

Undefeated in maintaining health

By Katarzyna Taraska

Pedagogical innovation was introduced in the School Complex for the Handicapped in Goleniów, West Pomeranian Voivodeship in Poland, using our slogan from the Health Promoting School Program, "Undefeated in maintaining health".

The Schools Complex participates in the School Promoting Health Program and strives to receive a certificate at the voivodship level, therefore, the school implements pedagogical innovation consisting of pro-health activities introducing every month. Innovation enables the introduction of elements of health education as a method for providing students with information on health care, cooperation with parents and improving teachers' workshop during classes. Cooperation between teachers will improve the pro-health behavior of students, thanks to which the standards of the Health Promoting School will be developed at school.

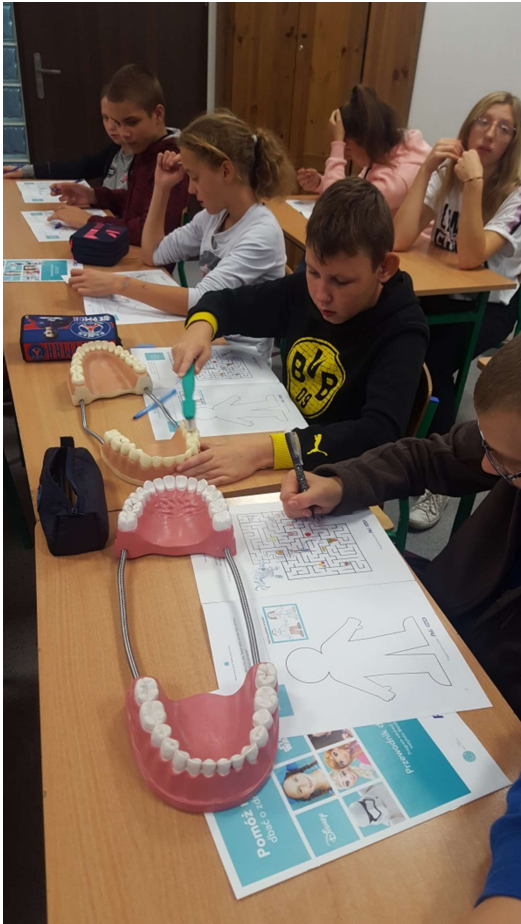
In September 2019, the School Complex in Goleniów and primary school students entered the Amazing World of Mouth Hygiene.



Studying at an elementary school is the best time to help students develop positive habits that will accompany them throughout their lives. The School Complex implemented the dental education program, engaging students in classes during which they acquired the necessary knowledge about caring for the condition of teeth from an early age.

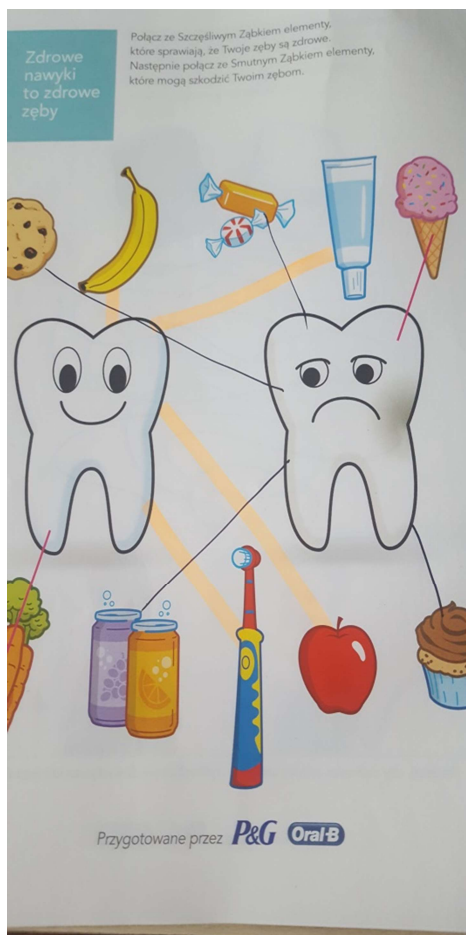
The students were drawn into the vortex of mouth health science, watched an educational film, filled out worksheets at the end of the course received course completion certificates, stickers and a 'Guide for parents'.

The program is recommended by the Polish Academy of Dental Prevention. The students learned how to properly care for their teeth and mouth and what should be consumed to have a healthy smile. Students practiced holding the brush correctly and properly brushing all the places in the mouth.



Students in grades IV-VIII of primary school.

Tooth decay is indicated as a modern serious civilization disease. Lifestyle and health behaviors have a huge impact on health.



Task for students.



Students in grades II of primary school.

The School Complex in Goleniów is an institution which, according to the core curriculum, in addition to learning specific subjects, introduces activities that promote oral hygiene health so that students can acquire the appropriate knowledge and skills to consciously lead a healthy lifestyle. An example of such activities is supervised brushing of teeth with fluoride preparations.

As part of the pro-health activities, students solved various tasks in worksheets, learned facts about teeth, gum functions, and general information about the state of dental health, including facts about plaque, bacteria, and cavities. Students also learned how important it is to take care of their teeth every day. They received tips on brushing teeth, using dental floss and rinsing, which will allow them to take better care of mouth hygiene.

Experience with an apple imitating a sick tooth has vividly shown students how a serious disease poisoning not only the tooth but the entire human body occurs.

In contrast, experiments with chalk and egg made them aware of the importance of brushing teeth with fluoride toothpaste, which protects our teeth. The program was very popular among students. At the end, each participant received an award for a scelebrity smile in the form of a certificate.



Students in grades I-III of primary school.



Healthy food for students.



Students in grades IV-VIII of primary school.



Students in grades II and V of primary school with teachers.

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