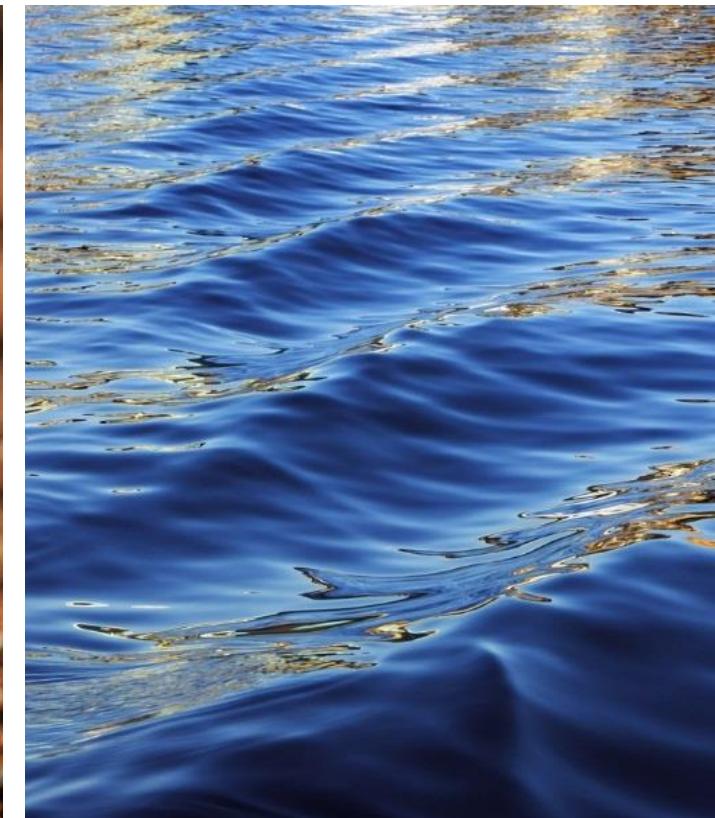




Module 6 - Healthy Lifestyle

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Partners

1. BLUE ROOM INNOVATION – SPAIN
2. IDEC – GREECE
3. FEDERATION DES ASSOCIATION DE PARENTS D'ELEVES DU LUXEMBOURG
4. UNIVERSITE DE LIEGE – BELGIUM
5. PRIMARY SCHOOL OF VAREIA – GREECE
6. Instituto Agrario Bell-Lloc del Pla SA – SPAIN
7. Scuola Europea di Varese – ITALY



Healthy lifestyle for a greener planet

○ 1- EXERCICE / Healthy Lifestyle

- 1.1 PHYSICALLY FIT / Healthy Lifestyle
- 1.2 BUILD A HEALTHY MIND & MOOD / Healthy Lifestyle
- 1.3 OUTDOOR ACTIVITIES / Healthy Lifestyle
- 1.4 LINK BETWEEN POLLUTION & DISEASES / Healthy Lifestyle
- 1.5 MANAGE STRESS / Healthy Lifestyle
- 1.6 GREEN ACTIVITY PLANNING / Healthy Lifestyle

○ 2- DIETARY / Healthy Lifestyle

- 2.1 PLACE OF SUPPLY / Healthy Lifestyle
- 2.2 BALANCED NUTRITION / Healthy Lifestyle
- 2.3 LOCAL & SEASONNAL PRODUCTS / Healthy Lifestyle
- 2.4 BALANCING CLIMATE & FOOD / Healthy Lifestyle
- 2.5 BIO PRODUCTS / Healthy Lifestyle
- 2.6 LEARN BY DOING / Healthy Lifestyle

