

Flying The Flag For A Healthy Europe: Building Capacity In Community For Special Needs

Proposed Timetable of Student Activities

	Term 1 Food	Term 2 Mental Health	Term 3 Physical Health
Yr 1.	<ul style="list-style-type: none"> Pupils will complete an activity 'Healthy Me' to gauge their understanding of Healthy Lifestyles. Logo competition: All partner schools will run a competition to design a project logo. The winning entries will be taken to the project meeting in Romania and an overall winner chosen Compare Traditional Christmas Menus from partner countries. Distribute recipes for a Healthy Christmas Treat. Make and sell at Community Christmas Fayre. 	<ul style="list-style-type: none"> Painting pictures of my favourite place in the local environment. Choose a winner form each school and distribute to partners for display. Students will produce a powerpoint/leaflet or booklet to explain facial expression and emotions for ASD students. This will be displayed on website to inform the community about provision ASD students need. World Health Day. Students make cards and/or novelties to celebrate World Health Day. Distribute throughout the community and at Transnational Planning Meetings. 	<ul style="list-style-type: none"> Develop and Introduce a New Game Host a Summer Sports Day and invite parents, carers and representatives from the local community to attend. Students will participate in a series of visit a community venue e.g. a care home for the elderly to play games and adapted sports.

Yr 2	<ul style="list-style-type: none"> Looking at foods grown in the region. Use local produce to prepare a Healthy Snack Design a weekly menu and share with partner countries. Display in partner schools and local community venues. Project Calendar competition; the project will be promoted in our schools and throughout our communities by producing a calendar. Each institution will hold a competition and the winning entries will be judged in Latvia. 	<ul style="list-style-type: none"> Mindfulness. A group of students will participate in a series of lessons on Mindfulness. Create arts or crafts associated with Mindfulness and display in a community venue. World Health Day: Students prepare a celebration assembly and invite parents, carers and the local community. 	<ul style="list-style-type: none"> Pupils will interview a local professional sports person about Healthy Lifestyles. Pupil's will plan and take part in a sporting competition with neighbouring schools. Photos loaded to e-twinning. Healthy School's Ambassadors will be identified. A booklet will be produced to introduce them to their schools and partner institutions.
Yr 3.	<ul style="list-style-type: none"> Looking at foods grown in the region. Use local produce to prepare a Healthy Snack Students will produce a short presentation and a poster campaign to promote the drinking of water as part of a healthy lifestyle. The results will be shared on e-twinning and throughout our communities. Students will produce a snack swap guide informing on how to make good food choices. 	<ul style="list-style-type: none"> Mental Health First Aid: Students will work through a short course introducing to the concept of recognising good and bad mental health. Their work will be displayed on e-twinning. Smoking and substance abuse; local community volunteers will visit school to offer sessions on dealing with smoking and substance abuse. As a result a students will design a campaign for the community (poster, website) Healthy School's Ambassadors will meet with staff to decide on the content for the Universal Training Tool. 	<ul style="list-style-type: none"> Pupils will be reassessed to evaluate their thoughts, opinions and attitudes on Healthy Living. Celebration and launch of the Universal Planning Tool. Health Ambassadors to deliver assemblies within schools in which members of the local community are invited.