



## **ECO-ACTIVE**

**Erasmus+ programme  
newsletter 1.03.2019 – 30.06.2019**

**ECO-WEEK PROGRAM 17.03.2019. – 23.03.2019.**

<b>SUNDAY 17.03.2019.</b>	<b>MONDAY 18.03.2019.</b>	<b>TUESDAY 19.03.2019.</b>	<b>WEDNESDAY 20.03.2019.</b>	<b>THURSDAY 21.03.2019.</b>	<b>FRIDAY 22.03.2019.</b>	<b>SATURDAY 23.03.2019.</b>
<b>Arrivals:</b>  Poland (8) at 17-03 19.05 Dusseldorf  Italy (10) at 17-03 22.55 Weeze  Latvia (5) at 17-3 19.05 Dusseldorf  Slovenia (9) at 17-03 18.20 Amsterdam	<b>7:30 – 8.10</b> breakfast.  Emmy will pick you up to walk to school together.	<b>7:30 – 8.10</b> breakfast  You are walking to school yourself.	<b>7:30 – 8.10</b> breakfast  You are walking to school yourself.	<b>8:00 – 8.10</b> breakfast  <b>8:20</b> Arriving at school. We will bring you (and your students) to the trainstation.	<b>7:30 – 8.10</b> breakfast  You are walking to school yourself.	Departure:  Poland (8) at 23-3 10.15 Dusseldorf  Latvia (5) at 23-03 7.20 Dusseldorf  Italy (10) at 23-3 17.15 Weeze  Slovenia (9) at <b>24-03</b> 13.15 Amsterdam
	<b>8:20</b> arriving at school	<b>8:20</b> arriving at school	<b>8:20</b> arriving at school	<i>no sooner than because of the grouptickets</i> <b>9:00</b> by train to Amsterdam	<b>8:20</b> arriving at school	
The taxi drivers have a sign with our school logo and Boxmeer. The taxi picks you up and takes you to Riche. Emmy, Imke and Maaike will receive you in Riche. Guest children are	<b>8.30-9.00</b> welcoming of the guest in our school by schooldirector Stijntje	<b>8.30-11.30</b> go to the Watermuseum in Arnhem. Educatie about water en play watergames. Normal admission: children 7,50 euros,- Adults 10,50,- (We have already purchased discounted tickets for everyone. Please pay the tickets for your own group to	<b>8.30 -10.00</b> children gymnastics by Tom (Dutch gymteacher) <i>teachers meeting 3</i>	<b>11:00</b> arriving in Amsterdam, Visit Nemo (next to trainstation).	<b>8.30 - 9.30</b> Dutch teachers conduct lessons, guest observe (grade 1 to 6)  ----- <b>8.30 - 9.45</b> Children have a photohunt around the theme eco-active.	<i>In the morning:</i> Photohunt around the theme eco-active.

picked up at Riche. We will let the hostparents know when they can pick up the children in Riche.		Imke). Discount admission: Children 3,75 Adults: 5,25			<b>9.30-10.00</b> Pause for the teachers	
	<b>9.15 - 10.45</b> <i>Grand Opening in Riche:</i> Welcome show! Performances of all groups of our school		<b>10.00 -10.30</b> Pause		<b>10.00-11.00</b> Dutch teacher conducts lesson in group 7 10/11 years old ----- Slovenian teacher conducts lesson in group 8B 11/12 years old ----- Latvian teacher conducts lesson in group 8A 11/12 years old ----- <b>11.00-12.00</b> Polish teacher conducts lesson in group 8B 11/12 years old ----- Italian teacher conducts lesson in groep 7 10/11 years old ----- Dutch teacher conducts lesson in group 8A, creating a flyer 'clean water for everyone'.	
	<b>11.00-12.00</b> Presentation Dutch schoolsystem by Harrie and Michel (directors of Optimus onderwijs) ----- <i>Children:</i> Play games from all subject ( <i>each country brings 1 eco-active game which you have made earlier in this project</i> ).	<b>11.30-13.00</b> Freetime in the museum/ Lunchtime (in the museum or in park Sonsbeek	<b>10.30-12.00</b> Arts and crafts with host teacher Birgit.			
	<b>12:00 – 12.45</b>	<b>13.00</b>	<b>12:00 – 13.00</b>		<b>12:00 – 12.45</b>	

