

Lithuania: Klaipėda Smeltė Progymnasium

- good practice

At Klaipėda Smeltė Progymnasium special attention is paid to health education. The progymnasium community willingly participates in the organized activities, proposes and initiates the activities itself. Our community understands that health education is an integral part of highquality education.

The entire progymnasium community has been participating for many years in short-term and continuous projects that promote physical and psychological health and provide knowledge and skills. The community is united by projects: “We sort”, “Let’s do it”, “Green window sill”, “Fruit promotion”, “Dairy products for children”, Awareness month WITHOUT BULLYING, “BeActive-play dodgeball”, “We play sports together: fun relay races”, community sports festivals, “Healthiest Grandmothers’ Recipes”, “Eye-pleasing and heartbreaking images”, “The most popular sports in “Smeltė”, “With a rocket to the New Year”, “100 works of hope cityfor Lithuania”, “Emulsifiers in my life”, “Throw or recycle”, “Earth is our home”, quiz “GO – ACT –GET BETTER”.

The progymnasium implements social skills and bullying prevention programs, such as the Lion Quest “Time Together“ and “Adolescence Crossroads“, “Apple Friends“ and “Let's Overcome Together“. The school actively applies the principles of the Olweus program to stop bullying and delinquent behaviour.

The progymnasium conducts various surveys every year to assess students' knowledge and habits of healthy living. Research: “Use of e-cigarettes in grades 5-7”, “Favourite and desired activities during breaks”, “Adaptation of fifth graders in the subject system”, “Adaptation of newcomers at school”, “Students and harmful habits”, “Analysis of the prevalence of violence in progymnasium”, “Students’ safety at school“. The research has helped to reveal gaps in knowledge or social skills.

Since 2013, the progymnasium has been actively participating in the activities of the Republican Health Education Project “Sveikatiada“. In the spring of 2019, the school won “The Milk Cocktail“ challenge. In October 2019, with the help of the community, the school managed to win the Challenges of Health Care "No Day Without Exercise" and in November, "400g of Fruits and Vegetables Daily". The progymnasium will continue to focus actively on this project.

The progymnasium organizes a variety of healthy lifestyle events for students: lectures, practical activities, relaxation, sports and creative activities, exercises, contests, competitions, trips, camps, etc.

The school closely cooperates with Klaipeda City Public Health Bureau. In 2018, the school participated in the "Most Active Class" competition. In 2019, sex education training was organized for 8th grade students, healthy eating training for primary school students, first aid training for 8th grade students, led by professional lecturers. In 2019, students in grades 1-4 participated in the drawing competition "Klaipeda - healthy city", in which two students were awarded. The services of Klaipeda Public Health Bureau are used not only by students, but also by teachers. They had the opportunity to visit the sensory room and relax with the help of sound, colour and aroma therapy.

The public healthcare professional of the progymnasium actively conducts various educational activities for students. In 2019 such lessons as "I am healthy and careful in winter" (grades 1-4), integrated physical education lesson "Fast food + You =?" (grades 5-8), "Puberty and hygiene of girls" (grade 5), "Puberty in boys" (grade 5), "What emotions do I know" (grade 3), "ABC about TB" (grades 7-8), "What vegetable is it?" (grade 3), "Be careful in the water - you are not fish, only a person" (grade 2 and grades 6-8), "Safe summer holiday" (grade 1), "First aid" (grades 5 and 7), "Oral and body hygiene" (grades 1-2, pre-school students), "My healthy teeth" (grade 3-4), "What are those microbes? Hand hygiene" (grades 1-4, pre-school students), "Is smoking still fashionable?" (grades 5-8) were organized. Nordic walking lessons were given to 8th grade students, there was flat feet prevention (grade 1). Cocktails "Healthy cocktail", "Delicious water", "Cocktail with vegetable" with pre-school students were shaken. On the occasion of World AIDS Day, students handed out red ribbons to each member of the progymnasium in the morning. A battle of minds on this topic with student teams (grades 7-8) was also organized. In December, a Christmas penalty throw competition was for all the students who wanted to compete (grades 5-8).

