

DANUTA SZYKSZNIAN PRIMARY SCHOOL No. 14
IN SZCZECIN, WEST POMERANIAN VOIVODESHIP
POLAND

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Danuta Szyksznian Primary School No.14 in Szczecin has 366 pupils, including 4 kindergarten units . Since 2018, we have been trying to join the West Pomeranian network of schools promoting health. As a school, we consider the health of our children and all activities related to it as a priority of school's everyday life.

Our main goals in the area of health promotion are: reduction of noise levels at school and education about respecting silence. Therefore, the school implements a number of activities every day .

ACTION 1

The first floor of our school is intended for students in grades 4-8. During breaks, young people can enjoy playing ping-pong , because in the school corridor there are two tables intended for this game ,equipped with paddles and balls. This sport discipline teaches humbleness, patience and concentration . It requires great precision and concentration , which is why students conduct the games in extreme silence. Children are also implementing cooperation, mutual tolerance and healthy competition in the pursuit of the goal - winning. At the same time extraordinary strength and positive emotions are released. Those transfer into involvement in subject lessons. Students focus more quickly on performing various tasks and work better in groups.



Klasa 8a

ACTION 2

There is a "relaxation corner" in the school library. A place designated as a reader's section, in which students can read their favourite books and set books, and do homework with their friends. Spending time together strengthens students' motivation to work. Talented students help those with learning difficulties with their homework. Self-esteem and willingness to help others are strengthened among young people. In students' lives, the most important values are: cooperation, trust, respect, honesty. Involvement of children in providing help to others gives us, teachers, great satisfaction resulting from this space - "The corner of relaxation." We can see and feel, how adults' ambitions translate, in a positive and measurable way, to the ambitions of children. Adults are responsible for younger people. We feel great joy, seeing the smiling and happy faces of our students. Sometimes learning turns into fun - after doing the lesson, students play board games. Activity, entrepreneurial spirit and reasonableness are the few features that develop after playing together in the "relaxation corner" in our school library.



Klasa 6a

ACTION 3

Organized in the spring school competition "*Stworek Halasorek*" dedicated for students in grades 1-3 is very popular. From the earliest years it helps children to realize what is noise, and teaches, how you can reduce its intensity in school. Children willingly participate in a competition in which they can win attractive prizes. They do the artistic assignment in any format. "*Noise creatures*" sometimes is associated by children with known characters from fairy tales.



The competition teaches children courage and commitment, as well as discipline. The most important thing is fun and cooperation with parents who help children in their work .

ACTION 4

In favourable weather conditions, children and teenagers actively spend breaks on school grounds. Kinaesthetic games and activities at the school's outdoor sports facilities have a positive impact on the health and development of our students of all ages. In addition, the noise level during breaks decreases . Students willingly compete in sports, having fun at the same time. Self-esteem, mutual respect, motivation to work and joint actions are strengthened among young people . The value of cooperation is of great importance. Friendship and companionship as well as many other positive feelings develop. There is a growing awareness of the positive impact of interpersonal relationships on the quality of their own lives. Similarly - reliance on other people in many situations or mutual trust . We all belong to one species of mammal - intelligent man *Homo sapiens*.

ACTION 5

We care about the culture of eating school meals . Within hours of homeroom lessons teachers conduct causeries with students on the topic of effective "savoir-vivre " in the school canteen. In classes 0-3, the rules for using knives during dinner are discussed. The schedule for eating lunch by individual classes was carefully prepared, taking into account the organizational needs of the school. As a result, the noise level in the school canteen decreased significantly. Students behave culturally during meals, eat them in peace and quiet according to a fixed schedule.

Danuta Szyksznian Primary School No. 14 in Szczecin in the West Pomeranian Voivodship pursuing human health goals , broadens knowledge about the harmfulness and impact of noise on the human body, shows students ways to reduce noise in the natural environment, increases parents' awareness about raising children in respect of silence. We hope that our activities will effectively improve the health of our students and will be implemented cyclically.

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