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School newspaper "Healthy kids", April 2022, issue №3

# Healthy kids

## 1. Project information

**Schools, partners in the Erasmus + project "Healthy Live - Healthy Kids - Healthy Future" /2019-2022/:**

- + Vazrazhdane Secondary School - Ruse, Bulgaria
- + Secondary Municipal School "Taki Daskalo" - Bitola, N. Macedonia
- + Agrupamento de Escolas nº 1 de Beja, Portugal
- + Scoala Gimnaziala nr.1 Perisoru, Romania



The mobility planned for Romania - Perisoru, took place between 4th - 11th April, 2022 and had as main topic "Nutrition - How to have a balanced diet". Partners from Bulgaria (2 teachers and 4 students), Macedonia (2 teachers and 4 students) and Portugal (2 teachers and 5 students) came to Romania. At Gymnasium No.1 Perisoru School there were involved 5 teachers and a total of 24 students who participated in the different activities.

The next mobility will be in Bitola, Macedonia, and it will take place from 9th to 13th May. Our School will be represented by 2 teachers and 3 students.





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### *Activities day 1 of the meeting:*

The first day of the meeting started with a welcoming ceremony for the participants, which took place in the Hall Events, with the intervention of the director of the school, representatives of the County Inspectorate, representatives of the Mayor's Office and the coordinator of the project. During the ceremony, all partners involved introduced themselves, their teams and then our guests watched a presentation of the host country. At the end of the ceremony, each team performed an artistic program (traditional/representative for their country).

After that, the guests were accompanied on a tour of the school, saw the Erasmus Corner and entered some of the classes, greeted the students and the teachers and asked questions about the Romanian educational system, compared with theirs and found out about the similarities/differences.





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### **Activities day 2 of the meeting:**

The second day consisted of a study visit to Bucharest, a cultural and historical activity so that the guests get to know a few of the greatest places of the Romanian capital city: The Parliament Palace, The Old City Center - Cărturești Book Shop, The Village Museum and Herăstrău Lake where people enjoyed the blooming trees, flowers and the green grass.

It was an amazing day with wonderful weather and spectacular views.





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### *Activities day 3 of the meeting:*

The day began with a visit to the kindergarten. The guests were accompanied for a tour, then entered into the classrooms and after that the little ones performed an artistic program and the guests were invited to dance. There was such an angelic view and a relaxing atmosphere with all those dwarves dancing, clapping and smiling that everyone - teenagers and adults - enjoyed the positive energy which surrounded them and felt like children again.





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With this optimistic state of mind, students continued at school with the activities - the presentations they provided on the topic of nutrition. Each team presented one or many materials regarding how to have a balanced diet.



After the presentations, students went to the gym and had a workshop on how to keep fit by doing sport or by playing funny games.





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The teachers had a work meeting, planning the next activities and future materials.



At the end of the day, the guests visited the Stud Farm near Perisoru where they had the opportunity to see stallions and foals in all their splendor, running inside the manege, on the fat green grass, during a nice sunny afternoon



### *Activities day 4 of the meeting:*

The day was dedicated to a study visit in the mountains, to Sinaia. Teachers and students spent a great time, visiting Peles Castle and the resort, enjoying the fresh healthy air and nice weather of the mountainous area.





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### Activities day 5 of the meeting:

On the last day of the meeting, the Romanian teachers proceeded with a PPT material about nutrition, followed by a questionnaire and feedback - depending on the score they got, they could find out if they live a healthy life or not and what improvements they should do.





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The diploma awarding ceremony took place at the Hall Events followed by lunch and fun activities for students.

