

Comenius Project "How to keep fit"



In the school year 2011/2012 and 2012/2013 under the "Learning for Life" will be implementing those international Comenius Project "How to keep fit." The program involved teachers and students from five European countries:

ITALY, REGION EmiliaRomagna, CITY Budrione
 I.C. Carpi Zona Nord, Scuola Primaria Martiri per la Libert, Budrione-
 koordynator Mrs Isa Malavasi

UNITED KINGDOM,
 REGION Derbyshire and
 Nottinghamshire, CITY
 Sheffield

Bradwell Church of England
 Infant School, koordynator
 Mr Geoff Wharton

POLAND, REGION
 Mazowieckie, CITY
 Warszawa
 Szkoła Podstawowa Nr
 75 im. Marii Konopnickiej
 j j koordynator Mrs rs
 Danuta Agnieszka
 Pawlikowska

CZECH REPUBLIC,
 REGION Severovychod
 ,CITY Brandys nad Orlici-
 koordynator Hana tuskov

Zkladn kola
J.A.Komenskho Brands
nad Orlic, okres st nad
Orlic

GERMANY, REGION
 HESSEN, CITY Raunheim
Pestalozzschule
 Raunheim, koordynator
 Mrs Hatice Balakci

The main objective of
 the project is to draw the
 attention of students,

parents and teachers
 about healthy lifestyles
 and appropriate eating
 habits in children,
 encouraging students
 and teachers from the
 participating countries
 for cooperation and
 communication in
 solving the problems of
 nutrition, the need for
 sport, to encourage the
 use of ICT (Information
 and Communication
 Technologies), and to
 develop language skills
 (English)

Agnieszka Pawlikowska

healthy lifestyles

There are more than one billion overweight people, 300 million of which are obese all over the world and WHO (World Health Organization) predicts that there will be more than one and a half billion overweight people by 2015. Internationally over 22 million children under the age of 5 are

malnourished rates. Furthermore, obese children have a high percentage rate of becoming obese adults.

Global obesity is an epidemic that has serious personal and societal consequences. Parents, governments, and local communities must take responsibility for identifying the problems. With our project, we will attract the people's attention and lower these rates. In order to prevent children from becoming obese, it's necessary to pay close attention to nutritional details in the

overweight. These surprising numbers are also valid for Europe. Developing countries have seen an increase in child obesity as they adapt to westernized lifestyles and behaviors. As it is seen, developing countries' obesity rates are rising steadily and in some instances so are the

child's life. It also means teaching children about healthy nutrition from a very young age. It's just as easy to feed a child a piece of fruit as it is to feed a child a cookie. In fact, child obesity prevention is much better than child obesity treatment. The participants in this project will learn how to live in a healthy way and how to prevent obesity in the end.

Ferhat Yagmur

About the schools

**ITALY,
REGION EmiliaRomagna,
City Budrione**

**I.C. Carpi Zona Nord, Scuola
Primaria Martiri per la Libert, Budrione**

Our school, Istituto Comprensivo Carpi Zona Nord is a coordinator of the project. It has organized the preparatory visit during 2011 July. It is a local, public Istituto that includes a pre-primary school, two primary schools (one of them is Martiri per la Libert school of Budrione) and a middle school. Istituto Comprensivo Carpi Zona Nord has nearly 1150 students aged from 3-13 and 100 teachers. Carpi is an



industrial town, within old city centre, located in the north-east of Italy.

Our Istituto has four buildings one of which (Budrione) is very old.

In our school there are also foreign students, we try to give them opportunities of integration, for example first teaching them Italian language. The students' parents are both from lower classes and

to have a partnership and be in this project. We strongly believe that this project will give our students the chance to meet their peers from different countries and different cultures mutually enriching.

Mrs Isa Malavasi

upper classes in our school. So some families are poor and in bad conditions, on the contrary others have good living standards. Our school hasn't had an experience related to such kinds of projects and partnerships before. We really like

to learn new information, to use information technologies, to meet new friends.

Mrs Hanah Stusakowa

are no pupils at risk of social exclusion or pupils with special needs, migrants, refugees.

Getting involved in European project has a great importance for us. It would be our first European project and pupils could improve their English,

Our school is made up of 9 classes with a population of 165 pupils whose age are between 6 - 15 and 16 teachers. It is a public primary school in a small town Brandys nad Orlici, in the east part of Bohemia in the Czech Republic. There

**CZECH REPUBLIC,
REGION
Severovychod
CITY Brandys
nad Orlici**

**Zkladn skola
J.A.Komenskho
Brands nad Orlic,
okres st nad Orlic**



**GERMANY, REGION HESSEN,
City Raunheim
Pestalozzische
Raunheim**

Our school is named Pestalozzische, the only elementary school in the city of Raunheim (approximately 15,000 inhabitants). It is the greatest elementary school in Hesse with almost 700 pupils aged 6-9 (10). There are around 50 teachers teaching overhere. The school is predominantly attended by children of immigrant families from the lower class. Besides, the schools location is in the entry lane of Frankfurt International

Airport (Germany's greatest airport) with a crossing altitude of 300 meters. It consists of five renovated buildings and three schoolyards which are created close to nature. It is the first fulltime school of the organising institution from the district Gro-Gerau. The children have the opportunity to have lunch at school and apart from that our school does a project where our pupils can have (healthy!) breakfast for free before school starts (7:30-8:00 am).