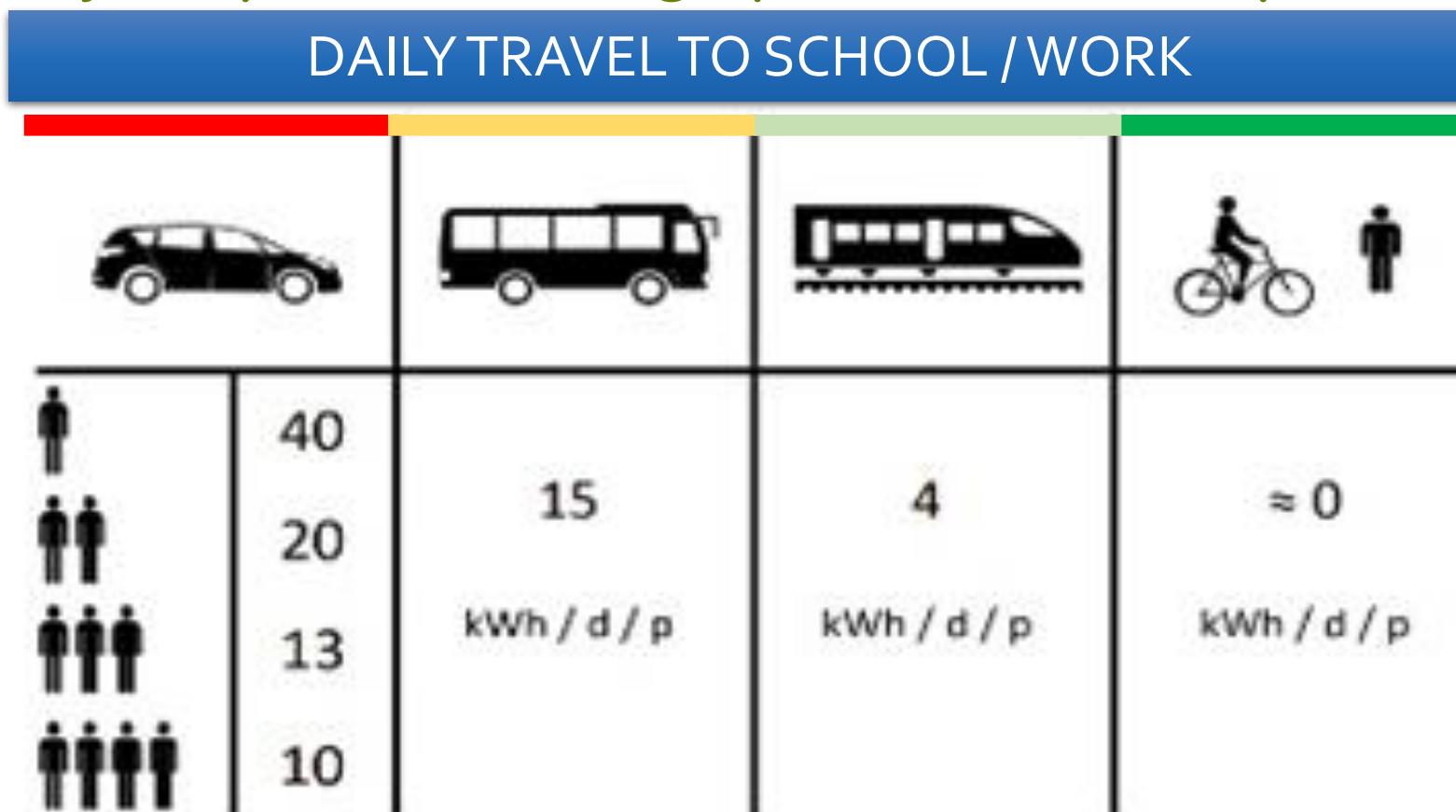
○ 3- GREEN WAYS TO GET TO SCHOOL / Healthy Lifestyle

- 3.1 HAVING A WALK / Healthy Lifestyle
- 3.2 BIKING TO SCHOOL / Healthy Lifestyle
- 3.3 BUS TO SCHOOL / Healthy Lifestyle
- 3.4 BIKEBUS TO SCHOOL / Healthy Lifestyle
- 3.5 CARPOOLING / Healthy Lifestyle
- 3.6 TRAIN FOR LONG DISTANCES / Healthy Lifestyle



