

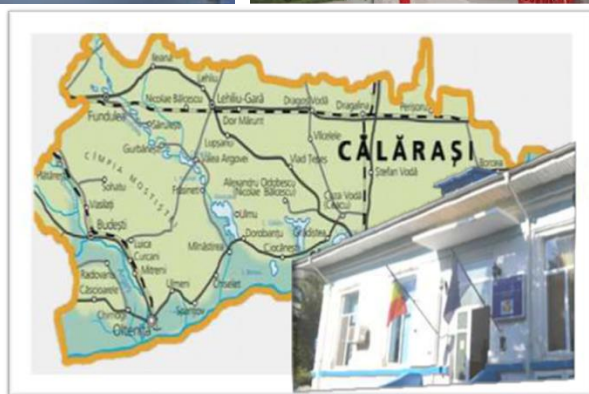


Healthy kids

1. Project information

Schools, partners in the Erasmus + project "Healthy Live-Healthy Kids-Healthy Future" /2019-2021/:

- + 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
- + YAKUP SEVKI PASA ILKOKULU – Elazig, Turkey



Sedentary life, unhealthy eating and lack of physical exercises among school children are a worrying problem, due to the fact that IT has pushed children indoors recently. The parents are too busy to take care of their children's eating habits and to make sense of their free time with physical activities.

This has increased the number of cases of obesity among adolescents. Overweight causes not only various physical disabilities and psychological problems but it increases the risk of developing cardiovascular disease and diabetes dramatically. It has a negative psychological impact. Obesity and sedentary life become not only a health problem but a social problem too. Its solution is related to the educational role of school.

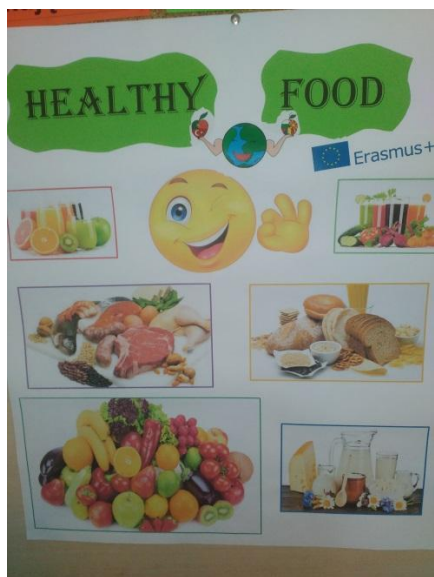
The project focuses on three target groups: the first is the pupils aged 9-13, the students with weight problems as well as the regular students. The reason for choosing this age group is that students start to build





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habits and develop long-term behavior at this age. This is a critical age for the development of future adults. The pupils will be at the center of all activities at both transnational and local level. The second group is the parents - we are going to inform them about the development of the project and include them in the local activities to raise their awareness of the problem. We want parents to join our activities and encourage them to continue this way of life at home, involving in outdoor activities as many children as possible. The third group is the teachers involved in the exchange. They will be able to analyze similarities, differences, to identify good practices and apply them at their own schools. They will learn more from their European colleagues and become resources for their colleagues to ensure the sustainability of the project results.



The impact of the project is to raise the awareness among pupils and parents in partner schools about healthy lifestyles and healthy eating. They will learn about the causes and effects of obesity. They will acquire skills to struggle with sedentary life and to use their free time for more physical outdoor activities. Students are expected to change their current unhealthy eating habits. During the project the teachers will exchange ideas and good practices. They will prepare guides for parents and students, videos of various physical exercises and outdoor sports activities, a calendar with sports activities.

2. My hometown is part of the united Europe

1. Ruse is the largest Bulgarian city on the Danube. Danube bridge – the only Danube bridge which connects Bulgarian and Romanian bank in the lower Danube. Sexasginta Prista was the first city in that area. The name means "Port of sixty ships." Historical Museum - built in 1882, designed by the Viennese architect. This is the most impressive building in the newly liberated Bulgaria.





