

NEWSLETTER

C1 Transnational project partners meeting

LUBLIN – POLAND

in Społeczna Szkoła Podstawowa

im. Sebastiana Fabiana Klonowica

18.11.2019 – 22.11.2019



EAT HEALTHIER, LIVE FOR THE BEST
2019-1-PL01-KA229-065117_4



Nowadays many students do not have time or need to do sports or to develop healthy habits. It unfortunately causes sedentarism, unhealthy eating habits and lack of physical exercise which becomes a very big problem for all the people involved in the educational system and for families, too. The reason for all this, is that children use new technologies for most of their free time, and this makes them stay inside, in front of a device. Parents are often too busy to notice the problem. This is why many teenagers have to fight with overweight, obesity, physical disabilities or even psychological issues.

It is the fact that excess weight highly increases people's risk of having diseases such as cardiovascular diseases, diabetes or emotional problems.

That is why educators from 4 schools decided to start a project.

- 1. Italy - ISTITUTO COMPRENSIVO "F.P. TOSTI"**
- 2. Poland - Stowarzyszenie Oświatowo-Wychowawcze im. Sebastiana Fabiana Klonowica**
- 3. Portugal - Agrupamento de Escolas António Correia Oliveira**
- 4. Turkey - CEMAL DIKER ILKOKULU**

The project main idea is to have a big impact on our students in order to make some important transformations in their current behaviour related to food and healthy cooking, to increase sports activities, to improve communication skills, interpersonal skills and self-confidence in a European environment. We aim at exchanging ideas and practices with other European schools and developing the knowledge about the diversity of European sports and cultures.

We intend parents to join our activities and teachers to participate in project meetings and share experiences and good practices in order to apply them in their own schools.

The Project got started with C1 transnational meeting of teachers in Lublin – Poland. Each day was full of activities and project preparations and analysis of current situations. The result of this meeting is this Newsletter.

The meeting lasted 5 days and each day was carefully planned to fit in all the important project tasks.

The hosts from Lublin:

- 1. Virginia Sitarz**
- 2. Dorota Mazurek**
- 3. Zofia Charis**
- 4. Julita Patyra**
- 5. Sylwia Obszańska-Cur**
- 6. Małgorzata Kowalczyk-Zinkiewicz**

The guests from Esposende:

- 1. Ana Cristina Silva Barreiros**
- 2. Maria Amélia Areias**
- 3. José Maria da Cunha Martins de Abreu**

The guests from Ortona:

- 1. Marianna D'Alicandro**
- 2. Giuseppina Romandini**
- 3. Patrizio Marino**
- 4. Fabio Marini**

The guests from Istanbul:

- 1. Esra Seckin**
- 2. Gulcin Doyuran**
- 3. Servet Yildiz**

18.11.2019 – Monday

On the first day of C1 transnational meeting in Poland of project partners

we had a chance to watch presentations of schools from    and . Get to know each other and talk about nutrition trends in each partners' country.





19.11.2019 Tuesday

The second day of C1 Erasmus+ project workshops with PhD. Renata Maksymiuk from the Jagiellonian University about “Body image - media influence” and meetings with students who talked about food choices and preferences.

The seminar with Ms. Renata Maksymiuk, a psychologist from the Jagiellonian University in Kraków “Body image - media influence”, concentrated on the topic, how media as the main medium of values and aspirations of consumer societies create our body image. Children brought up in consumerism culture are recipients of omnipresent marketing with the message not only related to products (their price, features or quality) but also, to the whole social context where e.g. statements like ‘you’ll be more attractive if you use cosmetics of our brand’ are widely quoted.

The work on shaping the right body image and building a positive attitude towards it is very important because this attitude is associated with self-esteem, well-being and mental health (e.g. eating disorders) and a balanced attitude towards eating and physical activity.



The afternoon was marked by an exciting trip to Icemania (healthy lifestyle 🍷) - everybody had a chance to skate ... some for the first time in life. What a challenge!!! 🤔



20.11.2019 Wednesday



C1 Erasmus transnational meeting day three, meant joining students for physical education lessons.

Our guests could practice their coordination and dance 🕺 Polonez - a Polish national dance. The day was finished with the workshop on nutrition and eating disorders among adolescents.

Team work Erasmus + guests and students



Polonez – a national dance on a P.E. lesson



Eating disorders among adolescents

57 HIDDEN SUGAR NAMES

Natural Sugar

- honey • fruit juice
- cane juice • molasses
- rice malt • sorghum syrup
- treacle • agave • coconut nectar
- coconut sugar • date sugar
- maple sugar • maple syrup
- stevia

Artificial Sugars

- Aspartame
- Acesulfame-L
- Nutra-sweet
- Equal • Saccharin
- Splenda • Sucralose
- Sweet-leaf
- Sweet-n-low • Truvia

Sugar Alcohols

- erythritol • glycol
- glycerin • iditol
- isomalt • lactitol
- maltitol • mannitol
- ribitol • sorbitol
- xylitol
- hydrogenated starch hydrolysate

Technical Sugar

- dextrose • fructose
- lactose • maltose
- galactose • sucrose
- ribose • saccharose
- glucose
- monosaccharide
- disaccharide
- polysaccharide

Regular Sugar

- brown • cane • raw
- beet • confectioners
- high fructose corn syrup
- malt • refiners
- rice

*For more information visit www.LivesSimplyNatural.com

Anorexia nervosa

is an eating disorder, characterized by low weight, food restriction, fear of gaining weight, and a strong desire to be thin.