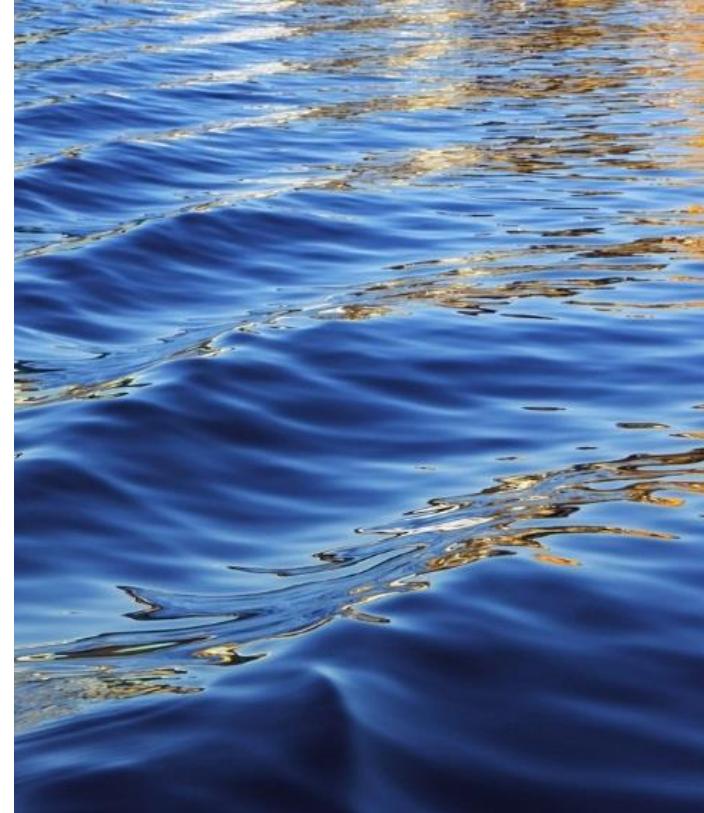
HEALTHY LIFESTYLE / CHART

kindly keep in mind this graph for the whole presentation



Our mission is not only to leave a planet as we received it but to inherit a much better earth





EXERCICE
Healthy Lifestyle

○ 1- EXERCICE/Healthy Lifestyle .

- 1.1 PHYSICALLY FIT / Healthy Lifestyle
- 1.2 BUILD A HEALTHY MIND & MOOD / Healthy Lifestyle
- 1.3 OUTDOOR ACTIVITIES / Healthy Lifestyle
- 1.4 LINK BETWEEN POLLUTION & DISEASES / Healthy Lifestyle
- 1.5 MANAGE STRESS / Healthy Lifestyle
- 1.6 GREEN ACTIVITY PLANNING / Healthy Lifestyle

PHISICALLY FIT Healthy Lifestyle



Recommendation,

Being fit is a healthy way of dealing with green topics.

Schools & teachers would have everything to gain by installing:

Outdoor sports sessions, so that the children are used to being outside and do not mind the weather conditions

To teach children the simple pleasures of being in the wide open!

To reinforce the immunity of the children by letting them confront certain climatic conditions that we would qualify as harsh!

BUILD A HEALTHY MIND & MOOD

Healthy Lifestyle



Recommandation,

Allow free time outside, in order to, give the children opportunities to learn more about mother nature and to be in direct relation with wild beings!

Leave children to express their energy, in order to, free themselves from certain frustrations and childish aggressiveness!

Leave freedom to pupils to approach harmless animals, insects and reptiles.

Quote,

A child who grows up on a farm is rarely allergic to dust!

OUTDOOR ACTIVITIES / Healthy Lifestyle



Recommendation,

Nowadays, schools have beautiful playground facilities for children, and we adults who have not known these facilities for our games are a little jealous ;-)

But, what is the ecological cost of these facilities and wouldn't it be better for the schools to:

