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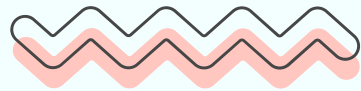
# MENTAL HEALTH AND EMOTIONAL WELLBEING AT SCHOOLS IN REPUBLIC OF MOLDOVA

By Natalia Silitrari, Moldavian national SHE coordinator



## Challenges in context of pandemic COVID -19

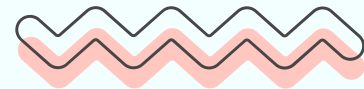
- On March 11, 2020, the Moldovan authorities closed all schools in response to the COVID-19 epidemic. Approximately 434,000 students from all academic institutions at all levels were forced to stay at home, and schools were allowed to provide distance learning opportunities.
- Switching to distance learning proved to be a difficult task for 16,000 students (4.8%) and 3,000 teachers (10.6%) in the Republic of Moldova, who did not have access to digital technology (laptop, tablet or internet access).
- The closure of schools caused by the COVID-19 pandemic affected not only the learning process, but also other aspects, such as:
  - Mental health
  - Violence
  - Acute social inequalities.





## Challenges in context of pandemic COVID -19

- The physical and psychological overload of children has increased.
- About 35% of students have limited their free time to rest during distance learning, which causes an increased level of stress. This is true not only for students, but also for teachers, parents and caregivers.
- Another problem was unequal access to distance learning for children and young people left alone at home.
- In the context of the COVID-19 pandemic, the problems of out-of-school, school dropout and absenteeism are more obvious.

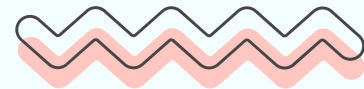




## Challenges in context of pandemic COVID -19

The evaluation of the opinion of adolescents and young people regarding their own health and well-being in the first 2 months of quarantine (April - May 2020) showed that:

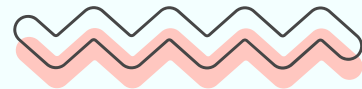
- In 24.5% of the respondents the emotional state worsened, and in 15% - the physical health;
- Almost 1/3 of young respondents indicated that their lifestyle had worsened (28%);
- 48% indicated that the day regimen became less organized
- 39% - ate more than usual, and 23% - less;
- 46% of them indicated that they had less physical activity,
- During this period, young people relationship with family, friends and colleagues get worse.





# LEARNED LESSONS

- It is an opportunity to review the school curriculum, the teaching-learning-assessment processes and the development of students' skills for their support and motivation;
- The need to strengthen cooperation between the education system and the parent community;
- The Government are required to protect parents financially during the crisis;
- The psychological well-being of students, teachers and parents must be in the focus.



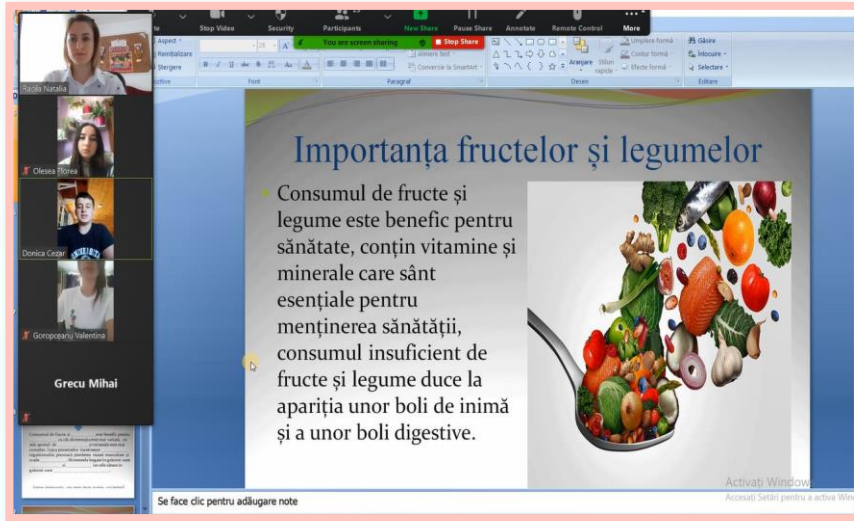
*Mens sana in corpore sano*

**Health Promotion during  
the pandemic COVID - 19**

01

# HEALTHY EATING

9th grade students present the role and importance of healthy nutrition in their lives during a pandemic. (Alexandru Ioan Cuza Thoretic High School, Chisinau)