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Monument of Freedom - built in 1909 by Arnaldo Zocchi - known Italian sculptor. Profitable House- built in 1902 by the Viennese architect Peter Paul Brang. Museum of urban life in Ruse (The House of Calliope) - the house is a nice gift for Calliope, in whom Midhat Pasha was in love with. The exhibition presents interiors of guest room, living room, music room and bedroom with furniture from Vienna.



2. Bitola is one of the oldest cities on the territory of The Republic of Macedonia. It was founded as Heraclea Lyncestis in the middle of the 4th century BC by Philip II of Macedon, the father of Alexander the Great. The city was the last capital of Ottoman Rumelia, from 1836–1867. Since the Ottoman period Bitola has been known as "The City of The Consuls", since many European countries had consulates in Bitola. In addition, it is famous for the International Cinematographers' Film Festival “MANAKI BROTHERS”, which is the first and oldest film festival dedicated to the creativity of cinematographers across the world. Another international event which has been holding in Bitola since 1992 is The international festival of classical music called Interfest – Bitola. It is situated at the foot of Baba Mountain with its peak Pelister-2.601 metres above sea level. It has scientific as well as aesthetic value and it is famous for its unique flora and fauna, such as the five-needle -leafed pine called molika, the grey eagle, grey falcon, the lynx, which is very rare in Macedonia, the doe, the wild goat, the bear, the wild cat and numerous other mammals, insects and amphibians. And finally, we should not forget the busiest and the most crowded pedestrian street of Bitola, called Shirok Sokak famous for its old architecture and many modern clubs, cafes and shops to go to. All things considered Bitola is a place worth seeing because of its unique culture and history.

3. Beja

Beja is located in the Alentejo, the largest Portuguese region in the south of the country. This is a region with its very own characteristics, which distinguishes it from the rest of the country, in both natural and human terms. The climate is Mediterranean, with hot, long, dry and luminous summers. Precipitation usually occurs from September to March. The land is generally flat. It is an aged and desertified region, but with a very rich culture in the heritage, gastronomy and traditions. The city of Beja, with an area of 1146 km², is located in the center of the vast Alentejo plain. Beja city is the capital of the district with the same name and main economic and administrative center of Baixo Alentejo. The main economic activities are agriculture and services. Industry is not very representative. The city of Beja, has a population of 25 024 habitants (Census, 2011). The population has remained stable, but there is a decrease in the young and an increase in the age groups 25-64 years and 65 years or more.





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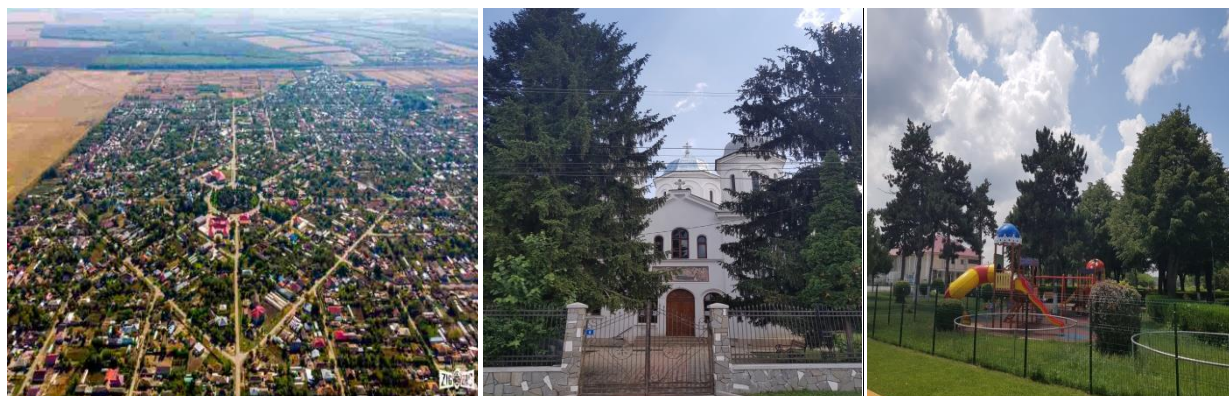
4. **Perisoru** is a commune located in the North – East of Calarasi county, between Bucharest, the capital city and The Black Sea, with a population of 4100 inhabitants of all ages.