	lunch	By bus to ARN	lunch		lunch	
20:30 – Eco Walk by Boxmeer	<b>13.00-14.30</b> Children presentations <i>(each country presents the best previous made presentation).</i>	<b>14.00-16.00</b> Tour at ARN Waste-energy plant, in Beuningen.	<b>13.00 -14.00</b> walk to the weir in Sambeek	Eco walk in Amsterdam  <i>No sooner than because of the grouptickets</i> <b>18.36!!!!</b> take the train in Amsterdam central station. Arriving in Boxmeer at <b>20.30</b>	<b>13.00-13.30</b> hand out certificates	
	<b>15.00 – 16.00</b> visit town hall boxmeer				<b>13.30-16.30</b> Tastcentre (cooking lesson)	
	<b>16.00-17.30</b> <i>teachers meeting 1</i>	<b>16.00-17.30</b> <i>teachers meeting 2</i>	<b>+/- 16.30</b> hostfamilies take kids home.			
	<i>Our Schooldirector will book the grouptickets for the train with 1 teacher from each country</i>	<b>14.00 – 15.15</b> tour by weir and lock complex, in Sambeek	<b>17.30 - ...</b> Intergrational meeting, the Dutch teachers invite the teachers and headteacher to the restaurant 'De dounaniere' in Boxmeer (This is at the			
		<b>15.30-16.30</b> Walk by from the weir in Sambeek				



In the evening arriving at hotels and guest houses	<b>16.00</b> children arriving at guest houses. ----- <b>17.30</b> teachers arriving at hotel.	<b>16.00</b> children arriving at guest houses. ----- <b>17.30</b> teachers arriving at hotel.	<b>+/- 16.30</b> arriving at hotels and guesthouses	<b>+/_20:30</b> arriving at hotels and guest houses	end of the street from the town hall)	
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**Please bring along during the visit to the Netherlands:**

- backpack, raincoat/umbrella, sturdy shoes, sportswear, indoor sportshoes.
- best game Eco Active: what was made by your own school during this project.
- best presentation Eco Active: what was made by your own school during this project.

**Eco week in the Netherland**





playing eco games in international groups



playing in the park and get to know each other.



a presentation in the city hall of Boxmeer.



visit the watermuseum and the ARN for waste.



gymnastics in international groups.





visit the weir and locks in Sambeek, with a nice walk along the maas.

arts and crafts with a host teacher, all materials are free of cost.



host lessons in international groups



children presentations



cooking lessons in the tastcentre.

*We had a fantastic week with our international guests!!!*

**Further we have:**

- paper collected.
- Green waste sorted.
- batteries collected.
- we have kept a huge clothing collection.
- Skype sessions held with other countries.

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- the children have told about internationalization in other classes.
- crafted with free material.
- eco walk in the area made with the oldest children of the school.
- cleaned up the park, cleared all the waste.
- we have learned songs about healthy food.
- we had a healthy breakfast at school.
- we had a sports day where all the children were involved in groups with different sports.
- During the Easter celebration, the children of group 8 told about the international week, what they learned from this week.
- the final report has been given a substantial shape.
- the finances updated.
- an application for a new project.



# 05/12 APRIL- ECO WEEK IN ITALY

In these days children were involved in “the eco-food week”.

Training and information meetings were organized on healthy nutrition and appropriate ingredients which are precious for the growth of each child.

On 05.04.2019 Dr. Nicola Fici held an interesting meeting for children, on proper nutrition.

Several other meetings were held by teachers

Children were very interested and made many questions.





From 8th to 12th April all the children worked on preparing easy and healthy meals at school. It was a healthy week full of activities.

These activities let children understand that simple ingredients like bread, olive oil, tomatoes, seasonal fruits, fresh orange juices are tasty and healthy and can replace preserved and ready food.



## Bread and tomatoes– bread and honey







Eating and colours-taste-smell: children learned the connection between food and colours and between food and taste and smell.





Children learned also to use special herbs and fragrances like mint, turmeric, ginger, ...

Group of children visited the macrobiotic centre  
and the centre for dairy products.

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They organized an information day



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The working groups created games and wallcharts about healthy food



On the 19th of May was organized the eco - week parade: a significant eco show were children with eco posters went around the city center speaking and singing for their environment.



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**LATVIA 01.03.2019. – 06.06.2019.**

\*) At the beginnig of March, students of classes 4th and 5th met an ornithologist during an environmental statement and learned more about birds living in Latvia



\*)From 17.03.2019. to 23.03.2019. Team of Annas Brigaderes elementary school participated in international Eco Week activities in Boxmeer.



\*) Students from 3th and 4th classes worked in Olympics of healthy diet which carried out different tasks about healthy lifestyle.





\*) We planted trees in Tervetes Nature Park.



