

HEALTHY SCHOOL



SUCESO ALEDO SCHOOL

- **Students from 3 to 11 years old**
- **School Refectory**
- **Very active**



Methodology

- **4 meetings following Varazdin topics**
- **Patricia leading the meetings, Isabel taking notes**
- **10 teachers, 31 students, 14 parents, LAERES**



Qualities of a headmaster

- **Open to dialogue, organized, dynamic, empathic, determined, nice , emotionally stable, a healthy person (good role model), someone who promotes healthy activities.**
- **Parents & children: accessible, more contact with children, more interest for what children need**

Qualities of a teacher

- **Be a good role model (eat fruit for lunch, do not smoke, go by bicycle to school).**



Relationships

- **Collaboration and communication among teachers.**
- **Parents may propose activities, but not take decisions**
- **Parents must be empathetic with teachers.**
- **Teachers must be accessible to parents.
More collaboration between them.**

AMPA (Parents & Mothers Association)

- They play a very important role
- They organize extra-curricular healthy activities
- Low parents' involvement



CLASSROOMS

- **Wide, well illuminated, clean, tidy, colourful.**
- **Decorated by the children. Comfortable**
- **Max. 18 students**
Min. 10



UNIFORMS

- **Despite few people thought uniforms are convenient and make children equal, most explained that children do not pay attention to each others' clothes, unless parents teach them to do it. Most think they are not important for a healthy school.**

SCHOOL REFECTORY

- **It has many advantages:**
 - **For children with less resources (scholarships)**
 - **Improve social skills (interaction of different ages)**
 - **Healthy diet, children learn to eat healthy.**
 - **Conciliation service**
 - **For parents: the role of the monitor is very important – someone you can rely on**

LUNCH

- **Friday: fruit day.**
- **3 to 5 years old : weekly healthy menu**
- **However: some children never eat fruit, too many juices and milkshakes, no variety (sandwiches).**

FRUIT PROGRAMME



HOMework

- **General rule: children take home tasks they don't finish at class.**
- **Many different opinions. Homework defenders: it makes children responsible.**
- **Children must play, they need study techniques, some playful activities can be more effective, teachers are outdated (LAERES)**

PERSONNEL MISSING

- **Nurse (too many allergies, to promote healthy lifestyles, teachers lack first aid training)**
- **Psychologist for parents, teachers and children**
- **Speech therapist (more hours)**
- **Nutritionist**

SCHOOL BAGS

- **Too heavy. Trolley (fashion, difficult to climb stairs)**
- **Tablet. Experiences: children do not pay attention. Appropriate technology to block children screen.**
- **Lockers.**

BULLYING

- **Parents start with the discrimination (clothes, ...)**
- **Sometimes teachers contribute (complain about a kid in front of other parents, compare children...)**
- **Everybody agrees it is very important to establish prevention measures.**

OTHER ASPECTS

- **No smart phones at school**
- **Less arts and physical education than before**
- **No support for crisis (teachers)**
- **More playgrounds**
- **More contact with nature**
- **To school by car – children want to go by bike**

CONCLUSIONS

- **Parents need to know their role. Sometimes they expect teachers to raise their children.**
- **Teachers need to think out of the box.**
- **Creative and more physical activities are disappearing. Include them as transversal subjects. E.g. DAME 10.**
- **Children demand: music, movement, funny and nice teachers, more creative activities, to be listened**

