



Sufinancirano sredstvima
programa Europske unije
Erasmus+



Healthy school

Zavod za javno zdravstvo Varaždinske županije



IV Osnovna škola Varaždin

- 67 students

5 th grade, 2x 6 th grade & 8 th grade

- 40 parents
- 4 teachers
- 2 psychologists



ZDRAVA ŠKOLA li trebala biti: više

zdravije hrane, više učenja, redovito odlaženje liječniku, manje
tučnjava, više vježbanja na tjeleom i više igre, trebali li si
mestusobno pomagati i slušati jedni druge. Više izleta u prirodu.

TO BI MENI BILA ZDRAVA ŠKOLA.



Students on...

Organisation

- students are happy
- teachers behave friendly
- students help each other and are friends
- accepting each other
- adults (teachers) discuss with us and hear our opinion
- less classes

Parents on...

- Communication skills training for teachers and the head of the school
- Psychologist
- conversations with friends and adults, listening to childrens needs and opinion
- involve parents in decision making
- sence of belonging to a community/ group

Students on...

- Classrooms
 - chairs and desk are comfortable
 - students have uniforms and there are no differences
 - classes are fun
 - students can storage their books and clothes in the school

Parents on...

- Classrooms and classes
 - Less classes /less homework
 - uniforms
 - no phones in class rooms

Students on..

Food

- everyone eating in the school kitchen
- spending the lunch break outdoors
- healthy food in the school
- more cooked meals
- more fruits and vegetables

Students on ...

- Exercise
 - 3 days per week sports activities
 - more field trips
- School bags
 - too heavy

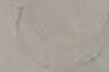
ZDRAVA ŠKOLA

• MISLIM DA BI U ŠKOLSKOJ
KUHINJI TREBALO BITI VIŠE
VOĆA

• MISLIM DA BI TREBALI IMATI
VIŠE SATOVA TJELESNE I
ZDRAVSTVENE KULTURE



• MISLIM DA BI TREBALI ČEŠĆE
IZLAZITI U PRIRODU



Parents on..

- Food

- healthy diet, food should be seasonal, more fruits and vegetables, cooked food
- longer big (lunch) break

- Exercise

- more sports activities
- outdoor activities

Students on...

- "oasis of calm"
- a healthy school is full of plants and the yard is green
- longer big break
- no homework :) :)
- no violence
- no phones in school

Parents on..

- no phones in class rooms
 - no violence, helping each other
- look for good advice/ ask for advice
(psychologist)
- hygiene
 - humanitarian work, volunteer work
 - household classes