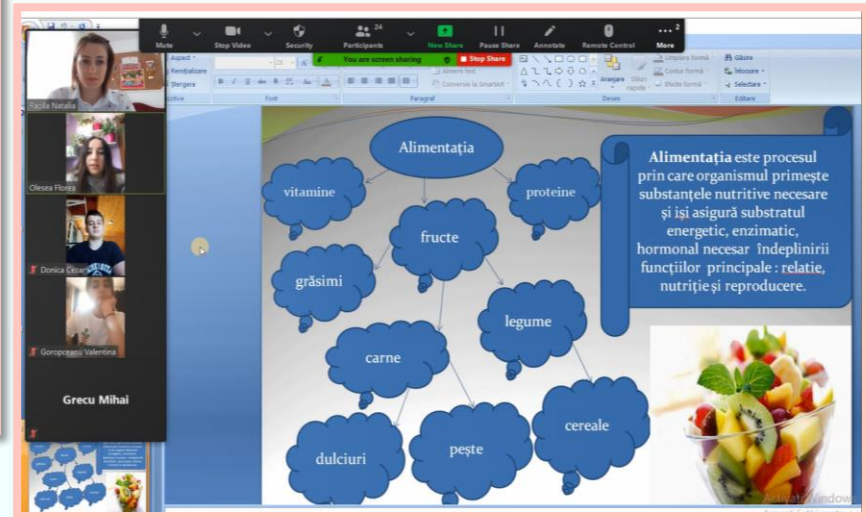
**Importanța fructelor și legumelor**

- Consumul de fructe și legume este benefic pentru sănătate, conțin vitamine și minerale care sânt esențiale pentru menținerea sănătății, consumul insuficient de fructe și legume duce la apariția unor boli de inimă și a unor boli digestive.

Activati Window  
Accesati Setari pentru a active Win

Se face clic pentru adăugare note

Participants: Hania Hania, Clasa 909a, Donica Cezar, Goropaganu Valentina, Grecu Mihai



**Alimentația**

- vitamine
- fructe
- grăsimi
- carne
- dulciuri
- pește
- proteine
- legume
- cereale

Alimentația este procesul prin care organismul primește substanțele nutritive necesare și își asigură substratul energetic, enzimatic, hormonal necesar îndeplinirii funcțiilor principale: relație, nutriție și reproducere.

Grecu Mihai

02

## AWARENESS CAMPAIGN TO REDUCE SALT AND TRANS FAT CONSUMPTION

- Educational actions for healthy eating promotion during pandemic and spreading them to the local level. The main focus: reducing consumption of salt and trans fats with the campaign name **"Choose what you eat!"**.





03

## BETTER HYGIENIC CONDITIONS

The Gymnasium “Ștefan cel Mare” from Nisporeni improves conditions for better hygienic skills in the context of the COVID pandemic



04

## PHYSICAL ACTIVITY

For a better health and wellbeing, we do physical activity for at least 60 minutes a day



# On April 24, 2021 the schools returned to the normal way of education with continued observance of prevention measures

The Ministry of Education, Culture and Research has prepared guidelines for the activities of students, parents and teachers when returning with a physical presence. The aim is to support students who return to full-time education after a long period of distance learning.



## CUM SĂ POARTE COPIII MASCA TEXTILĂ

PENTRU A TE PROTEJA PE TINE ȘI PE ALȚI, RETINE:

- Păstrează distanța de cel puțin 1m față de ceilalți.
- Spală-te cât mai des pe mâini.
- Evită să atingi fața și partea exterioară a măștii.
- Poartă masca cu partea corectă în interior și exterior.

1. Identifică partea interioară a măștii ce va atinge fața și partea de sus ce va acoperi nasul.

2. Ajustează masca fără a lăsa goluri laterale.

3. Acoperă gura, nasul și bărbia.

4. Evită să atingi masca.

5. Spală/dezinfectează mâinile înainte de a îndepărta masca.

6. Scoate masca, apucându-o de burete.

7. Depozitează masca într-o pungă sau un recipient curat.

8. Spală/dezinfectează mâinile după ce îndepărtezi masca.

9. Spală masca cu puțină săpun și apă caldă.

10. Nu împingeți masca altor persoane.

## #AiGrijă.

### Învăță în siguranță!

- SPALĂ-TE CÂT MAI DES PE MÂINI CU APĂ ȘI SĂPUN!
- TUȘEȘTE SAU STRĂNUTĂ ÎN PLIUL COTULUI!
- NU ATINGE FAȚA CU MÂINILE!
- SALUTĂ-ȚI COLEGI ȘI PROFESORII DE LA DISTANȚĂ!
- PĂSTREAZĂ DISTANȚA FIZICĂ FAȚĂ DE ALTE PERSOANE!
- NU ÎMPĂRȚI CU ALȚI COLEGI LUCRURILE PERSONALE!

\*Ești un student și vrei încurajat să poarte masca de protecție în situații în care nu poți respecta distanța față de colegii tăi. Masca trebuie să acopere gura și nasul.

septembrie 2020 World Health Organization





# Education for health it is my right and my choice

