

VAGAZINE



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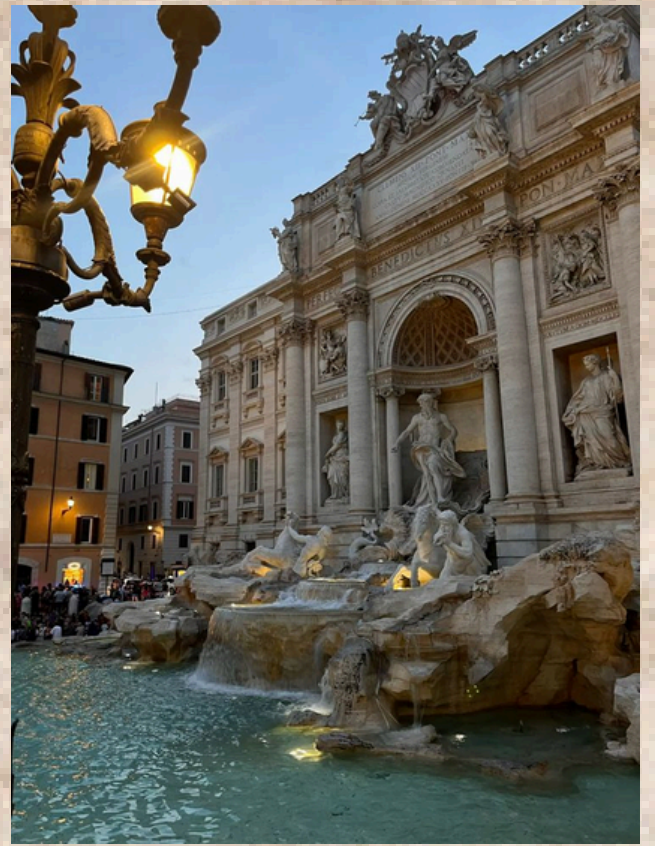


Erasmus+



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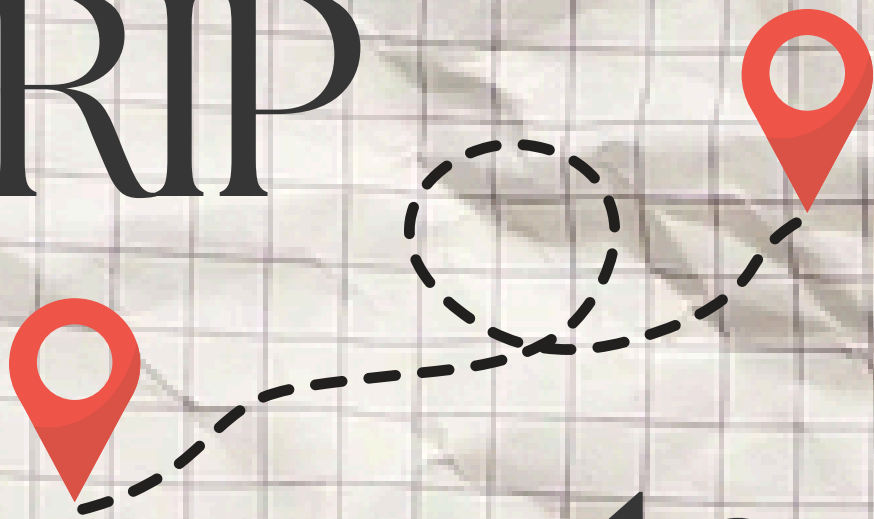
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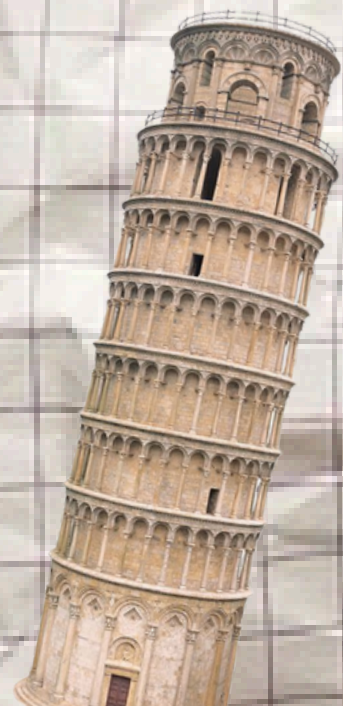
TRIP

Rome



to

Our Pilgrimage to the Eternal City



(1.10.2025)

The Journey Begins

On October 1, our students and teachers embarked on an unforgettable 5-day pilgrimage to Rome and the Vatican.