Mrs Hatice Balakci

Preparatory Visit

**POLAND,
REGION Mazowieckie,
city Warszawa**

**Szkoła Podstawowa Nr 75
im. Marii Konopnickiej**

Our school (about 500 pupils aged 6-13 years) is placed in the middle of Warsaw-capital of Poland. It is a very beautiful area with many tourists attractions such as Old Town monuments. On the other hand, it is a very lively, modern area. In our neighbourhood, there are many bars, coffee shops and restaurants. Most of them served unhealthy food especially fast food. It is a place where obesity has become a



social problem which also affects children. Therefore, we must raise awareness in the rank of pupils and their parents.

We have never participated in Comenius so far. This is the first European Union project with which our students can compare the culture and lifestyle, different types of food, activities and interests of their peers.

we have the similar ideas with our partners.

*Danuta Agnieszka
Pawlikowska
Ilona Szadurska*

Through a global understanding of the essence of healthy lifestyle, we hope to bring an active and intellectual citizenship and prepare all to a better life. The sooner we start such education, the better will be for all of us in the future. Moreover,

A.P.



**Comenius Project
How to keep fit
was initiated in
etwinning space**

**and the next
preparatory visit
in Italy on
27.06.2011
1.07.2011**The

The initiator and coordinator of the project was first Mr. Ferhat Yagmur, Nianc Sehit Er Eyup Beyazit Ikretim Okulu Turkey. Unfortunately, the National Agency of lack of funds

classified as a project in the reserve. Mr. Ferhat Yagmur at the moment so will not pursue a project that came up. We're sorry. So the five countries of the European Union:

Italy, Germany, Poland, Czech Republik, Great Britain in five schools over the next two schools years will take care of healthy lifestyle.



**UNITED KINGDOM
,REGION Derbyshire and
Nottinghamshire,
CITY Sheffield**

**Bradwell
Church of
England
(Controlled)
Infant School**

Eating and Active Lifestyles are a focus area for study this year. We have a significant number of pupils who are recently adopted by their families (9%).

Bradwell Infant School is a small village school in a rural community. We have 35 pupils on roll at present, aged 4 7 years old. We are keen to work as partners in this project as Healthy

Mr Geoff Wharton

The first mobility Bradwell Infant School Visit

The program
"Learning for
life"
Comenius
project "How
to keep fit"

planned
visits to
schools
cooperating.
The first visit
took place in
Great Britain
in Bradwell
Infants
School.

Teachers from
Poland, Czech
Republik, Germa
ny and Italy
visited the
school. We
spent three days
observing
school activiting
and eating
healthy lunches
with the pupils.
We joined for
the traditional
Hervest Festival
service in Saint
Barnabas
Church. We



learned together,
have outlined the
experience. It
was an
extraordinary
experience.
Thank you
everyone for the
preparation of
the visit in
particular

Headteacher
Geoff Wharton,
fantastic staff ,
pastor and the
wonderful
children.
THANK YOU.

A.P.

RELACJA PO POLSKU

W dniach 4-7
października 2011
odbyła się pierwsza z
zaplanowanych w
ramach programu
Comenius "How to
keep fit" wizyta w
zaprzyjaźnionej szkole
Bradwell Infant School



w Wielkiej Brytanii. W
wyjeździe uczestniczyli
nauczyciele z pięciu
partnerskich krajów
uczestniczących w
projekcie.
W programie wizyty
zaplanowano
zwiedzanie szkoły,
zapoznanie z kadrą i
uczniami, spacer po
najbliższej okolicy,
tradycyjne gry i
zabawy sportowe na

świeżym powietrzu,
komponowanie przez
uczniów zdrowych
posiłków
zapakowanych w
"lunch box", zajęcia
plastyczne obejmujące
program zdrowego,
racjonalnego
odżywiania, lekcje o
piramidzie żywienia,
program komputerowy
- planowanie posiłków,

KONKURS NA HASŁO I LOGO PROJEKTU

Dziękujemy
wszystkim
uczestnikom
konkursu na hasło
i na logo projektu
"How to keep fit".
Spośród
nadesłanych do
nas prac, trzy
zostały wysłane
do Niemiec, gdzie

nastąpi ostateczne
rozstrzygnięcie
konkursu..
Poscy laureaci
konkursu pojedą w
nagrodę do Włoch
i do Republiki
czeskiej jeszcze w
tym roku
szkolnym.

A.P.



produkty żywnościowe. Uwieńczeniem działań
szkoły stał się Hervest

Festival Service - w
pobliskim kościele
skupiła się społeczność
Bradwell, uczniowie
przyniesli
przygotowane
wcześniej zdrowe
produkty żywnościowe
z prośbą o
błogosławieństwo
boże, odśpiewali
przygotowane na tę
uroczystość pieśni.

Przyniesione produkty
po zakończonej
uroczystości miały
trafic z powrotem do
domu , aby wspólnie z
rodziną dzielic się
pokarmem, zdrowiem,
miłością.

a.p.