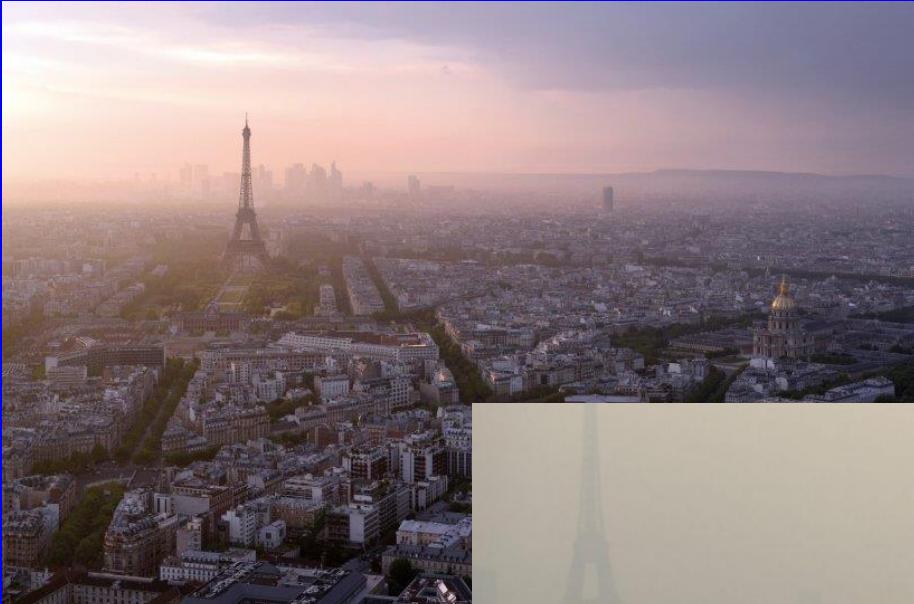
Leave a part of the area natural

Let the children feel under their feet a less plain and less regular ground

Let themselves be amazed by a little unexpected encounter with a squirrel, a rabbit, ...

LINK BETWEEN POLLUTION & DISEASES

Healthy Lifestyle



Recommendation

Children have this faculty to understand nature and their environment because they live the changes, something that we adults have lost this finesse of perception.

On the other hand, the scientific effects of certain effects due to human intervention children have difficulty interpreting and decoding them.

This is why teachers must take the time to explain to them the effects of industrialization on the climate and the atmosphere.

During an outdoor activity, teachers should teach children how to detect air pollution

Teachers should explain the ins and outs of pollution

Children should learn how to protect themselves from air pollution

e.g. do not practice intensive sports & avoid industrial activity times for exertion

in short, children should understand when and why it is better to be indoors or outdoors and enjoy it.

MANAGE STRESS

Healthy Lifestyle



Recommendation,

Stress is the disease of the 21st Century. Many cases go undetected and the child is left to suffer in silence!

Stress is costly to the community and leads to addiction to medication.

This is why every school should,

Install a help and psychology center within its establishment.

Every school should offer a space for relaxation and serenity.

Every school should offer green activities because contact with the earth is beneficial. Picking, watering and harvesting fruit (e.g.) is emotionally beneficial and reassuring to the person doing these activities.

GREEN ACTIVITY PLANNING

Healthy Lifestyle



Recommendation,

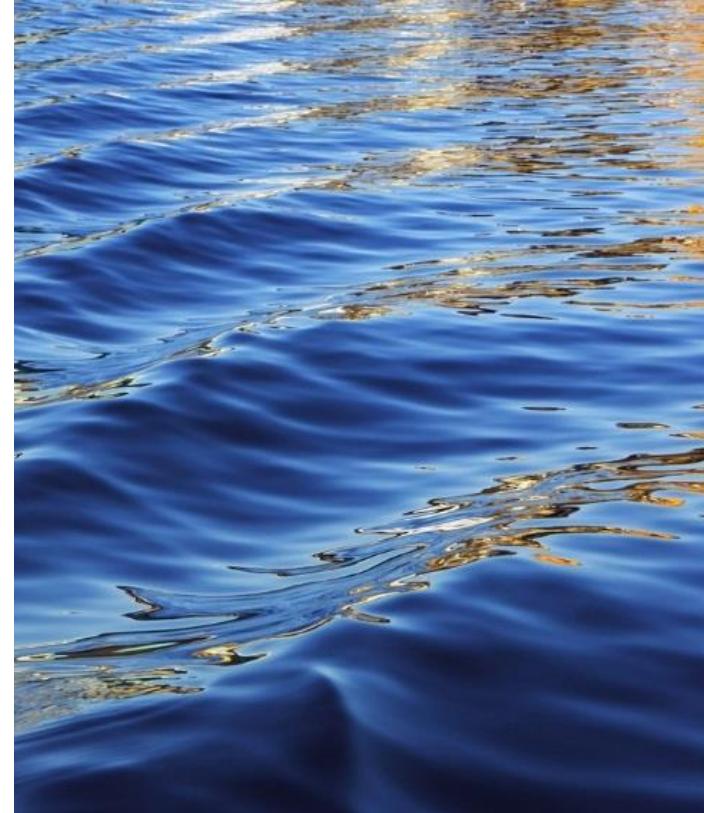
All the mentioned elements in this first part of GG module6 encourage us to set up green sustainable activities, in order to, combat diseases & to support good wills.