This journey offered us the opportunity to witness the breathtaking beauty of these historical places and to feel their deep spiritual meaning.

Rome, known as the “Eternal City,” is a living museum where history, art, and faith come together.

From ancient ruins to magnificent churches, every corner tells a story that connects the past with the present.



Exploring the Eternal City

Walking through the streets of Rome felt like
stepping back in time.

Every square, every stone, and every fountain has a
story.

Our group visited famous landmarks such as the
Colosseum, the Pantheon, Piazza Navona, the
Spanish Steps, and the Trevi Fountain, where many
made a wish to return someday



Our Pilgrimage to the Basilicas

One of the most spiritual parts of our trip was visiting Rome's major basilicas: St. Peter's Basilica, St. Paul's Basilica, St. John Lateran, Santa Maria Maggiore, and San Clemente.

Each basilica offered a moment of peace, reflection, and admiration for its art and history.



At the Heart of

Faith: THE VATICAN

Our pilgrimage reached its peak at the Vatican City, the world's smallest independent state and the spiritual center of the Catholic faith.

We passed through the Holy Door as part of the Jubilee Year a moment of grace and renewal for all. Students reflected on the importance of faith, unity, and gratitude during this unique experience.



Reflections and Memories

This trip was not only about monuments and history,
this trip was about friendship, faith, and discovery.

We returned home enriched with new understanding,
unforgettable memories, and a deeper appreciation for
our shared spiritual journey.

Traveling to Rome was not only about seeing beautiful
places—it was about feeling connected to something
greater.



Matriculation Ceremony 2025

A Celebration of New Beginnings

*September 29, 2025 / House of Arts,
Košice*

Day to Remember

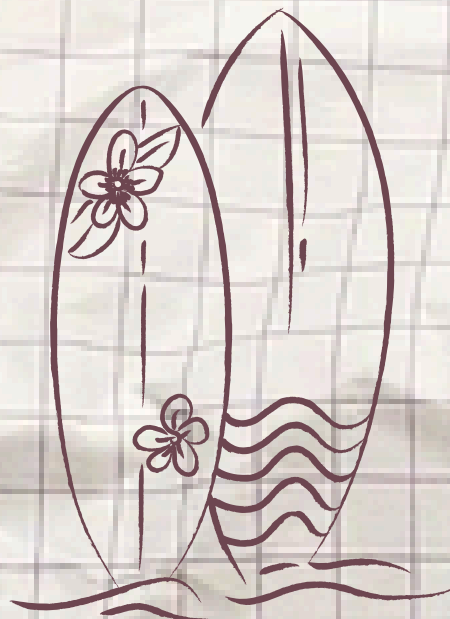
On September 29, 2025, our first-year students officially joined our school community during the Matriculation Ceremony held at the House of Arts in Košice.



Hawaiian Vibes

This year's "Hawaii" theme brought a burst of color and energy — floral shirts, flower leis, sunglasses, and lots of summer smiles.

The tropical atmosphere made the whole day warm and cheerful.