The municipality was established in 1928 and it has a total area of 21346 ha, of flat land, arable - 17583 ha, and 240 ha are occupied by the village hearth.

This village was established as an agricultural village, after the peasants in the mountain areas were put in possession of land, the only resource of this region. Nowadays, for instance, the main economic activity is agriculture - most people are involved in the cultivation of cereals, vegetables and raising animals trying to live healthy and have a proper diet.

The first public building, built in the village, was the school, which proves that education meant a lot to the peasants settled here.

Although tourism is not exploited and developed, there are a few touristic attractions that can be mentioned: the Orthodox Church dedicated to the Assumption, built between 1929 - 1946 and painted inside, Jegălia Stud Farm which organizes typical competitions, annually and the Bărăganul Forest Research Station, which aims to conduct experimental research for the establishment of forest curtains and forest restoration in the Bărăgan area.



5. **Elazığ** is a city in Eastern Anatolia, Turkey, and the administrative centre of Elazığ Province. It is located in the uppermost Euphrates valley. The plain on which the city extends has an altitude of 1,067 metres. Elazığ resembles an inland peninsula surrounded by the natural Lake Hazar and reservoirs of Keban Dam,





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Karakaya Dam, Kıralkızı and Özlüce. Elazığ was initially developed in 1834 as an extension of the historic city of Harput, which was situated on a hill and difficult to access in winter.



3. My school is my little world.

The school "Vazrazhdane" - Ruse, Bulgaria is a secondary school founded in 1981. In "Vazrazhdane" school are trained 800 students who are at age from 7 to 19 in a daily and individual form. 70 highly qualified teachers work in it. In 1 - 4 grades we have enhanced learning English as a first foreign language. In 5th - 7th grades there are optional courses Volleyball, Athletics, Basketball, Bulgarian language and Literature, Knowledge of Ruse, Vocal group. Students from 1st to 7th grade take an active part in international mathematical competitions, competitions in Informatics and Sports. In 8th - 12th grades the school is profiled-profile "Technology-information technologies" and "Technology-economic management". Students from 8 - 12 grade present traditionally well on Olympics in Informatics and participate in events and appearances on entrepreneurship Junior Achievement. In 8th - 12th grades there are optional courses Entrepreneurship and tourism, Volleyball, Football. Children with special educational needs are taught in our school in individual learning programs. Specially trained teachers, a psychologist and a resource teacher work with them. In the academic year 2019 - 2020, 450 students from 1st to 7th grade are on full-time training and visit boarding groups.

We have participated in three European Union projects:

- Comenius project "Learn to Read and Read to Learn" /2013 - 2015/
- Erasmus+ project "SUPEER! -Science.Utility.Practice.Experiment.Exploration.Result" /2016 -2018/
- Erasmus+ project "Practice Makes Perfect" /2016 -2018/



Secondary Municipal School "Taki Daskalo" in Bitola, N. Macedonia

Hi! We are studying at "Taki Daskalo" which is a high school!





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We are in the second shifts or whatever that is called.

The morning shift starts at 7:15.

And we think that it is so early, that my mother is literally dragging me out of bed, of course because I cannot wake up.

The afternoon shift starts at 13:30. The shifts are changing every month so this month unfortunately, we are on morning shift and we have to wake up early. Each day we have different lessons (classes). Between the lessons we have 5 minutes break and all we do during those breaks is eating lollipops, because they taste so good. And we also interact with the other students. The main break or 20min break is between the 3rd and 4th lesson, when we have breakfast. Because it is after the third lesson, we are so hungry that we might eat until it comes out of our ears.

