

## WE ARE RESPONSIBLE FOR OUR HEALTH

Kozje Primary school (Slovenia) joined the Slovenian Healthy Schools Network in 2019 in order to respond to the problems related to the health of children and adolescents and to implement health promotion programs in the physical, mental, social and environmental health fields for students, teachers and parents. The school is aware that through planned and systematically designed programs it can have a significant impact on pupils' satisfaction, self-esteem, health behaviors, attitudes towards health and life in general. To this end, this school year we have planned activities aimed at promoting healthy eating, exercise and mental health. The planned contents were carried out on the day of the activity, which we named *We are responsible for our health*. The approaches to the workshops were based on active forms of work, play and a pleasant experience for the pupils.

Among the many determinants of a healthy diet, adequate consumption of fruits and vegetables plays a special role. Consumption of fruits and especially vegetables is reportedly unpopular among pupils and adolescents and does not reach recommendations. Therefore, our intention was to stimulate interest in fruits and vegetables, their importance for health and to indirectly increase their consumption by appropriately engaging and interweaving nutrition content with students. We organized a workshop in which students thought about ways to increase the consumption of fruits and vegetables among pupils. They took creative work and prepared interesting plates, inviting them to eat fruits and vegetables.



*Attractive fruit and vegetable plates*

Because adolescents are very fond of drinking sugary drinks without being aware of the sugar content, a math teacher prepared a workshop called *Sugar - a silent killer*. After watching an interesting clip (<https://www.youtube.com/watch?v=Su9ZoBjjaHY&feature=youtu.be>), they

critically evaluated the consumption of sugary drinks. In order to get a sense of the amount of sugar in each drink, students first read the sugar content information on the packaging and then weighed the appropriate amount of it.



*Reading data from packaging*

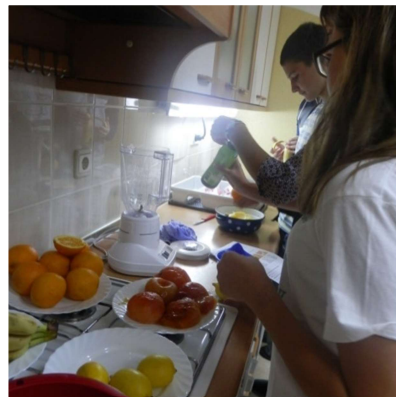
Visualization of the amount of sugar helped make it easier to set each pupil's personal goals for changing their eating behavior.



*Amount of sugar in different drinks*

Healthy eating also requires the acquisition of the necessary practical skills. This was encouraged by the *My smoothie* workshop. The students were offered the opportunity to prepare a fruit and vegetable beverage of their choice. Beverages of different flavors, scents and colors have been

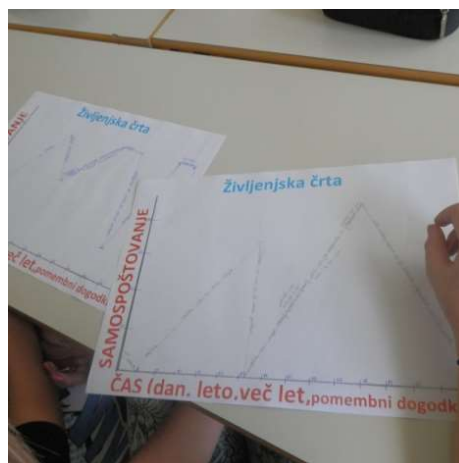
created to replace the lost liquid and above all they are rich in appropriate vitamins, minerals and fiber.



*Making a smoothie of pupils' choice*

Not only is healthy nutrition, exercise, personal hygiene aided by the health of the child and the adolescent ... but it is also influenced by his satisfaction, his self-image, appropriate emotional responses ... A healthy core of mentality is established as early as childhood and adolescence and school has a significant influence in shaping it.

In designing the content in the mental health workshops we considered interactive, collaborative methods and forms of work, thus encouraging students to take an active part through which they not only gained knowledge, but above all experience, skills, critical thinking and also allowed them space for clarifying attitudes and opportunities to self-evaluate their behavior. In mental health workshops, students reinforced self-esteem and self-esteem, trained in effective listening and responding, learned to recognize, express and accept emotions, resolve conflict situations and to be responsible for their actions.



*Mental Health Workshop: The life line*

The day of activity did not go without movement, as it is a basic human need that enhances physical and mental health. Relaxation activities during the workshops have helped in learning more effectively, in-depth experience of topics, increased motivation for work and relaxation. The day of the activity ended with a more active form of movement, which was a pleasure for the students.



*Physical activities*

Students' impressions of the workshops:

*I liked the workshop because I learned how to solve problems and this is very important for our health.*

*The workshop was interesting. I loved being able to pour my emotions out of myself after a long time. I have learned that if it takes me something to trust someone.*

*I was most surprised by the information on how much sugar the drinks contain, I wouldn't attribute it to them at all. Now I will definitely drink water several times.*

*I liked the smoothies, now I will prepare them for myself several times.*

*I liked it the most when we were measuring heart rate and playing badminton. I would still go to a workshop like this.*

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