

School name	Zespół Szkół Nr 6 im. Mikołaja Reja w Szczecinie
Adress	ul. Sowińskiego 3, 70-236 Szczecin, Poland
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Headmaster	Adam Grzegorzówka
Amount of students	approximately 700

1. Informations about school

Mikołaj Rey School Complex No. 6 in Szczecin is a school with traditions. We educate students in nutrition engineering, hospitality industry and tourism. Our vocational school provides education as a chef and confectioner. We are one of the biggest schools in Poland. Our school consists of three educational building. We also have a dormitory, a canteen, a cafeteria and a confectioner's . The school is located in the city centre.

Our graduates are doing well on labour market because these kinds of specialists are always needed, especially because of our neighbour and sea cruises

2. Why and for how long has the school been implementing healthy nutrition activities ?

3. What measures are being taken ?

A large and varied group of young people from our school on the basis of surveys has shown an interest in expanding the content of health-promoting content in a non-committal form, which is a pleasant and useful combination. All students were keen on increasing their knowledge and skills in this field realising the fact that they were not assessed and appreciated for their contribution. The teachers responsible for the course of action were determined on the basis of their willingness and predisposition.

Our strong asset was the high level of activity and the variety of activities undertaken in order to reach the needs of the largest possible group of young people.

It was crucial for our school to take part in various kinds of programs which were dedicated to secondary schools. Not only was it significant and demanding but also it allowed us to see how we can carry out all our tasks. All this made us be engaged in only in the West Pomeranian School Network Promoting Health – ZSSPZ and the other national, European school programs as well :

- “Swiss-Polish Cooperation Program - SPPW/KIK34”
- “European Code Against Cancer”
- “Wise Nutrition – Healthy Generation”
- “Forming healthy nutrition model by eating fish and theirs preserves among upper-secondary schools students”

- “Fashion for Health”
- “Healthy body, healthy mind, knowledge, diet and movement”
- “How to look after love”

As far as I am concerned, a very inspiring part of health promotion for all years and now, has been a cooperation with the various organizations, institutions and individuals who have supported the school; students and parents have often been able to broaden their horizons from the best. We have managed to maintain continuous cooperation with the State and regional Sanitary Inspection, the Polish Red Cross, The Castle of the Pomeranian Dukes and the Club “13 Muz”, in time the Agricultural Market Agency, Universities: West Pomeranian University of Technology in Szczecin, especially Faculty of Human Nutrition and The Faculty of Consumer Sciences, PUM mainly Faculty of Dietetics. We have benefited from the support of organic food representatives and healthy food retailers. The athletes and doctors we involved in our work , as well.

We started our adventure with a healthy lifestyle in 2010. The significant and very innovative tool of our everyday work were “Health Days”. They were organized according to the event calendar. We used them on a regular basis at the same time of the year, e.g. in March Water Day, April Health Day, October Food And Nutrition Day and The Day Of Famine, November Day Of Pink Ribbon, Day Of Obesity. The Days of Celiac Disease, The Fight against Melanoma and The Day Of Chocolate were also held. We also had the opportunity to organize “A European and global Day without Cigarette” proposed in the autumn and spring. We have now modernized “The Days of Health” due to the growing interest among young people, such as: “Salt as a Forgotten Killer”, “Nutrition of Athletes”, “Cancer of the 21st Century”, “The Truth about Sugar”, “Vegetable Power”, “Essential Unsaturated Fatty acids”, “Vegetarian Varieties”, “Alternative Nutrition”, “Diet for the Heart - Ironclad Rules” and many more. Young people have been committed to providing content, creating thematic tables and quizzes, and presenting the ingredients or dishes related to this topic. Often, these activities are organized during “The Open Days Of the School or Campus.”

The practical and popular form for students was the opportunity to conduct a workshop in School Complex No. 6 with the participation of invited guests. Among other things, workshops were organized: "Gluten-Free", "Bread Days", "Light food on the heels - women's favorite dishes", "Live healthy and active".

We have recently conducted workshops with the support of West Pomeranian Family Support Foundation, Hearts Rainbow -"Significant nine months without alcohol" conducted by a specialist from the Foundation as a part of the implementation of addiction prevention tasks. There was also proposed oral hygiene meeting and current diet pyramid – “The impact of the diet on the formation and development of dental disease” by Dental Students from Pomeranian Medical University. Direct engagement and maximum participation are strongest recorded by participants. Such meetings were held with the experts in the field concerned.

The lectures organised at our school are another form of increasing the perception of health issues in the world. The training was discussed by the founder of “The essence of femininity” and the “The National Cervical Cancer” as part of the social campaign “Beautiful because Healthy”. Both lectures by a qualified specialist within the framework of the European Code Against Design Cancer at that time. Other topics discussed during meetings are “Hygiene of mental work – Memory maps”, “Cyber Violence”, “Criminal Liability of minors including minors for smoking about “Can bacteria in the water threaten us, “Melanoma” and more. At this time, there has been training on the issue of depression among teenagers, with the aim of implementing a project called “Hakuna Matata” and raising awareness and prevention of the disease. The meeting took place with the participation of various organizations and media in our city. We used meetings in the Physics Department to combine different disciplines of knowledge, such as: “Proton Therapy - Physics in the fight against cancer”, “Advances in the treatment of renal failure” and others.