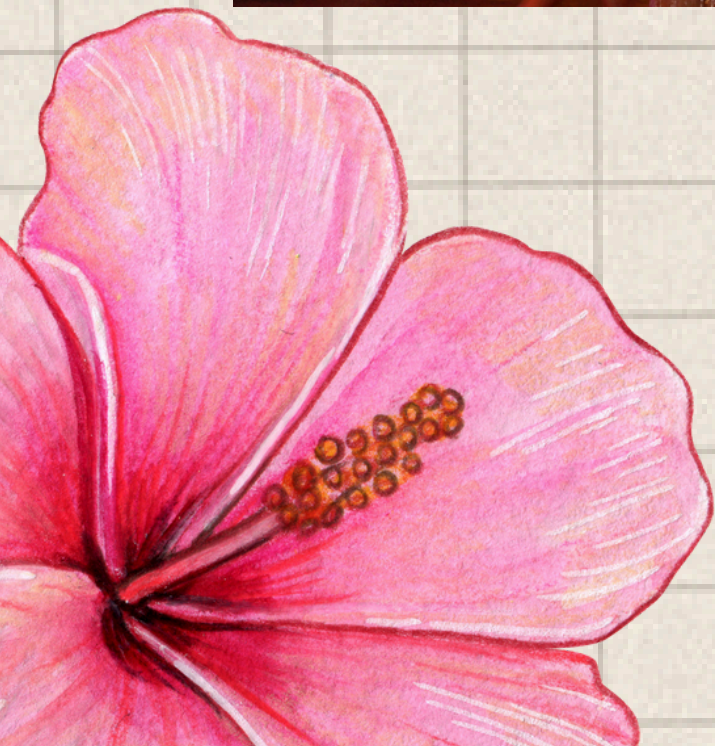


Organized by Class 3.B



The entire program was prepared by class 3.B, who did a fantastic job.

They entertained everyone with a funny skit, creative competitions, and a raffle full of great prizes.





The Test of Spirit

Our first-year students were challenged with a series of fun tasks to prove their readiness to become full-fledged members of our school community. Laughter echoed through the hall as they gave it their all, cheered on by classmates and teachers alike. After completing all the activities and reciting the official student oath, they were proudly welcomed into our school family.



Welcome Aboard!

The entire event was filled with joy, laughter, and unforgettable memories. It was a celebration of new beginnings, friendship, and student spirit.

We wish our new classmates lots of success, happiness, and amazing experiences throughout their studies.

A School Where You Can Breathe Freely:

How We Strengthened Students'
Mental Health and Well-being
through Erasmus+

By St. Thomas of Aquinas
Grammar School, Košice

In the 2025/2026 school year, our school is completing its Erasmus+ project focused on mental health, well-being, and modern education. Our goal was to create a school where everyone feels accepted, respected, and where mental balance is an essential part of learning.