School organized Health Day in which medical specialists performed measurements of height, weight and pulse, presented the risk of cardiovascular diseases and how to avoid them.



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\*)May 24th 1.-8. class students participated in a variety of educational activities of Forest Day in Tervetes Nature Park.





\*)At the end of the school year we had physical activities in Orientation day and Sports Day.

\*)On the last day of school all the pupils who participated in the bottle corks collection contest received an appreciation article.



\*)The winners and members of the competition took a tour to the Chocolate Museum and Open-Air art Museum in which they could see installations from secondary used materials.



## ECO-WEEK IN POLAND

3<sup>rd</sup>-7<sup>th</sup> JUNE

Eco- Week took place at our school from 03<sup>rd</sup> to 7<sup>th</sup> June 2019 within the framework of the implementation of the 3-years project Eko - Active of ERASMUS + programme.



On 3<sup>rd</sup> June 2019, an ECOLOGICAL HAPPENING combined with the celebration of Children's Day took place. The rich program included the presentation of awards in the collection of PET caps, which were handed over in full to the Pulawy Hospice of St. Theresa. Students collected 4 tons 851 kilograms in the school year. In addition, Eco-classes were presented the awards:

**1<sup>st</sup> place - class 5c**

**2<sup>nd</sup> place - class 6a**

**3<sup>rd</sup> place - class 4a**



and Eco-students:

1<sup>st</sup> place was taken by **Izabela Gieras** from class 5c

2<sup>nd</sup> place - **Adam Maciąg** from class 4a

3<sup>rd</sup> place- **Patryk Rojczyk** from class 6a



ECO - CLASSES within the framework of the awarded prizes went on attractive trips. ECO-STUDENTS received electronic equipment- tablets and smartphones.

The ECO-WEEK celebrations began with a recital made by Kacper Gołda - a participant of music programmes such as X- FACTOR and THE VOICE OF POLAND, as well as an artist singing together with VARIOUS MANX.



On that day, nutritionists held talks in all classes about healthy eating.

Children took part in sports competitions prepared by PE teachers. The SPONSORS' stands located in the school parking lot offered a wide range of products to the participants.

The UZIMEX company has prepared fresh fruit juices.



The ANANAS wholesaler offered fruit.

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Another entrepreneur sponsored the school community with chocolate bars and juices. MLECZNA DROGA - Mr. Anna Łuczywek offered various types of cheese and yoghurt.





Another entrepreneur made sure that each participant received still water.

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After the lectures, the nutritionists served all participants with individual advice. The week lasted until 7<sup>th</sup> June and implemented the assumptions of the ECO-ACTIVE project within the framework of the ERASMUS + programme.

## AWARDS FOR ECO-CLASSES

On 28th May 2019, class 4a students went on a trip to the Lublin Village Museum, which was a prize for taking the third place for active participation in the project "Eco-active" in the ERASMUS + programme. The children collected 586,995 kg of plastic caps throughout the school year 2018/2019, which were donated to the Puławy hospice.



Class IVa took part in a 3-hour workshop "We are getting to know the cultural heritage of the region". The contractors were craftsmen, folk artists, housewives and village hosts from all over the Lublin region, museum employees and members of the Association of Friends



of the Lublin Village Museum. The children had the opportunity to observe, ask questions and take an active part in the activities. They followed the work of the saddler with interest. For the first time in their lives they saw a spindle, a spinning wheel or a weaving loom, they asked elderly women many inquisitive questions, also about the Second World War. Another attraction was a smithy and a blacksmith working in it. Then the children visited the potter's hut, where everyone tried their hand at making pottery from clay. In the end, the pupils learned how oil was once produced.



Because the weather was wonderful, there was also plenty of fun, laughter and chase around the beautiful country cottages.

At the end of the trip, the class with the teacher went for a delicious, big ice cream.

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On May 30th, 2019 classes 5c and 6a went on a trip to the Bałtowski Tourist Complex as a reward for taking 1st and 2nd place in the collection of plastic caps in the Eco-class competition within the framework of the implementation of the "Eco-active" project of the ERASMUS + programme. During the trip students had the opportunity to take a ride in an American style bus while admiring the Zoo in Bałtów. Then, accompanied by a guide, we saw Polish castles and palaces in miniature and the Jura Park with dinosaurs.





After lunch they went to the aquarium in Bałtów, where they saw the exhibits with 3D glasses. The trip ended with a visit to the Sabbath, where a witch hosted students and teachers in her hut.



