

Project tasks:

1. Preparing a film / PPT about the school.
2. Preparing, carrying out and analysis of a survey on healthy lifestyle.
3. Writing a blog about a healthy lifestyle.

Kids Healthy Eating Plate



4. Issuing a monthly class newsletter about a fruit or a vegetable.
5. Meetings with a nutritionist, a dentist, a school nurse, an ophthalmologist and an orthopaedist.
6. preparation of the recipes for: salad, breakfast, dessert, cake, cocktail.
7. Preparation of a quiz about the cultures of partner countries.
8. School competitions: for a photo, dance, poem, a song on healthy lifestyle, and for an album about a partner country.

9. Promotion of physical activity on a regular basis – trips to a swimming pool, mountain hiking, bicycle trips, orienteering.
10. Setting up a classroom garden.
11. The old plays and games.
12. The 2020 calendar with the school competition photos.
13. Organization of the School Health Day and School Sports Day.

<https://ourhealthisourwealth.weebly.com/>



**Zespół Szkolno-Przedszkolny nr 2
in Katowice is currently carrying out
a European Erasmus+ project
"Our Health is Our Wealth"**

Project coordinator:



Zespół Szkolno-Przedszkolny nr 2,
Katowice, Poland

Partner schools:



Escola Àngel Serafí Casanovas –
Sort, Spain



Colégio São José de Bairros –
Lousada, Portugal



Šiaulių Salduvės Progimnazija –
Šiauliai, Lithuania



Kilglass National School –
Ahascragh, Ireland



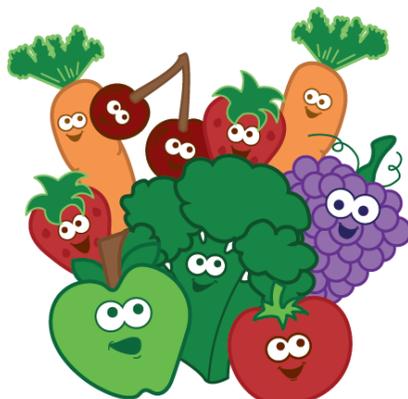
Istituto Comprensivo "Gigli" –
Recanati, Italy

The results of recent weight examination of our school children, carried out by school nurses, indicate the increase of obesity level among many our students.



The development of bad dietary habits and lack of physical activity is common among many students. Teachers have noticed that many children bring packed lunches which often consist of unhealthy food. PE teachers report a gradual decrease in physical fitness of students. Even the easiest physical exercises seem difficult to many of them. The interviews with students confirm that that decrease in physical fitness is directly related to changing habits of spending free time. Students often admit that their after-school activities consist mainly of playing computer games, using Internet or having extra lessons. In consequence, students have little time left for physical activity.

Bad dietary habits and unhealthy lifestyle lead not only to obesity but they are also responsible for the increase of aggressive behaviour, hyperactivity and lack of concentration among students.



During the course of the project our students will participate in the following one-week long meetings:

- in Spain (April 2019)
- in Ireland (May 2019)
- in Italy (October 2019)
- in Portugal (March 2020)
- in Lithuania (May 2020).

Two/three months before the meeting, the students interested in participation will take part in the competition. It will be carried out in compliance with the project regulations available at our school's website:

www.zsp2.katowice.pl

Project objectives:

1. Improving competences in the field of foreign languages, ICT and cultural diversity.
2. Raising awareness of the impact of healthy nutrition and physical activity on the quality of life.
3. Making students aware of the importance of the relationship between lifestyle and health (obesity, eating disorders) and comparison of the lifestyle of the pupils from five different cultures (Polish, Italian, Spanish, Portuguese, Irish and Lithuanian).



