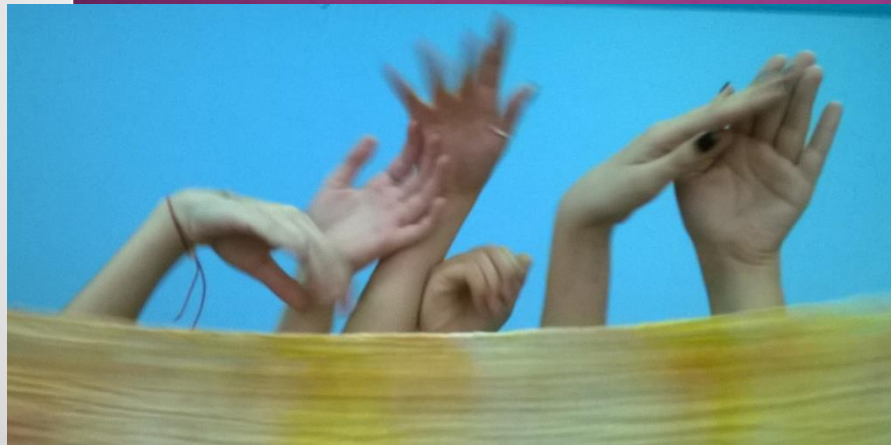




Pupil Health & Well-Being

1ST EXPERIMENTAL JUNIOR HIGH
SCHOOL OF THESSALONIKI



Las Palmas

January 30, 2016 - February 4, 2016

OUR SCHOOL

- ◉ Public school
- ◉ Situated in the centre of Thessaloniki
- ◉ Pupils from every part of Thessaloniki (by lot)
- ◉ 152 pupils
- ◉ 17 teachers
- ◉ The pedagogical team of the PHWB project
 - Amalia Drakou PE teacher
 - Despoina Avgerinou teacher of English language



OUR CONNECTION TO HEALTH AND PHYSICAL ACTIVITIES ISSUES

- Health and PA issues are introduced to our students through
 - Certain curriculum subjects such as Physical Education, Biology, Household Economy (obligatory)
 - Health and Environmental education programs (optional)
 - Interdisciplinary teaching (optional)
 - Sport clubs (optional)
 - Participating in school sport tournaments (optional)
- Relevant seminars are addressed to parents and/or teachers (i.e. internet addiction, safety issues)



Interdisciplinary teaching



Rhythmic gymnastics club

POINT ZERO - 1ST COLLEAGUES MEETING



- ◉ Brain storming
- ◉ Decide on the target
 - Promoting a more physically active way of living
- ◉ However this has to be interdisciplinary approached
- ◉ (physical and mental health, healthy cooking, healthy eating, healthy habits)
- ◉ Problems we had to face
 - Insufficient school sport facilities
 - Only two teaching hours of PE in the weekly schedule
 - “Heavy” student program (their school day starts at 08:20 and usually ends at 15:30. Most of them go on with off school activities such as music, foreign languages, sports, and of course they need time to study for next day’s school duties)



ACTION 1 - SPORT UNIFORM DAY

Sport uniform day for the teaching staff

All the teachers were asked to come to school wearing sport uniforms

Aim - to facilitate pupils to create associations between physical activities and everyday life (no talking, no comments, only icons, examples)

When - the day that all schools in Greece “celebrated” the school sport day”

Evaluation only two teachers out of 17 responded

Second step (not implemented yet) - to establish this day once a month and to ask from teachers to make a little more walking to come to school that day (for example to get off the bus one bus stop earlier the school’s one)



ACTION 2 - QUESTIONNAIRE

We decided to investigate our teachers' attitude towards physical education and activities

Questionnaire

16 out of 17 responded

Concepts investigated - attitude, behavior, intention towards physical activities

Main results

- ◉ The vast majority believe physical activities are of great value for their health and well being
- ◉ Only a small percentage train themselves regularly
- ◉ 69% of the sample do not train themselves
- ◉ 27% of those who do not train, have the intention to start
- ◉ Well informed about fitness

