

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



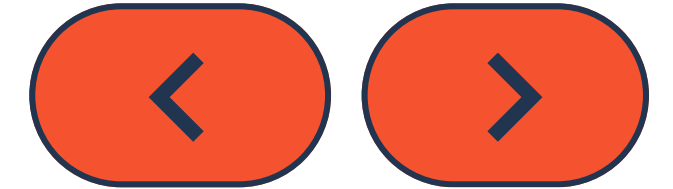
Over 6,000 schools from Romania & Rep. Moldova accessed our **resources** at least once
600,000+ students and teachers joined our interactive workshops led by nutritionists, volunteers and student interns

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.

SCHOOL 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 11–19)

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



ONLINE PROGRAMS

School of Health Online Platform

We offer an online education platform with nutrition and psychology lessons structured by age groups, designed for easy classroom use by teachers. The platform includes interactive activities, worksheets, parent guides, and ready-to-use educational resources.

Free Teacher Training

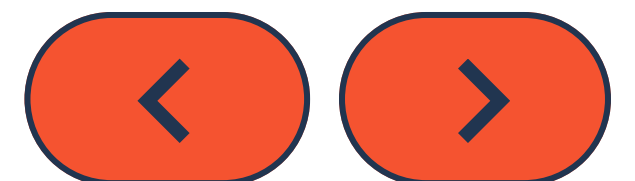
We provide free online training for teachers, supporting them in using and integrating our educational resources into classroom practice.

Parent Program – Family at the Table

A free national online program for parents, focused on building healthy and balanced family eating habits through live sessions and practical guidance.

Student Webinars

We organize age-appropriate nutrition education webinars for students, tailored to school needs and specialist availability.



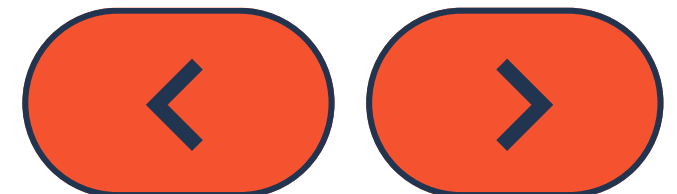


GROWING FUTURE EXPERTS

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.

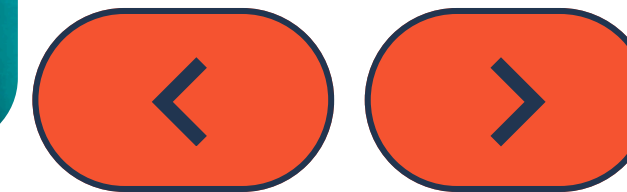
Master's students from the **University of Medicine and Pharmacy "Iuliu Hațieganu" in Cluj-Napoca** join our internships, gaining real teaching practice and career support.

We also publish **2 applied research articles** on community nutrition—validating our methods and shaping best practices in health education. Read here [article1](#) and [article2](#).





**BEYOND THE
CLASSROOM**



SoH Health Camp – Annual health and personal development program reaching 50 children from vulnerable communities.

SCAI Summer School – Educational program for 100 high school students, focused on entrepreneurship, AI, nutrition, financial education, and career guidance.

Emotional Health Grants – 10 community-based projects implemented by school counselors in vulnerable areas.

NutriHacks – Free nationwide nutrition education program for young people, delivered in ZborHub spaces across Romania.

HealthUp Club – Student-led health clubs in schools, supported by School of Health specialists.

EduMate – Free national math preparation program for the National Evaluation, using peer-to-peer learning with top-performing students.

PARTNERSHIPS

Institutional & Academic Partners

Ministry of Education, Ministry of Health, “Iuliu Hațieganu” University of Medicine and Pharmacy, Cluj-Napoca City Hall, County School Inspectorates (ISJ), County Centers for Educational Resources and Assistance (CJRAE), Department of Public Health – Babeș-Bolyai University.

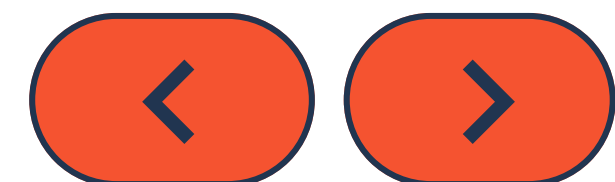
NGO & Community Partners

InIm Institute, Zbor România, Preventis Association, PONT Group, Federation of Young People from Cluj, Student Councils, EvoCariera, Rural Senses, SDG Lab, Clujul Sustenabil, Sports Culture.

Funder

Fondation Botnar (main funder of the initiative)

...along with many other local and regional partners who believe in building a healthier future for the next generation in Romania and the Republic of Moldova.



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!

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