And then, finally the lessons finish at 1:15 and we go home.



Agrupamento de Escolas nº 1 de Beja, Portugal

The Agrupamento nº1 de Beja, created in 2013, is composed by

- Diogo de Gouveia High School, which is the headquarters school of the group

- EB Santa Maria's School 2/3 and its School Center

- EB 2/3 Santiago Maior's School and its School Center

- eight others pre-school and 1st cycle schools located in rural areas.

The group has a total of 260 teachers and 2928 students, from 3 to 18 years old. A great part of the students come from disadvantaged socio-economic backgrounds, whose households have precarious jobs or a high unemployment rate, a relatively low level of schooling (about 11.3% of parents/tutors have, the 4th year of schooling or lower education). This usually means insufficient family support solving daily school tasks and creating study habits. The low level of education of parents and caregivers may also explain the lack of interest shown by some in relation to the need to follow the students' schooling; the devaluation of the School / Environment articulation and the weak expectations regarding the school's role in the future of children. 7% of gipsy children and their families have their own culture, where the problems described are aggravated, especially in terms of school integration and attendance, as many are still nomads. Knowing that there is a correlation between the educational qualifications of the mother figure and the educational success of the students, it is important to note that only 7.8% of mothers have higher education than the 3rd cycle. If we look at the students nationalities we can see that only about 3% of the students are not Portuguese. Although this fact is based on a representation of 15 countries - Angola, Brazil, China, Cape Verde, Cuba, Spain, France, Guiné-Bissau, Moldova, Romania, Russian Federation, Senegal, Switzerland, the United Kingdom and Northern Ireland. Due to the characteristics of a large part of the school population, our Grouping is thus considered. Priority Education Intervention Territory, having as main intervention axes for the next 3 years

- Curricular management, in a logic of autonomy and flexibility





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- Culture of Schools and Pedagogical Leaderships
- Partnerships and Community

We are also involved in several national and international projects:
Eco-Schools, Health Education, Science Center, Youth Parliament, School on Cloud, Erasmus + (CLIL; Combating and Preventing Bullying in Schools of Europe; No early school leaving by sports, musical, theatrical, artistic activities.)



Școala Gimnazială nr.1 Perisoru, Romania is a gymnasium school, placed in the centre of the commune, near the park and other important institutions of our community, as: the church, the town hall, the post office, kindergarten, library, bank.

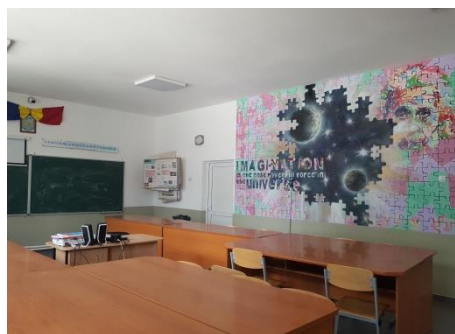
It has a number of 557 students, 39 teachers and includes: kindergarten, primary school and secondary school.

There are classes in the morning, between 8 – 12 o'clock for preschoolers and pupils from 0 to 4th grades and in the afternoon, from 1 to 7 o'clock, for 5th to 8th graders.

5th to 8th graders study: Romanian, French, English, Latin Languages, Maths, Physics, Chemistry, Biology, Geography, History, Social Education, ICT, Arts, Music, P.E, Technology.

Teachers and head - teachers organize extracurricular activities with students, related to the most common themes, as: promoting healthy eating and sport, prevention and control of smoking and drugs, prevention and combating violence, promoting positive attitudes as: respect, empathy, tolerance, generosity, charity.

Since 2013, our school has become a European School – it has been carrying on 4 European Projects, involving students, teachers and parents, bringing new opportunities and developing our community, encouraging and stimulating improvement and performance among students and teachers.





