

LITHUANIA

PAKRAZANTIS GYMNASIUM OF KELME DISTRICT

HEALTH PROMOTING SCHOOL

OUR FIGHT AGAINST VIRUSES

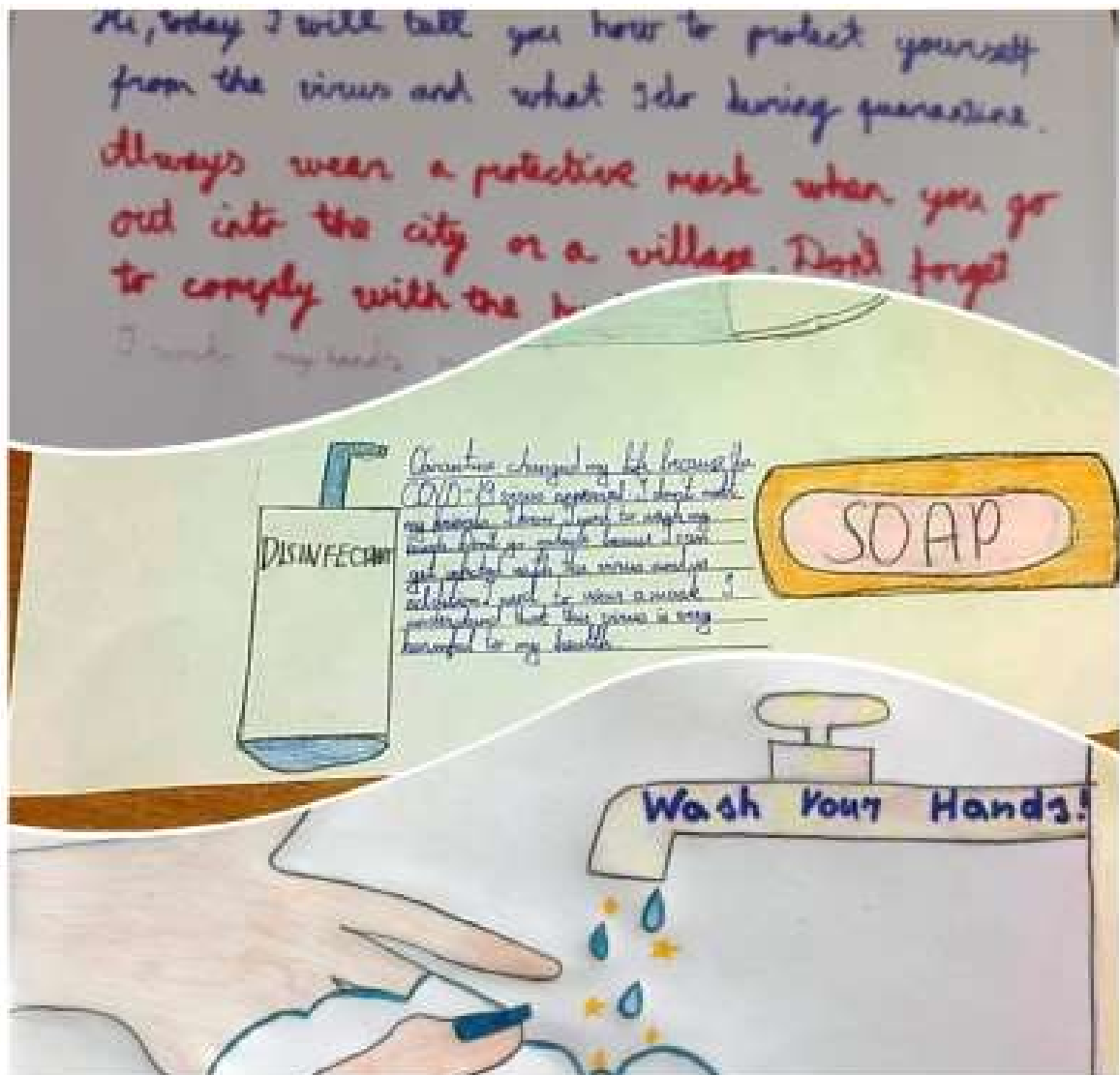
PAKRAZANTIS GYMNASIUM OF KELME DISTRICT

Pakrazantis Gymnasium of Kelme district is recognized as a health-promoting school. The gymnasium pays a lot of attention towards the development of healthy lifestyle competencies, and the involvement of the entire gymnasium community in the activities. We believe that a health promoting school creates better learning and teaching conditions because healthy students learn better and a healthy teacher works better.

