ students and teachers joined our interactive workshops led by nutritionists, volunteers and student interns

We go beyond the classroom, offering **free online lessons, videos, guides, and interactive worksheets**—all created by health and psychology specialists.

Our mission is to raise a generation that is more **informed, more balanced, and more confident.**



WHAT WE DO



In Schools

Dynamic, hands-on workshops: games, open talks, and even healthy cooking demos. Students don't just learn, they practice. Parents are also supported with sessions tackling real-life challenges at home.

Online Platform

Not in one of our counties? No problem. Teachers everywhere can use the SoH digital platform—with ready-to-teach lessons, interactive resources, and step-by-step support.

PROGRAMS

1. START (ages 5–9)

Play-based workshops teaching kids where food comes from, how to build meals, and why nature and food waste matter.

2. INFLUENCE (ages 11–19)

Helping teens navigate online myths, filters, and social media pressure. Builds a healthy relationship with food, body, and self-image. Includes resources for parents.

3. FOOD HACKERS (ages 14–19)

Two high-energy sessions where high schoolers learn to decode labels, spot marketing tricks, and make conscious choices. Practical skills for real life.



GROWING FUTURE EXPERTS

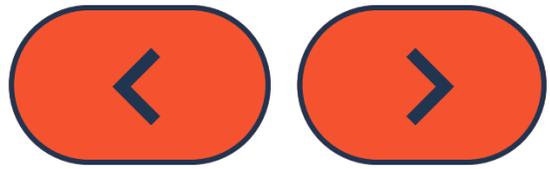
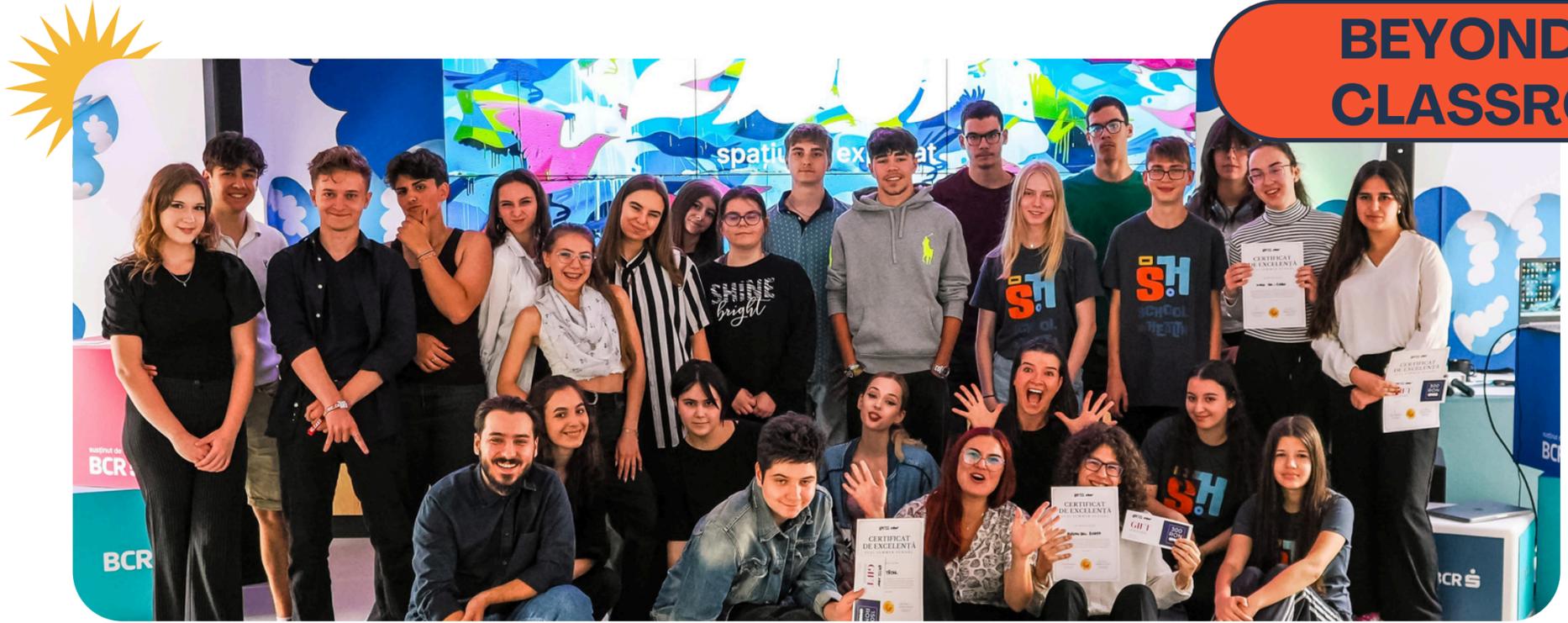
Through the **School of Health Society**, dietitians and students get mentorship and hands-on experience in schools, camps, and campaigns. Our community of **36 members** has already delivered programs in 74 schools.

Master's students from the **University of Medicine and Pharmacy "Iuliu Hațieganu" in Cluj-Napoca** join our internships, gaining real teaching practice and career support.

We also publish **2 applied research articles** on community nutrition—validating our methods and shaping best practices in health education.



BEYOND THE CLASSROOM



SoH Camp – 50 spots each year for children from disadvantaged backgrounds. A safe space to learn through play about nutrition, emotions, and movement.

SCAI Summer School – 100 teens explore entrepreneurship, AI, nutrition, financial literacy, and career orientation.

10 Emotional Health Grants – funding for school counselors running impactful wellbeing projects in vulnerable areas.

EduMate Platform – free peer-to-peer math prep for Romania’s National Exam, powered by Olympic high school students.

PARTNERSHIPS

Institutional & Academic Partners

Ministry of Education, Cluj-Napoca City Hall, County School Inspectorates (ISJ), School of Public Health – Babeş-Bolyai University

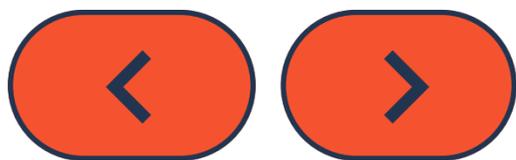
NGO & Community Partners

InIm Institute, Preventis Association, PONT Group, Federation of Cluj Youth, Student Councils, Rural Senses, SDG Lab, Sustainable Cluj, Sports Culture

Corporate Partners

PENNY (main supporter of nutrition education in schools)

...and many more local and national partners who believe in building a healthier future for the next generation.



TOGETHER FOR GENERATION H



Together, we invest in the health of a generation.

By supporting the School of Health – developed by Wello Association, you contribute to a **movement that empowers children and teenagers in Romania and the Republic of Moldova** to make healthier choices, build emotional and social resilience, and shape a stronger future.

👉 Join us as and help us **reach 1,000 schools by 2026.**

✉ contact@school-health.ro | 🌐 www.school-health.ro