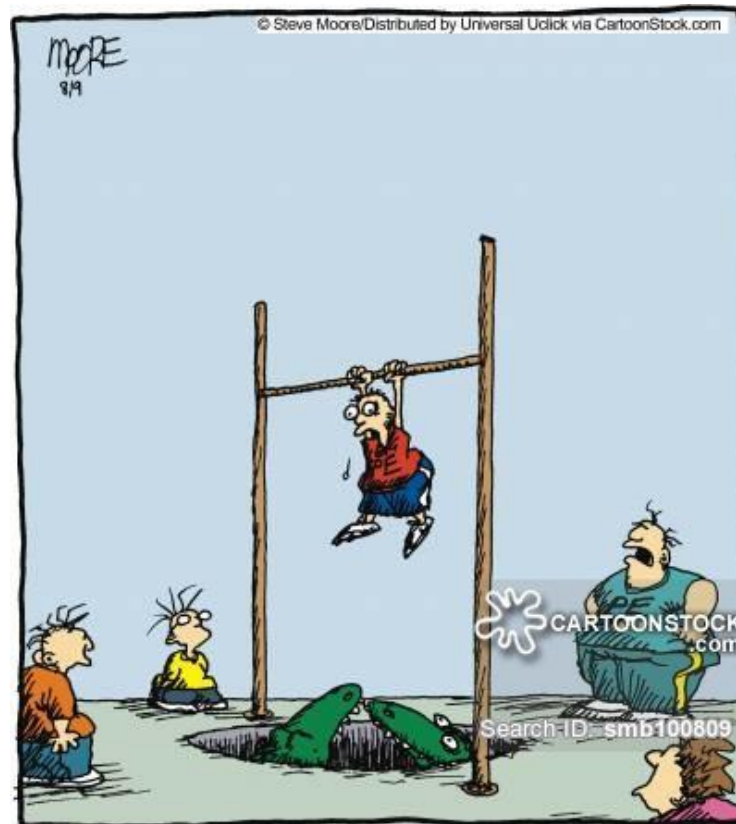
ACTION 2 - QUESTIONNAIRE

Conclusion

Knowledge is not enough!

We need to find ways to motivate people (included ourselves) to be more physically active!

We need to serve the idea in order to promote it!



"Five more, Billy! No pain, no gain!!"



ACTION 3 - “LITTLE STRETCHING”

- ◉ Stretching sitting on a chair exercises were shown and explained to the information technology teachers
- ◉ One of the IT teachers presented the exercises to the students during a two hour IT class. Students were asked to perform the exercises (6-8 min)
- ◉ During a PE class, students discussed about the value of the specific exercises and were asked to repeat them at home (during their study or play in front of a screen)
- ◉ They were also asked to motivate their parents to do the same (diffusion within the family)

STRETCHING THE CHEST MUSCLES



STRETCHING THE NECK MUSCLES



STRETCHING THE LEGS



STRETCHING THE SPINE AND ARMS



STRETCHING THE SPINE AGAIN



ACTION 3 - “LITTLE STRETCHING”

- ◉ Evaluation (by observation)
- ◉ Students were happy to have a short pause off their class and perform the exercises
- ◉ The impact in students’ family - to be evaluated through discussion with students and parents

ACTION 4 - ENVIRONMENTAL EDUCATION PROGRAM

- Title - *Travelling with the help of Aiolos*
- Duration - 6 months (December 2015 to May 2016)
- Aim - ecomobility, cultivation of ecological consciousness, introduction of the sport of sailing, more like a mean of transportation and recreation rather than a competitive sport
- Includes
 - Every week meetings
 - Group research and assignments
 - Practicing with boat accessories (compass, maps, ropes) at school
 - Visits to 2 sailing clubs of Thessaloniki and practicing
 - One day trip by sailing boats



ACTION 5 - HEALTH EDUCATION PROGRAM

Title - *Eat welllive well!*

- ◉ Duration - 6 months
(December 2015 to May 2016)
- ◉ Includes
 - Every week meetings
 - Group research and assignments
 - Development of a weekly healthy diet schedule



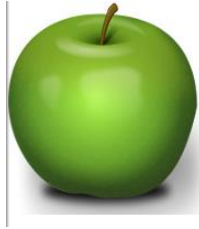
Some goals

Knowledge about

- ◉ the food groups and their usefulness
- ◉ agricultural production models with emphasis on sustainable and biological cultivation
- ◉ local varieties and products
- ◉ the role of preservatives and food additives
- ◉ **role of diet and exercise on health promotion**

Development of nutritional awareness

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Pupil **H**ealth & **W**ell-**B**eing

- This is what we have done so far
- We are looking forward to new ideas and different points of view!
- We are very much interested in interdisciplinary and practical methods

Thank you!