In 2019 the progymnasium hosted a health week with morning exercises, yoga. The campaign "Find out your blood pressure" was carried out, the www.sveikataipalankus.lt team was invited with the performance "Broccoli's Journey and Adventure in the Kingdom of Health". There were relaxation breaks, a break of vegetables and fruit during which students could have free apples, cabbage, carrots. The children also had a trip to the Startukas sports club. Students enjoyed the battle of minds "What do I know about health?" (grades 4 and 8).

A "Water Day" was organized during which the whole community could taste water with various fruit, it was spoken a lot about the benefits of drinking water for the body. The whole progymnasium community, together with the progymnasium council, is trying to reduce the noise level in the institution - a competition "STOP the noise" was organized. The posters created during the competition decorate the spaces of the progymnasium and draw attention to the problem of noise pollution.

Progymnasium students and teachers not only strive to be physically active but also encourage others to join. From June to September 28, 2019 the school community actively participated in the #walk15 "Bonduelle" challenge and won the first place in the country among Lithuanian schools as the school that has taken the most steps. Since October, the school community has continued to participate in the school challenge, supports each other, keeps track of the results and tries to walk as much as possible.

After school, primary school students attend the sports club "Vikruoliai" ("Agile kids") in the progymnasium and students in grades 5-8 go to "Active Games".

We pay a lot of attention to the physical activity of parents and other family members: every Wednesday evening parents may come with their children to play basketball in the renovated gym whereas mothers, grandmothers and girls usually gather in the school hall at that time for active exercise together with a physical education teacher. Family sports days are organized every year where families and classes compete in a fun relay races.

We also actively use the knowledge of our parents. We invite them to give lessons to their children. Parents have shared their knowledge about healthy eating, benefits of water, active lifestyle.

The progymnasium shares its experience with city teachers; our teachers organize the dissemination of good practice, give open lessons, and read reports at city methodological meetings.

Prizes established by the Progymnasium Council are used to promote students and the community, and sponsors' resources are used to organize events (UAB "Citva" sponsored the Fruit and Vegetable Day"). By giving beneficial to health prizes we encourage students to choose healthy lifestyle.

Until the announcement of the quarantine (quarantine for COVID-19 has been introduced in Lithuania since March 16), such activities as “Why do you need to wash your hands?” (grade 2), “What are those microbes?” (grades 3-4), “Microbes, their influence on the human body. Use of antibiotics in case of illness” (grades 5-8) were performed. Interclass competition "Fast, agile and clever" in 6th grade, conversations about sugar, body weight, emotion recognition were held.

The psychologist led these psychoeducational classes - “Loss. How to help others?” (class 3b), “Why is it important to be honest?” (class 4b), “Who can help when I am offended?” (grade 1c), “What is bullying?” (grades 1b, 1d), “Friendliness in a class”(grade 5).

The psychologist sent recommendations to the school community by Tamo - “What is important during quarantine?”, “When should you contact a psychologist?”, “Psychological help during quarantine”.

In March during the breaks, students had activities during which they created a common poster “Friendship warms us”. During the activity, the social educator talked with students about what is needed most for a true friendship. This poster reminded students how important friendship is in our lives and how it warms us.

Months from March to May were supposed to be full of activities, conversations, active exercises, hiking, Nordic walking training, etc., but all this had to be canceled for the safety of all of us.

As our school’s public health professional was involved in other work on COVID-19, there was a decline in health promotion activities. The progymnazium continues to be actively involved in the Health Education Project “Sveikatiada“. We have created our Facebook page "Smeltė" PLUS" (<https://www.facebook.com/Smelt%C4%97-PLIUS-101120604833842/>), where we share health promotion news.

We are waiting for the whole situation both in Lithuania and in the world to get better and we will all be able to carry out health promotion activities boldly, safely and actively again.

We are also sending a short video that captures various health promotion activities (<https://youtu.be/NQ3PHIAB2YY>).

Have a nice day!

Smeltė Progymnasium Health Promotion Team

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