



LATEST NEWS October 24, 2006

TURKU'S SCHOOLS ON THE MOVE COMPLEMENTED WITH AN EU PROJECT



Overweight, insufficient physical exercise and incorrect nutritional habits of children and young people are a challenge that concerns the whole of Europe. The European Union has reacted to the issue e.g. by granting money to promote public health activities within **the Shape Up project** co-ordinated by P.A.U. Education from Spain. The goal of the Shape Up project (2006–2008) is to support and promote the well-being and balanced growing of children

and young people by changing their exercising and nutritional habits.

The aim is to build a Pan-European framework or model for solving this problem area by acquiring experiences from local ways to approach the issue.

Finland's contact in the Shape Up project is the Schools on the Move project in Turku. Of the schools involved in the project, the lower comprehensive schools of Hannunniittu, Lauste, Pääskylvuori, Runosmäki and Vasaramäki, and the Klassikko upper comprehensive school have registered for Shape Up. In the coming months the schools will start their own projects that activate children and young people in different ways and interact with the community around them. The goal of these projects is to increase physical activity and promote healthy nutritional habits in each school. Turku's share of the EU funding is around 56,000 which is divided over three project years.

PUPIL ACTIVATOR BRINGS MOVEMENT TO THE SCHOOL DAY

A new feature of the Schools on the Move project for autumn 2006 was the pupil activator training for children. The goal of the training was, together with the children, to find ways in which they could themselves activate movement during breaks. The training was implemented in 15 project schools in co-operation with the minor subject students of physical exercise from the Department of Teacher Education. If the trial results in positive experiences, it can be made a permanent form of co-operation between the University and the City. Training as per the needs of upper comprehensive schools and upper secondary schools was also arranged in co-operation by the City's school sport instructors and the Finnish School Sport Federation, and 7 upper comprehensive or upper secondary schools from Turku participated.

TURKUIDDITCH! ENCOURAGES PRACTICAL EXERCISE

Harry Potter thinks that Quidditch, an airborne ballgame on broomsticks, is exercise at its best. Hopefully the school pupils in Turku will soon think the same of TURKUIDDITCH! The lower comprehensive schools of Turku are encouraged to increase practical exercise as part of the school day by distributing to schools equipment for TURKUIDDITCH! practical exercise, such as brooms, rakes, snow shovels and ploughs, planting trowels and bulbs, berry bushes and soil. The main partner K-Rauta Itäharju hardware store has also donated surprise presents for gardening which will be awarded to the active schools participating in the project in spring 2007. Campaign website www.koulutliikkeelle.fi

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.



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