

# Lithuania

## **TAKING CARE OF COMMUNITY HEALTH (EMOTIONAL, PHYSICAL, PSYCHOLOGICAL) DURING THE QUARANTINE PERIOD AT ŠIAULIAI DAINŲ PROGYMNASIUM**

In the face of pandemic, it was a real challenge to move the learning process to homes as no one has been prepared for it. Sudden social changes can cause great stress. To avoid this, it was decided to provide pupils' families with necessary technological tools for the education, make recommendations to parents and children. While adapting to a new teaching/learning process more attention was paid to the continuity of school activities that affect the health and well-being of students and promotion of healthy lifestyle and nutrition.

When learning moved into the home space, parents had endless questions: how will the children have to learn?, what will the new agenda look like?, what parental help will be needed? In response to the parents' questions, progymnasium teachers and education support specialists organized consultations, they prepared information notes and recommendations how to adapt the home environment to the learning process, how to divide work and rest time, how to use computer programs and websites, teachers, parents and children shared experiences, what advantages and disadvantages of distance learning are. The current situation and uncertainty – when and where everything will end – cause stress not only for adults but also for children. The health specialist paid a lot of attention to emotional health of the pupils – she introduced pupils to the information about covid-19. Parents often do not know how to calm their children down as children see, hear and read information about coronavirus and parents are worried about that. During this period, members of community were actively provided with consultations by education support specialist, psychologist; information was posted on social networks for school community how to help yourself during the quarantine period as well as psychologist material on how to overcome stress and anger during learning. Pupils were encouraged to overcome the uncertainty with recommendations „How to plan your day“, prepared by social educators.

While adapting to the new rhythm of life, much attention was paid to the health of the school community. After all, in a healthy body – a healthy soul! Healthy nutrition is an important part of Dainų progymnasium education process. Even during the quarantine period, they did not stop participating in project activities, Dainų progymnasium accepted the challenges of Spartakiada and the virus as taking care of health is the best prevention! Children need challenges in order to learn from the childhood to overcome difficulties, to get skills for managing complex situations, to adapt to changes. During the quarantine period, pupils are encouraged to get involved in the household chores, especially cooking process. The healthy lifestyle projects in Dainų progymnasium are being transferred to the home kitchens! Thanks to the „Spartakiada“ challenge „Milk Party“, culinary masterpieces of milkshakes were born in the kitchens of the members of Šiauliai Dainų progymnasium while the challenge „Healthy Snack“ invited us to experiment with health-friendly snacks. The public health specialist took care of nutrition of the pupils and their

families – she shared animated video information about health, balanced nutrition, food shopping planning.

As school desks were changed to smart screens, a big attention was paid to the development of pupils' online literacy and awareness. The school community prepared leaflets about online behaviour, time intervals for learning and recreation. In order to spend less time in front of computer's screen it became important to exercise more, so children participated in the world's most massive Physical Education lesson. Also, it was paid attention to eye exercises – eye exercise posters were prepared, which pupils could print out and do exercises on a regular basis. Physical Education teachers invited students to fill in physical activity diaries, exercise actively at home conditions, watch and fix their well-being. In a distant way, we celebrated International Noise Day, World Hand Hygiene Day (we can turn hand washing into a fun game by singing a hand washing song or reciting a poem together). On the International Family Day, the whole community of Šiauliai Dainų Progymnasium was invited to actively spend time with their family, capturing moments in the photographs “Shadow of My Family”.

*By members of the group organizing the health promotion activities of the Šiauliai Dainų Progymnasium (Lithuania)*



More information about our events, photos can be found in the Dainų Progymnasium fb account: <https://www.facebook.com/%C5%A0iauli%C5%B3-Dain%C5%B3-progimnazija-140160877019/>