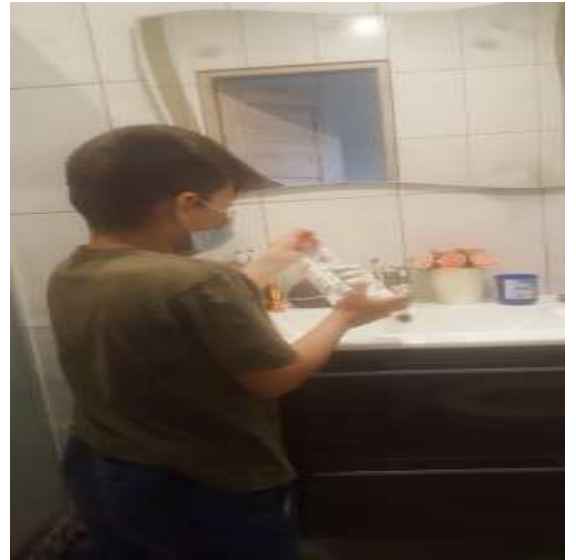
During this difficult period, the students and staff of Pakrazantis Gymnasium have become actively involved in the fight against viruses. The quick spread of coronavirus caused anxiety and uncertainty. So we had to ask ourselves - HOW TO PROTECT AGAINST IT ☹ ???

☺ We are glad we really succeeded ☺

In the beginning of March the health care specialist Lina and English teacher Brigita had a distant English lesson for grade 6 where the students were explained how to fight against viruses and what protective measures to use. The most hard-working students provided this information in English.

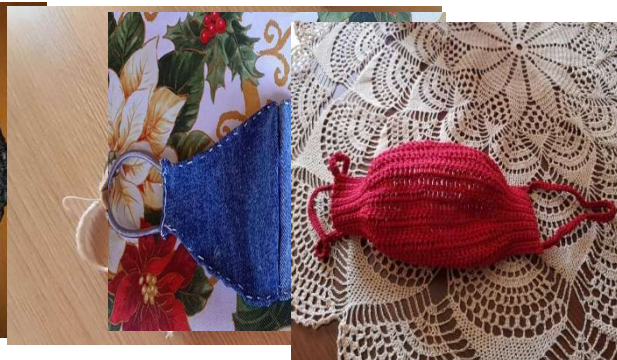


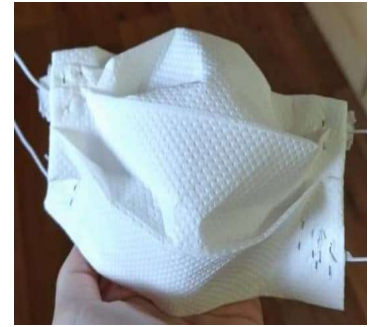
One of the best ways to prevent viruses is to wash your hands correctly. Pupils, while still being at school, learned to wash their hands properly and did the same at home during quarantine.



In the face of the COVID-19 pandemic, we are facing a lack of personal protective equipment. They are lacking for both doctors and all of us. No one seemed to think we could run out of them. The lack of these tools leads to the search for various alternative solutions. We also found a way out here.

Students made face masks using different ways and different materials during the craft lessons. Some of them knit them, the others sewed, some used socks while the others used a paper towel.

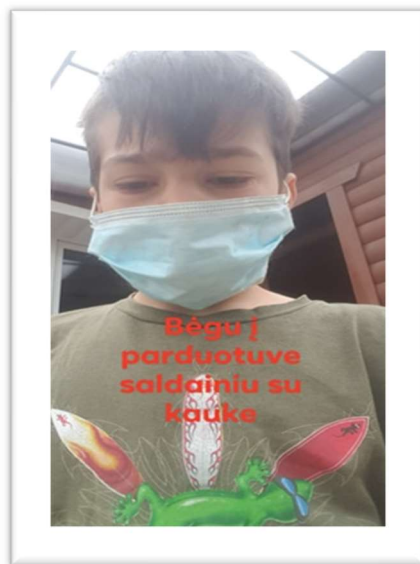




As you can see, we really succeeded. Well, there are different opinions on how effective they are.

We have all learned to use protective equipment perfectly. When we go to the street or to the store, we always wear masks, gloves and use disinfectants.





NO VIRUSES CAN SCARE US

Laima Brazauskiene, the social pedagogue,
Lina Andrijauskiene, the healthcare specialist
of Pakrazantis Gymnasium.