

# My choice is a HEALTHY LIFE STYLE

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One of the strategic directions of the concept of healthcare development in the Russian Federation until 2020 is the formation of a healthy lifestyle and the prevention of diseases.

Analysis of health-saving and health-creating activities of educational organizations showed that there is now an increasing need to coordinate the efforts of educational institutions, including networking, social partners, and parents to create a healthy and safe educational environment.

Special attention is paid to the development of general medical literacy and a health culture at all levels of education.

THE WORK IS BASED ON  
THE PRINCIPLES:

- The principle of nature conformance, understood as the satisfaction of basic human needs, which corresponds to the definition of health in the WHO Constitution.
- Student-centered and practice-oriented approaches in the course-extracurricular activities.
- Solutions to the problems of restoring the efficiency and motivation of knowledge, creating a situation of success, cooperation, personal development, creative and cognitive potential of students.
- Integration of the content of the foundations of a healthy lifestyle and the prevention of bad habits in the content of different subject areas.



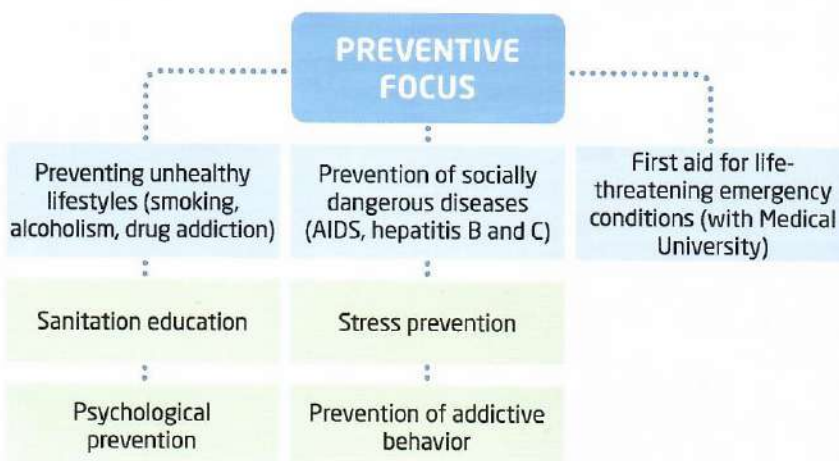
- Actualization of existing social experience and its enrichment through practice-oriented educational process in the system of formal and non-formal education.

## PROJECTS AND EVENTS

Projects and events taking place in the Lyceum 179 are focused on the formation of a conscious and responsible

attitude of students to their health and the health of their closed ones. For example:

- Medical and environmental lecture. The educational work carried out by students on the formation of a healthy lifestyle and the prevention of bad habits, HIV / AIDS, hepatitis B and C is being implemented.



- Medical and environmental practices.
- Youth movement, volunteers “From Senior to Junior”.
- First aid school.
- Holding conferences, seminars, panel discussions for students of different age groups. For example, the city forum “My choice is a healthy lifestyle”, where students’ performances, essay contests, posters and drawings contests were presented.
- Project and research activities of participants in different sections of the High School and High Technologies and Ecology Club.



The coordinating council of the lyceum, whose members are the lyceum administration, social partners, representatives of the parent committee and volunteers, helps to implement plans for the formation of a health-saving educational environment. One of the key activities of the Lyceum is interdisciplinary integration.

All this requires high professionalism from teachers. In the Lyceum, training of teachers was organized through active teaching methods (lectures, seminars, and conversations), problem-targeted trainings, and methodological support.

The experience of such training, including the development of a health-saving educational environment, is actively transmitted through conferences, seminars and publications.

### CITY YOUTH FORUM “MY CHOICE IS HEALTHY LIFE STYLE”

In February 2019, we held a city youth forum “My choice is a healthy lifestyle.” More than 200 students of 6–10 classes of various educational institutions of the city of St. Petersburg and the Leningrad region attended.

#### FORUM NOMINATIONS:

- “I am responsible for my health” – movies, videos like <http://bit.ly/2W8l8Jw>
- “I want to be heard” – posters, pictures, booklets, leaflets.
- “Volunteers” – performance of teams (15 min).
- “Debate” – a discussion role-playing game (a team of 4 people).

#### ISSUES FOR DISCUSSION

##### IN THE “DEBATE”:

- How to help students realize a healthy lifestyle?
- What methods and activities proposed to students do not work for the formation of a healthy lifestyle?
- How to make effective promotion of healthy lifestyles
- What prevents us from being healthy
- Pros and cons of eating fast food
- Pros and cons of computer games
- Pros and cons of eSports
- Pros and cons of life in the metropolis

At the end of the forum, an appeal was made by the students, on the need to comply with the norms and rules of a healthy lifestyle, and to increase volunteering activities “My choice is a healthy lifestyle”.

The listed events help to form the basis of medical literacy, medical and ecological outlook, responsible attitude to their health and awareness of the importance of a healthy lifestyle. ♣

#### Literature

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20–25 environmental research and artworks are presented by the members of the ecology club during the year.

## The ecology club in Lyceum No. 179 in St. Petersburg

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For many years, the State Budgetary Educational Institution Lyceum No. 179 in St. Petersburg has been paying special attention to the formation of environmental outlook, responsibility and culture among students. We are involved in a number of international projects for example, “Baltic Sea Project”, “Coast Watch”, “Sustainable Development”.

This year, the High School Students Club is 25 years old. The guys are engaged in different sections of the club: chemical analysis, bio testing and bioindication, microbiology, communal hygiene, normal physiology. Students monitor the waters of the Gulf of Finland, the Obvodny Canal and the Griboedov Canal, the Neva River, the Okhta River, the Karpovka River and other local reservoirs. They investigate the quality of sand in children’s sandboxes, the soil and the atmospheric air in different districts of St. Petersburg. The results of the study are presented at Olympiads and conferences, they make presentations to schoolchildren and the general public. Traditionally, 20–25 environmental research and design works are performed at the lyceum during the year.