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YAKUP ŞEVKİ PAŞA PRIMARY SCHOOL WAS ESTABLISHED IN 1948 AND STILL CONTINUES TO TEACH EDUCATION. OUR SCHOOL EMPLOYS 2 ADMINISTRATORS, 26 TEACHERS AND 3 SERVANTS. WE HAVE 450 STUDENTS IN 21 CLASSES. THE SCHOOL HAS ACHIEVED VARIOUS SOCIAL, CULTURAL, SPORTING AND ACADEMIC ACHIEVEMENTS SINCE IT WAS FOUNDED. THE SCHOOL HAS BEEN HEAVILY AFFECTED BY THE RECENT WAVE OF IMMIGRATION THAT THE TURKISH COUNTRY HAS SUFFERED IN THE LAST YEARS. THERE ARE 98 FOREIGN STUDENTS IN YAKUP ŞEVKİ PAŞA PRIMARY SCHOOL, INCLUDING CITIZENS OF AFGHANISTAN (6), SYRIA (36) AND IRAQ (56). THE AIM OF THIS COURSE IS TO PROVIDE STUDENTS WITH BASIC LITERACY SKILLS AND TO IMPROVE THEIR ABILITY TO READ AND WRITE IN TURKISH. VARIOUS STUDIES ON HEALTHY EATING HAVE BEEN CARRIED OUT IN OUR SCHOOL. TEACHERS TRY TO INFORM STUDENTS ABOUT THEIR BALANCED AND HEALTHY DIET EVERY DAY. OUR SCHOOL CONTINUOUSLY CONDUCTS ACTIVITIES ABOUT HEALTHY LIFE. T.C. MANY PROJECTS CARRIED OUT BY THE MINISTRY OF HEALTH ARE SUPPORTED AND EFFORTS ARE MADE TO CONTRIBUTE. SOME OF THESE WORKS: VACCINE CAMPAIGN, ORAL AND DENTAL HEALTH FLUORIDE VARNISH APPLICATION, DISPENSING TOOTHPASTE AND BRUSH, HEARING SCREENING, PERFORMING VISION TESTS, OBESITY TRAININGS, DIABETES EDUCATION, CHILD ABUSE AND ABUSE PREVENTION STUDIES ETC. THROUGHOUT THE COUNTRY, CELEBRATED CEREMONIES, HOLIDAYS AND EVENTS, IMPORTANT DAYS – WEEKS, COMMEMORATION PROGRAMS ARE ORGANIZED. VARIOUS FAIRS AND EXHIBITIONS ARE VISITED.



4. First meeting in ELAZIG, TURKEY

The short-term staff training on "European trends in obesity and sedentary students' life" on the project, was from 25 to 29 November, 2019, at Yakup Şevki Paşa Primary School in the Turkish city of Elazig /East Diyarbakir/. This was the first project's meeting. Teachers from the five partner schools discussed the problems of unhealthy eating and obesity, the immobile students' life and their addiction to phones. Lifestyle, unhealthy eating and lack of exercise and sports are a worrying health and social problem. Through the project, partners focus their attention not only on students but also on their parents and teachers. The aim is to pay attention to the causes of obesity, the importance of healthy eating at home and at school, sports and tourism.





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A roundtable "Nutrition trends among students in partner countries" was organized at the host school in Elazig, Turkey. Workshop "The media impact on food choices" was held. Teachers discussed school breakfasts and eating standards. They monitored the food offered at the visited schools in Turkey.



They saw the sports base and got acquainted with the curricula for sports and physical activity of a kindergarten and two schools in the city - Yakup Şevki Paşa Primary School and TED College. The Turkish hosts organized a seminar led by a nutritionist on ways to involve family and community in supporting nutrition education.



The school coordinators discussed the methodology of selecting and involving students and their parents in the project activities, the content of the next meetings and the responsibilities of each team. Teachers from Bulgaria, Portugal, Northern Macedonia and Romania had a conversation with the Chief Education Expert.





