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School newspaper "Healthy kids", March 2022, issue №2

# 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



The mobility planned for Portugal - Beja, took place between March 7 and 11, 2022 and had as its theme "The causes and consequences of obesity among children and young people". Partners from Romania (2 teachers and 5 students) came to Portugal. Agrupamento de Escolas nº1 de Beja, had the involvement of 8 teachers and a total of 21 students who participated in the different program activities.

The partner schools from Bulgaria and North Macedonia participated in the meeting only online, due to restrictions caused by Covid-19.

The next mobility will be in Perisoru, Romania, and it will take place from 4<sup>th</sup> to 8<sup>th</sup> April. Our School will be represented by 2 teachers and 5 students.





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

During the morning of the first day of the meeting, a welcoming ceremony for the participants took place in the Main School Library, with the intervention of the School's Director, the Municipality's Representatives and the Project's Coordinator. During the ceremony, there was also the presentation of all partners involved, as well as some cultural and gastronomic activities of the Alentejo.



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

During the morning period of the second day of activities, we had an excellent nutrition session on "Causes of Obesity among Young People". The Romanian students present also had the chance of participating in some classes together with the Portuguese students. In the afternoon, the participants had the opportunity to take a yoga class, as well as to participate in a session on "Anxiety and Obesity".



ȘCOALA GIMNAZIALĂ NR. 1 PERIȘORU  
Județul CALĂRAȘI





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

At Santiago Maior school the students were accompanied in a tour of the school's facilities. There the students had the opportunity to participate in a Physical Education class while the teachers held their online coordination meeting. On this day, lunch was served and prepared by students from the Professional Course of Table and Bar.

During the afternoon a visit was made to the City Park and the Town Library.



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

On the fourth day of the meeting, the participating students and teachers had the opportunity to make a magnificent tour of the Alentejo Coast, having visited the towns of Sines, Porto Covo and Vilanova de Milfontes.





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### **Activities day 5 of the meeting:**

On the last day of the meeting, the students proceeded with an online presentation of their work on the project. The diploma awarding ceremony also took place at Santa Maria School, accompanied by a musical performance by a group of students that was also broadcast online.

