



## LATEST NEWS 30.11.2005

### From planning to action

The creative and efficient working in spring 2005 produced excellent ideas on the basis of which schools have initiated their own trials and activities.

#### **Cygnaeus school invented new games.**

The school arranged a competition on inventing new games. Each class set out to come up with games and the best ones were selected. Self-invented games were the theme of this autumn's sports day - the Cygnaeus games day. On the games day the pupils were divided into small groups each of which had representation from each class plus one teacher. Thus every game was taught to all pupils and teachers!

#### **Nummi school started daily sport break, the sport quarter.**

The sport quarter takes place on the 9.45 break, and there are 5 teachers and 3 school assistants who participate in guiding the play in slightly different roles. The themes of the play breaks vary from dancing to tutor breaks of 1st and 6th graders. Play breaks give activities for the whole day, as the children continue the same plays on other breaks.

**Break area was expanded in Jäkärilä** by including the school field. This meant increased need for break supervision, but it has been received positively in the school. On two breaks every day the break supervisor takes the pupils to the field to play football or throw Frisbee. The pupils line up on the side of the road to wait for the teacher at the beginning of the break. Activities will continue in the winter; there are plans for a ski track and snowball throwing near the field.

#### **Upper comprehensive and secondary schools also tried out break equipment.**

The activities are run in Luostarivuori and Klassikko schools by "trainers" found among the pupils who arrange the equipment and activate the participants. The trainers wear a badge that lets them pass the queue at lunch. In addition, the Luostarivuori school has opened a track that can be toured on a few breaks.

#### **Luostarivuori upper comprehensive school encourages overall exercising.**

The school aims at continuity by placing different activities in different grades. Young people who move little are invited to club activities in the 7th grade.

In the 8th grade the pupils can seek to enjoy the services of the school's "personal trainer" to get guidance on exercise suited for them and making their own exercise programmes. In the 9th grade the goal is to start exercise among groups of friends.

CLUB ACTIVITIES have started and children who move little have been invited to participate. The goal of the project is to find new opportunities for financing of club activities e.g. through promotion of health.

The ways of working in schools - their operating cultures - vary quite a lot. These operating cultures are also reflected in the ways of working of the liaison teachers of the Schools on the Move project. Good examples are the Cygnaeus and Sirkkala schools. The Cygnaeus school has a special Schools on the Move team with four teachers and, if necessary, the school nurse who make plans. The Sirkkala school plans the projects in the school's development group that consists of three annually elected teachers and the principal.

### WELL-BEING AND COMFORT TO SCHOOLS THROUGH PHYSICAL EXERCISE

The objective of the SCHOOLS ON THE MOVE project (2004-2007) is to increase the opportunities of children and young people for physical activity (PA) during the school day. The project involves 18 lower comprehensive schools, 3 upper comprehensive and secondary schools, and the Turku Vocational Institute, with a total of almost 9,000 pupils. The operating processes of the schools are supported with training, materials and products etc. In addition, the schools are supported by extensive co-operation between administrative bodies and with the Nuori Suomi ry association. The project is part of the Shape up project financed by the European Commission that aims at preventing overweight of children and young people. Areas being developed include e.g. PA during breaks, condition of the yard, PA on the way to school, health-promoting club activities, advice on PA, PA in groups of friends, PA and health information etc. In the future, the ideas generated in the project will be integrated into normal operations.

1/05

### Main lines of the project 2006-

