

EDUCATION OF HEALTH

1. Health Education Programme -Mental Health - Interpersonal Relations



During the school year the pupils of A1 class with their teacher, Kefalidou Artemis, materialized a Health Education Programme. The theme was "Mental Health - Interpersonal Relations" on the recognition and management of emotions.

Thematic Map of the Programme

I - A SEPARATE PERSON

ONE OF MANY

DISCOVERING EMOTIONS



BRIEF EVALUATION OF THE PROGRAMME

The particular programme resulted in very important positive facts:

- Opportunity for emotional expression of pupils, which was beneficial in creating a friendly environment and also, helped in the teaching process.
- Pupils got better marks and were more enthusiastic in participating in school activities.
- Powerful motives and conditions were created among the parents.
- Collaboration and communication between the teacher, the pupils and their parents was improved
- Parents and pupils took important initiatives in sensitization actions, the most important being the organization of a Christmas bazaar which involved the whole community.
- Children came to learn and become more sensitive with social issues like handicap, health, social exclusion.
- The pupils developed critical thought and expression needs on universal issues like war and peace among countries.
- A new relationship based on trust and friendship was created among parents, pupils and teachers which led to out of school educational - recreational meetings with impressive attendance.
- Parents, pupils and teachers cooperated in writing a collective book of evaluation of our course through school year 2008-9 useful in feedback and critical evaluation of the activities.
- Classroom activities led to the whole school community cooperating in a Christmas Bazaar in various ways.
- There was a need to communicate the results of the programme to the entire community, so, during the mid evaluation of the programme three texts with optical material were edited and published in the school newspaper.

2. Pupils of the 6th grade visited MEVGAL factory.

The pupils of the 6th grade with their teachers, Mr Zoi Apostolos and Mr Paraschos Athanasios, visited the MEVGAL factory that produces milk at Koufalia.

The visit aimed to inform the pupils. They learned how milk - and other dairy products like ariani and yoghurt- is collected, processed and packed.

The people in charge at the factory offered a tour and children had the opportunity to closely observe the whole production and standardization system.



3. The garden with the 11 cats

The subject with which the students of B2 class with their teacher Mrs Eustathiou Anna chose dealt with the issues of **substance addiction, death, personal choice, friendship, helping each other and many more**. They all appear in the 12 stories in the book "**The Garden with the 11 Cats**". The final goal was to shape a negative attitude towards the use of substances and to realize the reasons that lead to the use of them and to understand the power and support of a team to the weak members.

Evaluating the programme

During the programme and through the stories the children realised by themselves the reasons that lead to the use of substances as well as the power of the team and the support it offers to the weak members. The pupils happily took part in the programme, especially in the creative and recreational part. Team work helped in the distribution of work and collaboration. Part of the evaluation was the cooperation with the parents. Many parents observed their children's interest and they will help them in the future maintain the negative attitude towards addictions.



4. First Aid Program



The students of the 6th class had the chance to attend a specialised nurse of the Red Cross a First Aid program.

The Greek Red Cross in Thessaloniki in the frames of Health Education Service informs the public in subjects that aim in the prevention of illness and the promotion of health.

The program was completed in three lessons and had the sensitization of young people in simple things that can save lives as an objective.

5 Anti-Smoking Day - 31st May - Harmful habits

On the day dedicated to smoking and its harmful consequences the students of the 6th grade class 1 with their teacher, Mr Apostolos Zois, wore t-shirts with anti-smoking messages written on them and with some members of the Cancer Patients Association of Macedonia-Thrace, organized and participated in a successful anti-smoking event in Aristotelous Square in Thessaloniki. They handed out leaflets stressing the harmful consequences of smoking reminding the passersby of the new law that forbids smoking in many areas.



6. Going to school without having any breakfast?



A proverb says: in the morning you should eat like an emperor, at noon like a king, at night like a beggar! According to some researches nowadays the pupils' dieting habits have changed. Many pupils go to school in the morning without having anything for breakfast and therefore they get hungry and tired quickly. They eat sweets and snacks and crisps. Also, they drink a lot of sodas. This unhealthy diet is responsible for the fat! This is why we should choose to eat some bread with cheese or honey. Also, yoghurt with fruit and vegetables are healthy.

What happens to our kids?

The students of the 6th grade who chose German as a second language with their German language teacher, Mrs Kousidou Stella completed the project of preparing and filling in questionnaires. The subject was: **What do you have for breakfast?** The results of the research were presented to all the students of our school.

7. Program of Education of Health - B 2 class

Food: which nourish us and which destroy us?



At the duration of school year department B 2 with their schoolteacher Mrs Eystathiadou Anna, materialised a Health Education Program in collaboration with the Office of Education of Health and dealt with the subject: "Food: which nourish us and which destroy us" The subject was decided by the students themselves, moved by the interest to learn more about the types of food that are harmful or harmless. The enthusiastically students participated especially in its creative and recreational part. The syntax of the teams helped in the collaboration and the distribution of work. At the duration of the program they found plenty of faults in their diet, especially in the omission of breakfast and in the choice of snack food. They parents' assistance is also mentionable. The program's goal that was reached was that the students came in contact with the right diet and our estimate is that the knowledge that they acquired them that will influence positively, immediately and indirectly their future. Some voluntary visits of a nutritionist and a doctor

helped a lot.

8. Doctors without borders

The children worked with the schoolteacher of information technology on all-day school a program of the Doctors without borders. **Games and Reality** was the title of the informative expedition and the educational program of the Doctors without Borders that aimed at the sensitization of the students on the problems that thousands children in our planet who live in conditions of poverty, war and illness face. In order to approach the students more the Doctors without borders chose a new way of presentation, CD-Rom, in order to make the briefing more interesting and in a more educational way. It was a program that the children were grateful for.

9. Program of Education of Health - 3rd 1 class

Mental Health - Promotion of Confidence and Collaboration in the Team

In the duration of the school year 3rd 1 class with Mrs Keskilidou Machi materialised a Health Education Program in collaboration with Health Education Office and they dealt with the thematic unit "Mental Health Promotion of Confidence and Collaboration in the Team".

A trip to the land of 3rd 1 class

Once upon a time there was a country that was called 3rd 1. Its residents were 26: twelve girls, thirteen boys and Mrs Machi. On of their dreams was to live happily as a family, where respect, love and smiles. They all agreed to make their dream come true.

Thus, the first thing they thought was to make their country more beautiful. They put an enormous carpet, where they would make their team work exercises, theatrical games and improvisation exercises, activities of sentimental intelligence, as well as artistic creations. Around the carpet they made a small beautiful forest, with big trees and a lot of flowers. Afterwards, they beautifully hung colourful cushions, plants, small and big, teddy bears and toys. They decorated their country and the smiles bloomed in faces their each day from the beauty that they saw around them!

One of their favourite activities was relaxation and the mental travels with the help of musical CD from the cinematographic film "Chocolat". Their mind and soul filled with notes and beautiful pictures. But they also had other activities, where they learned how to cooperate, respect each other, be interested in their "family", trust each other and express their feelings, have self respect, solve their arguments in a calm and fair basis, apologize when necessary, say "Thank you" and "You are welcome" and many more.

The country of 3rd 1 succeeded in having three precious elements that made them unique in heart and mind.

These were, love, respect and smile!!!