Green activities should be integrated into schools' curriculum in order to support green topics & well being.

A green space should be dedicated to children. An area free of any human intervention should be proposed to children for certain activities or during their free time.

Enable children to understand what induces changes in their environment

To give children the possibility to take green initiatives by giving them time and means to organize and sustain green activities in their school.



DIETARY Healthy Lifestyle

○ 2- DIETARY/Healthy Lifestyle

- 2.1 PLACE OF SUPPLY / Healthy Lifestyle
- 2.2 BALANCED ~~DIET~~ NUTRITION / Healthy Lifestyle
- 2.3 LOCAL & SEASONNAL PRODUCTS / Healthy Lifestyle
- 2.4 BALANCING CLIMATE & FOOD / Healthy Lifestyle
- 2.5 BIO PRODUCTS / Healthy Lifestyle
- 2.6 LEARN BY DOING / Healthy Lifestyle

PLACE OF SUPPLY

Healthy Lifestyle



Road, sea, rail and air transport are highly polluting and one must always consider the cost in money and ecology before making daily choices.

young people would be surprised to learn of the close link between their food and the pollution generated by the transportation of the food on their plates.

Educating pupils about the link between transportation & food and the devastating impact it has on the environment would be a major step towards the green goals that Greener Green is trying to implement.

BALANCED NUTRITION

Healthy Lifestyle



Recommendation for S+M,
Schools & Municipalities should copy
Luxembourg's nutrition policy.

S+M offer for students, a free fruit break
on schooling days.

S+M offer free lunch for students,
enabling pupils to skip transformed food
low on quality & high on fat/sugar/salt.

S+M should encourage students to finish
their plates first, then require the sorting
of food waste for composting.

less waste is an assurance of a greener
environment

LOCAL & SEASONNAL PRODUCTS

Healthy Lifestyle



Recommendation for S+M,

Enhance local products & seasonal food.

Maintain close ties with local farmers.

Avoid long distance food dealers

allow for the availability of take-out meals so that students can be out in the wilderness for their lunch break to consume their meal

provide non-disposable and non-breakable items for student meals; reusable cups, reusable plates and bowls, reusable cutlery, reusable water bottles, washable napkins,



BALANCING CLIMATE & FOOD

Healthy Lifestyle



Recommendation for S+M,

Adapt menus to green criteria and respect for the environment.

Compose and favor meals according to a quota share that favors plants and grains to meat, which should of course be present but in smaller quantities.

Install free water dispensers.

Give preference to water over sugary drinks.

Why not closing a deal with a local farmer for daily fresh milk for pupils!



BIO/ORGANIC FOOD

Healthy Lifestyle



Recommendation for S+M,

Enable children to understand the connection between the choices they make and their environment.

Allow pupils to explore the positive and negative points of responsible and sustainable agriculture

Set up with pupils environmental workshops

Undertake tours to local producers, e.g. beekeepers, farmers, ...

Give the possibility to build insect castles.