Signs of anorexia may include:

- a distorted view of one's body weight, size or shape
- hiding or discarding food
- obsessively counting calories
- denial of feelings of hunger
- compulsive or excessive exercise
- social withdrawal
- pronounced emotional changes, such as irritability, depression and anxiety
- physical signs of anorexia include rapid or excessive weight loss; feeling cold, tired and weak; thinning hair; absence of menstrual cycles in females; and dizziness or fainting

Bulimia nervosa

is an eating disorder characterized by binge eating followed by purging.

Signs of bulimia may include:

- Eating unusually large amounts of food with no apparent change in weight
- Hiding food or discarded food containers and wrappers
- Excessive exercise or fasting
- Peculiar eating habits or rituals
- Frequent trips to the bathroom after meals
- Inappropriate use of laxatives, diuretics, or other cathartics
- Overachieving and impulsive behaviors
- Frequently clogged showers or toilets

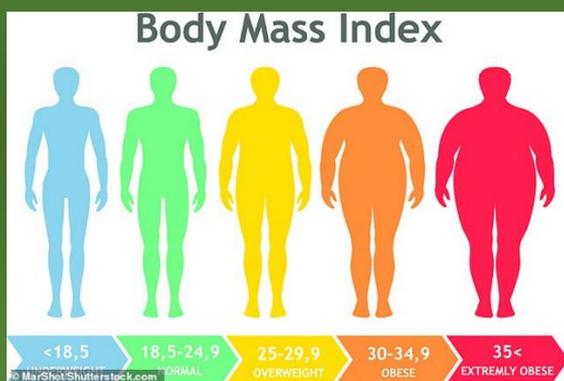
Sugar dependence

Adolescents with sugar addiction are more likely to experience more intense mood changes than those who consume small amounts of sugar. Excessive consumption of sugars causes sudden increases and decreases in blood sugar levels, negatively affecting neurotransmitters that help maintain a stable mood level. A sudden drop in sugar leads to fatigue and irritability, which lowers the mood of a teenager.



Obesity

Obesity is a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health. People are generally considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight by the square of the person's height, is over 30 kg/m²; the range 25–30 kg/m² is defined as overweight.



Obesity in adolescence

can be related to:

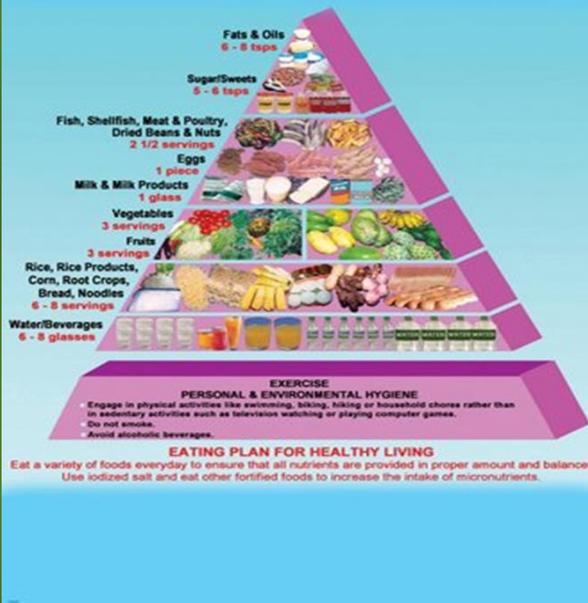
- poor eating habits
- overeating or bingeing
- lack of exercise (i.e., couch potato kids)
- family history of obesity
- medical illnesses (endocrine, neurological problems)
- medications (steroids, some psychiatric medications)
- stressful life events or changes (separations, divorce, moves, deaths, abuse)
- family and peer problems
- low self-esteem
- depression or other emotional problem

$$BMI = \frac{waga [kg]}{wzrost^2 [m]}$$



risks and complications

Food Pyramid for Teens



Ways to manage obesity in adolescents include:

- start a weight-management program
- change eating habits (eat slowly, develop a routine)
- plan meals and make better food selections (limit fat and sugars, avoid junk and fast foods, - - increase consumption of vegetables, fruits, whole grains and nuts)
- control portions and consume less calories
- increase physical activity (60 minutes a day) and have a more active lifestyle
- eat meals as a family instead of while watching television or at the computer
- do not use food as a reward
- limit snacking

21.11.2019 Thursday

The 4th day of the Erasmus meeting acquainted our guests with Polish history at Majdanek concentration camp.



The rest of the day was spent on making important project management decisions.



22.11.2019 Friday



It was the fifth, the last day of Erasmus C1 meeting. Time to sum up and to say goodbye. The guests also had a chance to participate in an English lesson in a Polish school.



Soon we'll meet again in Portugal , Turkey  and Italy .

CU 😊

For more info go to:

<https://www.klonowic.lublin.pl/category/erasmus/>

<https://www.facebook.com/klonowic/>

<https://www.facebook.com/Erasmus-project-Eat-healthier-live-for-the-best/>

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