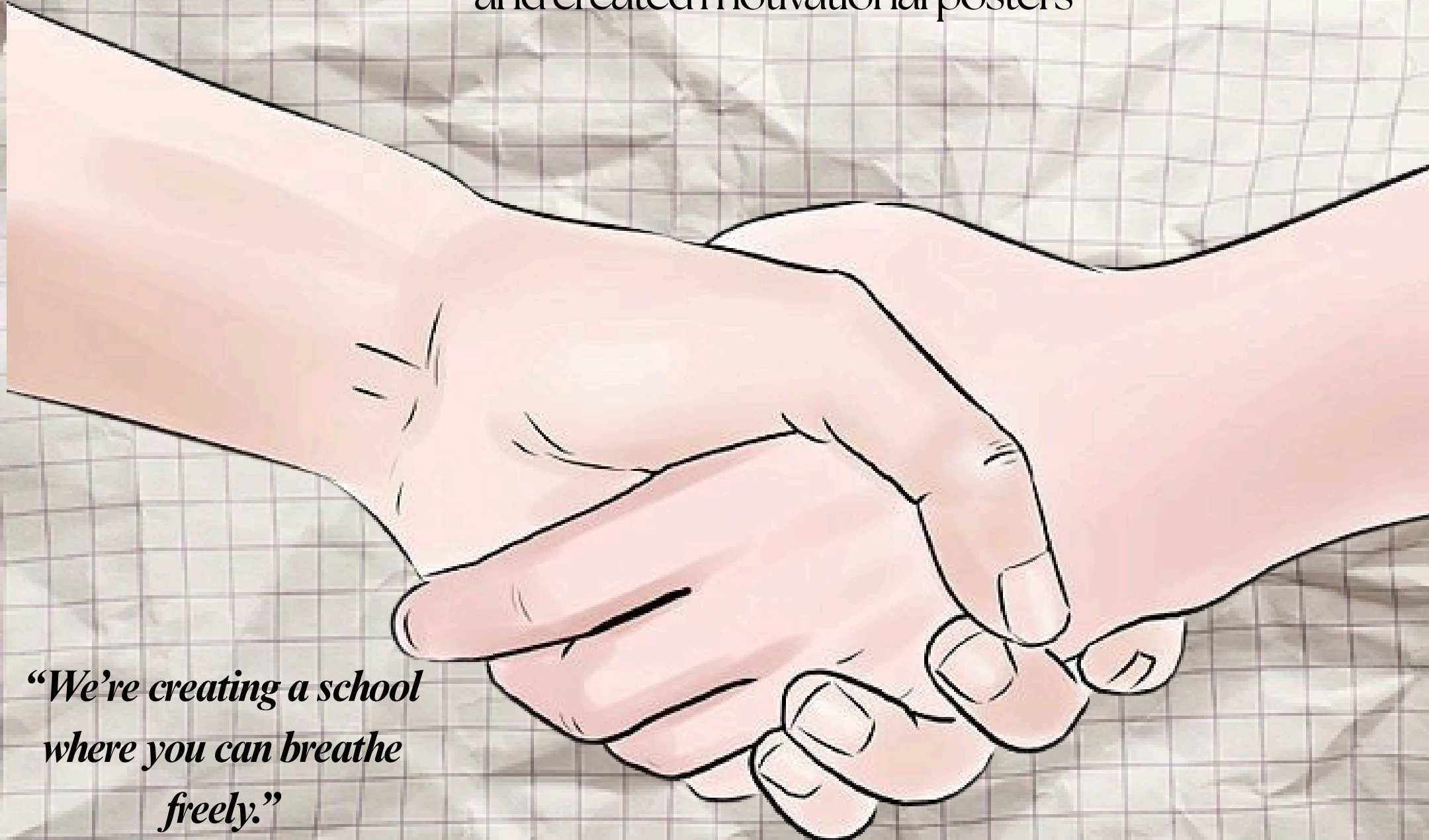


Erasmus+

Mental Health Week: A Celebration of Well-being

To mark World Mental Health Day (October 10, 2025), we organized Mental Health Week filled with lessons, workshops, and creative activities about self-awareness, stress management, and mindfulness.

Each day had a special theme – Gratitude Day, Day of Silence, Day of Joy, and Day of Mutual Support. Students shared emotions, practiced relaxation, and created motivational posters

An illustration of two hands, one larger and one smaller, holding each other in a supportive grip. The hands are rendered in a simple, clean style with pinkish skin tones and black outlines. The background of the entire image is a light beige color with a faint grid pattern and a crumpled paper texture.

*“We’re creating a school
where you can breathe
freely.”*

Well-being as Part of Everyday School Life

We discovered that effective learning begins with inner balance.

That's why we introduced well-being sessions – safe spaces to talk about emotions, stress, and coping strategies.



Through mindfulness, gratitude journals, and activities like “Emotions as Ocean Waves”, students learned to see stress not as an enemy but as a signal to slow down and take care of themselves.

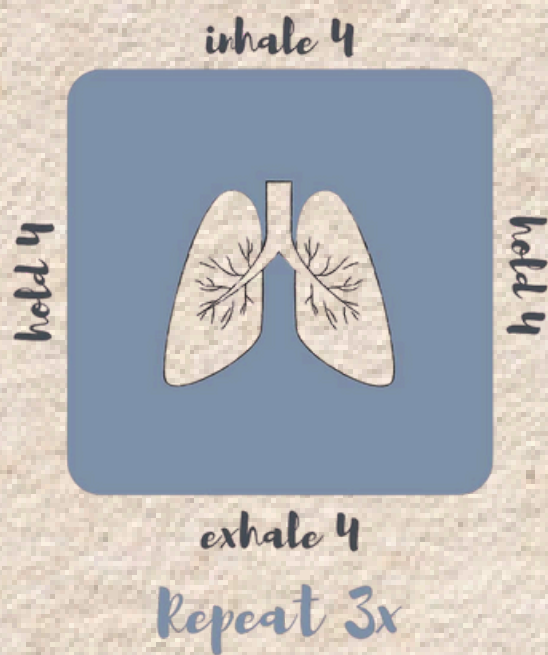


Breathing, Movement, and Calm

During our “Stress Management” sessions, students practiced simple techniques that quickly became favourites:

1

Box Breathing (4-4-4-4) – for calm and focus.



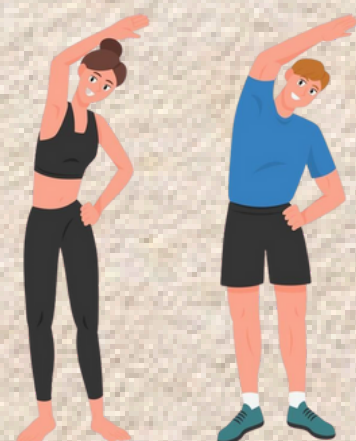
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Progressive Muscle Relaxation – to release tension, especially before exams.

