

The Good Experience of Prienai "Ziburys" gymnasium

Due to the situation in the country and in the world, education at Prienai "Ziburys" gymnasium, as in other Lithuanian schools, was reorganized into distance teaching/learning. School-based health-promoting activities have become even more relevant. Of particular importance to the adolescents' physical and emotional health is their **social health**: relationships with family, friends, other people, the ability to adapt to the society or social group to which they belong, overcoming exclusion from normal communication with friends.

In preparation for distance teaching/learning, class masters and the social pedagogue made a survey whether there were students who did not have access to digital resources at home and would not be able to use them in the educational process, assistance has been provided when such cases have been identified.

On the recommendation of the gymnasium administration, distance teaching/learning began with classroom conversations with class masters and students about communication in virtual public spaces, personal data protection law, and similar topics.

Student support specialists posted information on the gymnasium's website where and what help is available in case of problems or distance learning. Relevant information for this period prepared by a health care specialist periodically reaches the school community. Non-formal education activities "I Communicate Without Fear" organized by a gymnasium psychologist and social pedagogue continue.

Other activities supporting social health are also carried out: special attention is paid to students with special needs - student support specialists provide individual consultations in a way that is appropriate for students; also, social support is organized - free meals, by issuing food rations to the student for meals outside the school.



Psychological assistance in Prienai „Ziburys“ gymnasium

The psychologist of Prienai “Ziburys” gymnasium consults remotely. Individual counselling is provided to students on self-protection, learning difficulties in virtual space, communication with parents, time management, emotion management, online safety, anxiety, self-help and other issues;

Parents are usually assisted by a psychologist on the student’s agenda, learning motivation, preparation of a suitable home environment, prevention of electronic addictions, anxiety, stress and coping with it, communication between parents and children, prevention of electronic/virtual bullying and other issues.

The gymnasium psychologist initiates individual conversations for the gymnasium teachers (by phone, on the Moodle platform), writes in an electronic register in order to strengthen the psychological and emotional health of the teachers, encouraging them to understand their powers and use their strengths. She also provides guidance to parents, teachers, and students on helping themselves and others with distance learning.

Gymnasium support specialists (a psychologist and a social pedagogue) conduct non-formal education “I Communicate Without Fear” video conversations with groups of I – III gymnasium students on the Moodle teaching platform, in the Gymnasium Lesson Group Room. The following educational topics are discussed with students:

- House rules and compliance;
- The importance of the agenda for psychological and physical health;
- Psychological hygiene;
- Students’ feelings in the quarantine situation;
- The circle of expression of anger;
- Self-care – an indisputable necessity;
- Areas of life and roles played in them;
- Harmony of life.

Strengthening mental, social and physical health is very important during quarantine. In the gymnasium during the quarantine every morning before classes at 8.30 exercises “Let’s Wake Up While Exercising” are performed, which are selected and sent by physical education teachers.

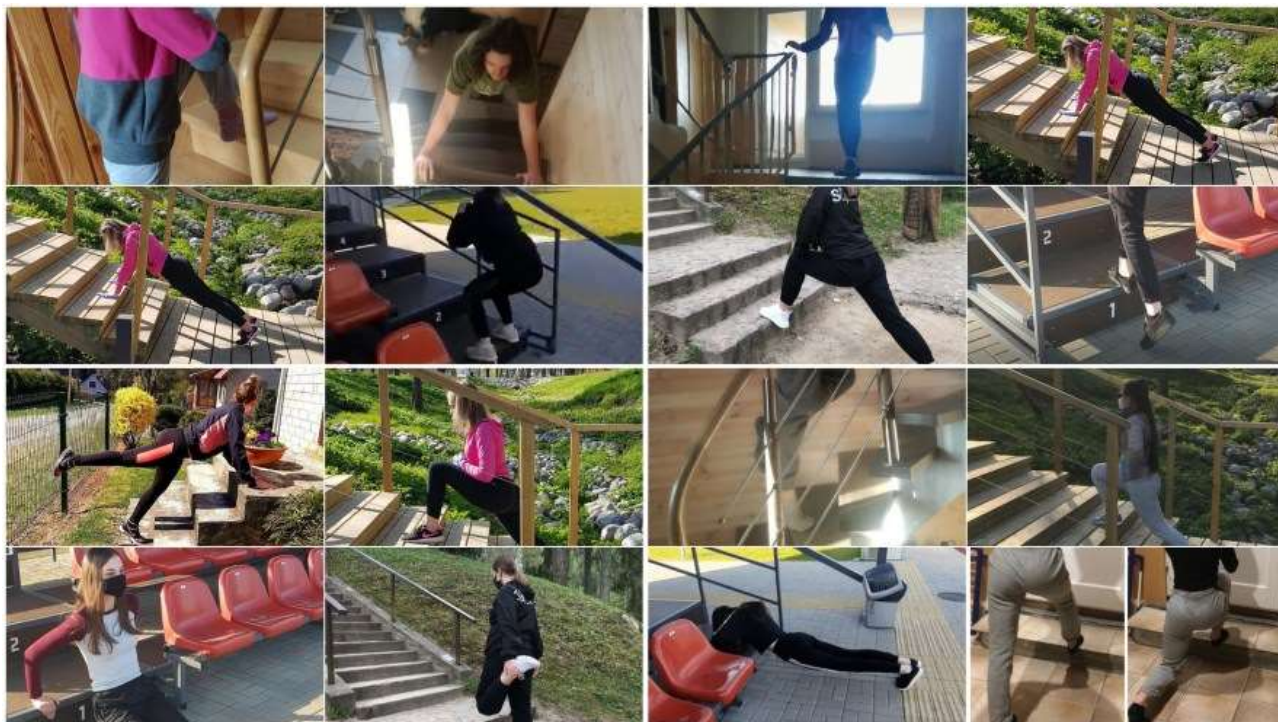
Students take part in international projects during quarantine: in an online Physical Education lesson, the community of Prienai “Ziburys” gymnasium together with students and teachers from all over the world united for a 30-minute exercise led by a qualified Physical Education teacher from Poland, also, actively contributed to the international “No Elevators Day” initiative and accepted its “Stair Challenge”, moreover, our community willingly participated in the campaign “Europe Day with a Ball”, gymnasium students were encouraged to join the physical education lessons online with the active “Youth Can” team.

The information on stretching exercises, the benefits of walking, the sun, Vitamin D, the harmony of body and mind in unusual situations, the insights of health and sports scientists related to the Covid – 19 pandemic, and other topics has been shared in the electronic register and on the “Ziburys” gymnasium’s website

Students are encouraged to exercise daily, with short exercises or stretching exercises between lessons. While exercising to choose activities you like – walking, running, cycling, combinations of different exercises, to spend as much time outdoors as possible.

The art teacher has organized a series of photographs “The Quarantine” on the gymnasium’s website.

The Gymnasium Students Parliament has organized the campaign “My Safe Leisure”, during which the students sent the most artistic photos of their the most favourite, funniest leisure time to their *Instagram* account.



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