Explain the benefits of diversity and quality requirements

LEARN BY DOING

Healthy Lifestyle



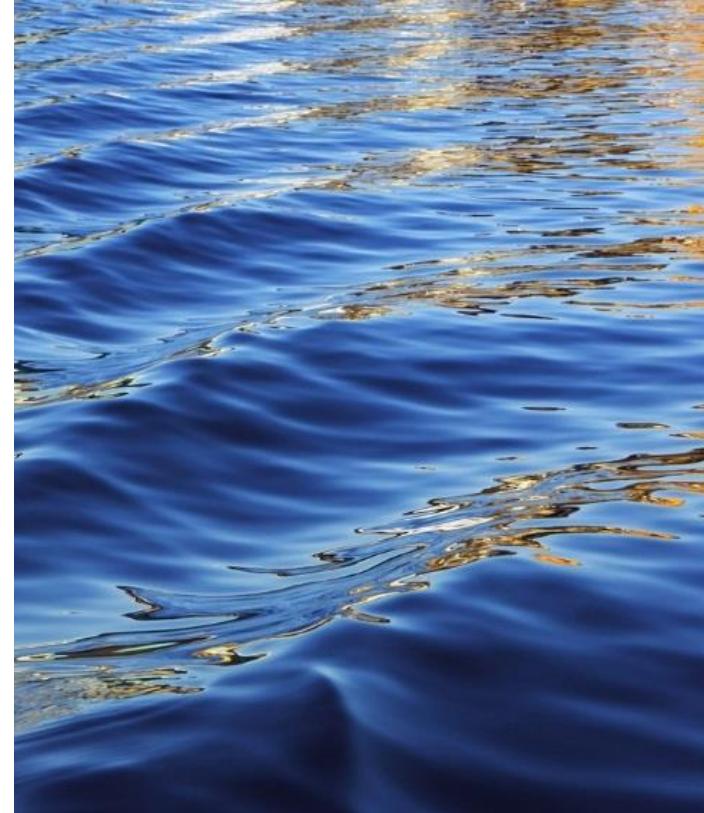
Recommendation for S+M,

Provide a green space for students

Let children develop an affinity for the land and growing the soil

Set up workshops to transform the symbolic harvest made from the children's own harvest

Allow children to feel the satisfaction of a process accomplished with their own hands and to taste the fruits of their own efforts



GREEN WAYS TO GET TO SCHOOL Healthy Lifestyle

○ 3- GREEN WAYS TO GET TO SCHOOL/Healthy Lifestyle.

- 3.1 HAVING A WALK / Healthy Lifestyle
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HAVING A WALK TO SCHOOL

Healthy Lifestyle



Recommendation,

As a first step & to allow green transportation means schools should install best facilities for green transportation.

Schools should provide "Kiss & Go" parking in front of schools.

Schools should provide safe, easily accessible, secure bicycle parking during school days.

Schools should provide clear separation between pedestrians/bicycles and cars.

Schools should give priority to pedestrians and cyclists in the vicinity of the school.



BIKING TO SCHOOL

Healthy Lifestyle



Recommendation,

Schools & Municipalities (S+M) should encourage cycling as a means of transport by adapting incentives for the purchase of new bicycles

S+M should develop bicycle paths throughout the area, especially around schools

S+M should consider rewarding children or households/families who let their children bike to school

S+M may install a free bike repair shop that will check the technical installation of the bikes (brakes, screws, ... Once a month !)



BUS TO SCHOOL Healthy Lifestyle



Recommendation,

Schools & Municipalities (S+M) should consider a budget for the purchase of non-polluting electric or thermal buses that would offer a perfect ecological compromise for people who need to take the bus to reach their school.

S+M should consider reducing the number of buses on the road as much as possible by sharing buses between schools and avoiding having these buses at a standstill all day after school pick-up.

S+M should consider sharing buses for school outings, for swimming pool, for weekends organized by S+M, ...

BIKEBUS TO SCHOOL

Healthy Lifestyle



Recommendation,

BIKEBUS

A great idea to try out by S+M.
It looks fun and everyone has a
contribution to make to the progress of
this very nice means of transportation



CARPOOLING

Healthy Lifestyle



Being fit is a healthy way of dealing with green topics.

Recommendation for S+M,
Schools & teachers would have
everything to gain by installing:

Outdoor sports sessions, so that the
children are used to being outside and do
not mind the weather conditions

To teach children the simple pleasures of
being in the wide open!

To reinforce the immunity of the children
by letting them confront certain climatic
conditions that we would qualify as
harsh!

TRAIN FOR LONG DISTANCES

Healthy Lifestyle



Recommendation,

For long travelling & each time that it's possible, you should consider train as a transportation mean.

Besides walking and cycling, the train is still the most ecological way to travel.



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