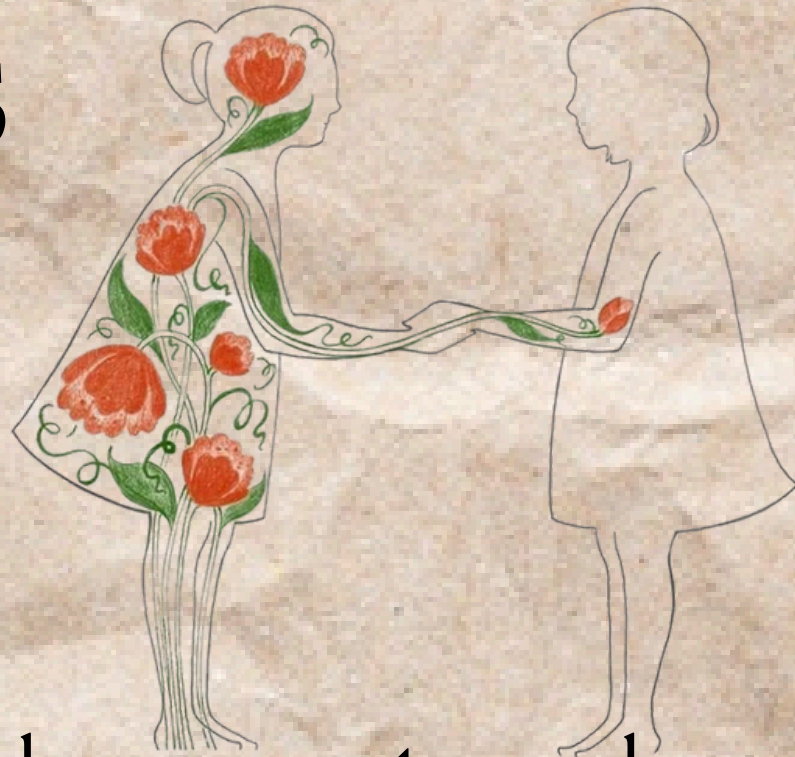
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Movement Breaks – short stretches to refresh mind and body.

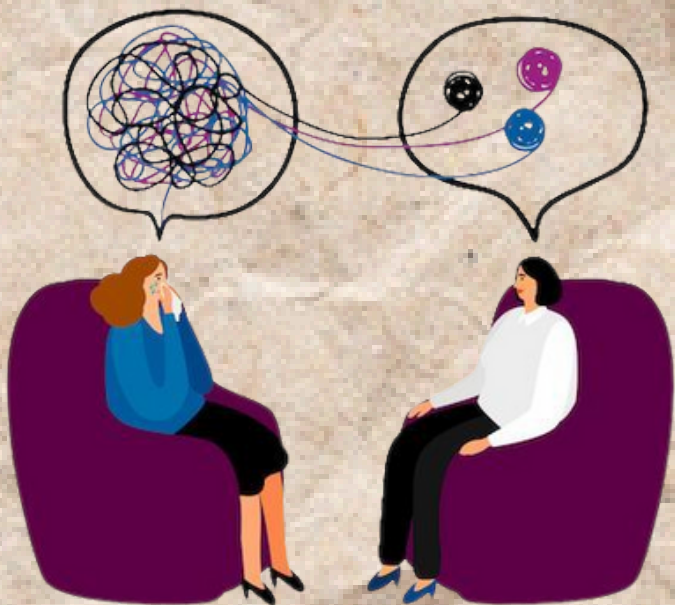
These small rituals became student-initiated habits and showed how well-being can grow naturally in daily school life.



Teachers as Mental Health Guides



Since teachers' well-being shapes the classroom atmosphere, we also focused on educators' self-care and mindfulness.



A Mental Health Support Team was also formed to offer guidance and promote calm, understanding communication.

Erasmus+: A Bridge between Knowledge and Humanity

International experience inspired us with new approaches to emotional education, resilience, and empathy.

By combining digital tools with well-being activities, we're shaping a school that not only educates but also nurtures emotionally healthy and socially aware young people.



Conclusion:

Kindness Every Day

Our Erasmus+ journey proved that mental health is a daily practice, not a one-time project.

A few minutes of breathing, a kind word, or a shared smile can change the whole atmosphere.

Today, our school proudly lives by one simple truth:

“When we feel good, we learn better.”