Competitions: Time for Health, Warm-up Festin Health, European Code Of Action Against Cancer, You take, you lose, Significant nine months without alcohol, Let us talk about Depression, these and other things we remember have created a fight spirit among young people. We have managed to win the first edition of “Time for Health” competition and receive European Cancer Code certification. In addition, we have received awards in the “Significant nine months without alcohol” and “Depression - Let's talk about It” competitions. Next, the third place, and the second, and the two awards in the contest “I take I lose”. The most important message here is that young people like, through the form of a poster, drawing, pantomime, comic book, etc., to check their skills and current knowledge in the prevention of hygienic lifestyles. Positive, completed attempts allow them to continue playing in such a way as to take care of students’ health.

The trips for young people were organized and resumed on a regular basis, including the West Pomeranian Center of Oncology, the Faculty of Health Sciences at Pomeranian Medical University, The Biochemistry And Human Nutrition Institute at Pomeranian Medical University, the Western Pomeranian University of Szczecin, the Faculty of Earth Sciences at Researchers Night, and “Jasne Błonia” in Szczecin, “I think, there for I am” and organized in the form of a derivative on the streets of Szczecin “Rose march”.

The thematic tables used at the time allowed a clear form of communication. The information was targeted at pupils and teachers. Today, we mostly provide up-to-date informations in “Health Promotion” tab on our school website.

We have used a variety of public presentations, such as: Healthy lifestyle at the female dormitory”, “Smoking and health”, “When should you examine yourself?”, “Melanoma Skin” (received from organizers), “Healthy lifestyle at the female dormitory at School Complex No. 6 in Szczecin – practice with us”, “Skin cancer Melanoma”, “Osteosis - silent thief”.

Useful form of relationship about the hygienic way of life with pupils in our school was the possibility of using films available on websites or obtained by participating in a project such as “At The Hyper Active Institute For Physical Activity Experiments” , “Heal full of rubbish”

The canteen in our school was transformed many times. It is now the place where water is at the forefront, there are different forms of salads available, and you can also get muesli with natural yogurt. The buffet menu is an example of a rational diet.

Sport classes which had big impact on our school community include: "Bicycle Ride", "Urban Eliminations ff the all-Polish Tourism-Landscape Tournament", " School outdoor game based on the rules of "walking to orientations", "Workout with us" have been characterized by a great variety and everyone has been able to choose an interesting form for themselves and there was a lot of interest. There was even a need to increase physical activity among the people of the internet, among other things, at the initiative of one of them.

Some of our students have developed their health knowledge by participating in the competitions at this subjects. An example is the National Competition of Healthy Lifestyle organised by the Polish Red Cross and the competition of Food, Nutrition and Agricultural Knowledge and Skills. Each of them was successful because students have increased their knowledge beyond the generally accepted requirements.

4. What actions work particularly well ?

Our advantage is the multilateralism in the field of healthy lifestyles and the need to reach a large group of young people. Everyone can choose the information they need, whether it's interesting or obligatory. You can see the involvement and activity of your students in health promotion. We are also pleased about continuation of certain actions, which prove us we are going in right direction.

5. What difficulties have been encountered and how have they been overcome? Have parents been sought for collaboration? If so, how?

The high number of exemptions from physical education was visible. Strict verification with a feedback to parents on the need for sport activity for each individual, especially young man. New forms of activity have been proposed and, above all, all the activities in this field have been appreciated, especially the desire to participate in itself...because after that, they could only have been better. Another difficulty, especially in the middle schools, is possibility of cooperating with parent. We have managed to prepare additional meetings and have provided dedicated preventive health leaflets (pink ribbon) for adults or legal guardians about what is currently happening at school in the field of health promotion, and we have also performed the presentations of youth about drug prevention, our parents also participated In The Days Of Sport. They often received information in pdf form from event organisers which were shared on our school website

6. On what basis was it assessed that we have achieved success ?

The actions undertaken have increased the nutritional awareness of our young people. It has allowed certain positive health-related behaviours to be consolidated. The need to care for their and others' health has been highlighted. A goal to improve students' lifestyle has become clear. Young people have got to know where to find good solutions. There has been a continuing need for development in this area of life.

The interest in diet and health prevention has been demonstrated by numerous top achievements of young people in varied competitions. The great interest and knowledge in

this area is realized through the participation in various projects and programs in our school community. We also have a high level of sport performance, especially in team games.

7. What has been learnt during these activities and what are the benefits for students, teachers and school ?

The systematic, consistence and involvement of the vast school community in the implementation of the tasks have contributed to the development of healthy nutrition and physical activity and the activation of youth in health.

Enhance cooperation between teachers and pupils and support each other in their activities.

Support from universities, institutions and local organizations has strengthened the belief that the school can find interesting solutions among many Partners in this field.

For my part, I would like to point out that participation in many actions and projects, and even programs, may be demanding. It provides a holistic view of health issues, both in terms of diet, cancer prevention and the prevention of psychotropic agents. Some actions do not exclude others, but only deepen the vision of a hygienic lifestyle. Which was initiated with us and it still burns

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