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Ms. Romyana Petrova / Bulgaria / and Mr. Herlander de Mira / Portugal / together with the headmaster of the Turkish host school participated in an educational television broadcast on the international channel KANAL FIRAT. The partners visited many local natural and cultural sites such as Harput Fortress, Keban Dam Lake, Sivrice Lake and Mount Hazar Baba.



5. Be Modern – Eat healthy /healthy menu recipes/

Bulgaria - Shopska salad

Ingredients: 4 chopped tomatoes, 1 large chopped cucumber, 4 red roasted chopped peppers, 1 yellow chopped onion, fresh chopped parsley, salt /to taste/, olive oil, vinegar, grated cottage cheese /feta/

Steps to make it:

1. In a large bowl place tomatoes, cucumbers, peppers, onion, parsley and stir.
2. Taste with salt, olive oil and vinegar.
3. Place in plates and top with grated cheese.





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ENJOY YOUR MEAL!

Portugal – Ingredients:

2 Red Snappers, about 8-10 inches long, scaled and gutted at the market, olive oil, lemon juice, black pepper, 1 clove of garlic, red wine vinegar.

Can of chickpeas (you can use the dried, bagged kind, which has less sodium than canned. Let the dried chickpeas soak in cold water overnight and then cook the next day. See directions on bag. When I opt for bagged, I usually boil more than one bag in one day, and then scoop the amount you find in a can into small bags and freeze them to use later. Those are my food project days! I have meat grinding days, too, and making stock days. But I digress ... Boiling on the day you're going to use them can be overwhelming.), coarse salt, fresh Parsley

Preparation:

Run the fish through cold water to make sure all scales and guts have been removed, if not, pluck anything remaining. Pat dry and sit on an aluminum tray, or broiler safe pan. Sprinkle both sides of the fish with the salt and also inside its body. Zigzag a string of olive oil, from its head down to its tale (both sides) and sprinkle both sides with the freshly cracked black pepper. Pre-heat the broiler, when it's hot, add the fish on the first shelf. Keep it close to the broiler for the first few seconds to seal in the moisture and char a bit. Same on the other side, then move it one shelf down otherwise as the oil gets hot it starts to jump up into the broiler and may cause some smoking. This is easier to do in the summertime when you can just plop the fish on the grill. Alternate: bake the fish. Use the same ingredients, but add 1/2 cup of white wine and a bit more olive oil and bake. Either method, should take about 20-25 minutes. While the fish is in the oven, mince the garlic and add two table spoons to a small skillet. Let the garlic get slightly golden then add the chickpeas. Add the vinegar and a bit more olive oil if dry. The chickpeas will already be cooked, so it's just a matter of warming them up. Once they're warm, remove and sprinkle with salt, pepper and parsley. At this point, the fish should be ready. Enjoy.





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Romania – LAMB KELL

Ingredients:

- 1 kilo of lamb organs (liver, heart, lung) and lamb meat;
- 3 dried onions and 10 spring green onions, 5 small bundles of dill, 5 bundles of parsley, 3 bundles of green garlic;
- 4 eggs;
- black grinding pepper and salt.

Preparation:

Organs and the lamb meat are washed and boiled. After cooling, they are minced. Then, you add the vegetables – all chopped. After that you add the eggs and season with black grinding pepper and salt. All the ingredients are mixed and the composition is put into a baking recipient, previously hanged with patestry. Finally, the baking time is put into the oven for about 40 minutes.

Enjoy your meal!



6. Advices:

1. Eat healthy and varied food.
2. Consume cereals and whole grains.
3. Take fruits and vegetables, milk, dairy products daily.
4. Avoid fried foods and fatty meat. Replace meat more often with fish, beans and lentils.
5. Limit your intake of sugar and salt, sweets and salty products, carbonated soft drinks containing sugar.
6. Take enough water and liquids daily.