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## ECO-WEEK TRIPS

Within the framework of the Eco- Week lasting in our school, class 1b went on a trip to the farm in Bronowice, which runs alpacotherapy. On the spot they met the lovely Wiki and Nela, as well as Tofik and Stiwi - the distant cousins of camels. At the beginning the host told students many interesting things about these exotic animals, including that they come from South America, have as many as three stomachs, and their wool turns into warm sweaters, duvets and pillows that do not cause allergies.



Everyone had the opportunity to check that their wool is very soft and pleasant to the touch. Students also recognized, by the colour of the fleece, to which the alpaca belongs. We also learned how valuable the wool obtained from these animals is. Later the caretaker introduced them to the rules of behaviour in the presence of the alpacas. Then everyone had the opportunity to feed them with carrot and special feed, stroking, cuddling, cuddling and even leading them on a short walk. Despite the initial fears of some children it turned

out that alpacas are extremely friendly, communicative and open to contact with humans. Their very appearance arouses sympathy and smile - that is why they are used for therapy.



Meeting the alpacas was a real pleasure - there is nothing like cuddling up to a soft fur coat. Of course, there was also a purchase of souvenirs with their image. At the end there was a bonfire and baking sausages. This day will be remembered for a long time.





On the 5th and 6th of June classes 5 b and 5 c together with the educators Mrs. D. Grzęda and Mrs. M. Gawronska participated in eco-survival in Janów Lubelski. The tour program was very attractive.

The pupils had the opportunity to participate in a mini survival school, where they built shelters in groups. They also learned how to make a fire without using matches.

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The crazy Olympics was quite a challenge - participants in groups of 5 competitors competed in various competitions, including 5-person skis, sack jumping, chariot race, pulling the rope.

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In the evening, in turn, sneaking around with a bit of a thrill, because on their way in the forest the pupils met a witch and a bogeyman. The first day ended with bonfire and roasting sausages. Despite many impressions on the first day of the stay, some students did not manage to fall asleep before 2. 00.

The next day, the participants also showed inexhaustible energy during the game – “The objective”, where in the teams overcame further challenges. A trip in off-road vehicles through forest wilderness, sometimes very steep, and a bath in water while driving in cars, provided a lot of excitement to the students. They were all wet, but happy. Survival turned out to be a great event for everyone. It was very active, educational and interesting. The weather was great, and the mood was good. After a two-day trip we returned home tired, but full of impressions and unforgettable moments.





<b>COUNTRY</b>	<b>Collected PET caps (in kilos) (09.2018-20th May 2019)</b>	<b>Number of lessons about ecology (09.2018-20th May 2019)</b>	<b>Number of eco-activities (09.2018-20th May 2019)</b>	<b>Videoconferences (09. 2018-20th May 2019)</b>	<b>3 best classes and students</b>
<b>POLAND</b>	4828,389	266	196	5	<b>ECO-CLASSES</b> 1st place- class 5c 2nd place- class 6a 3rd place- class 4a <b>ECO-STUDENTS</b> 1st place -Izabela Gieras 2nd place - Adam Maciąg 3rd place - Patryk Rojczyk
<b>THE NETHERLANDS</b>	School didn't collect PET caps	81	73	7	No data
<b>ITALY</b>	1450	160	85	5	<b>ECO-CLASSES</b> 1st place – class 2 B Cavour 2nd place – class 4 C Cavour 3rd place – class 3 B Verdi <b>ECO-STUDENTS</b>

					1st place - Rallo Mario 2nd place - Cocchiara Giuseppe 3rd place - Mauro Giada
<b>SLOVENIA</b>	170, 12 kg	125	34	5	<b>ECO-CLASSES</b> <ul style="list-style-type: none"> <li>• 1 place: 4. b</li> <li>• 2 place: 3. b</li> <li>• 3 place: 7. a</li> </ul>
<b>LATVIA</b>	307,495	285	50	6	<b>ECO-CLASSES:</b> I - 4 class II - 3 class III - 6 class <b>ECO-STUDENTS:</b> I - BEATRICE PANOVA II -RALFS ORMANIS III- AMANDA ŠTRAUSA

Polish school took the first place in the contest of „Eco-school „ as it collected 4828,389 kg of PET caps.

The 2nd place was taken by Italian school (1450 kg of PET caps)

Third place – Latvian school (307,495 kg)

The best Eco-classes are from Polish school.

5c- 1 st place

6a- 2nd place

4a-3rd place

## Slovenia

- In Tone Pavček primary school we collected paper, batteries and plastic cups.



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- There was a presentation of the project.

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An eco-song.



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- There was an official finish in the school and there was an announcement of the three best classes.

### **ECO-CLASSES**

- 1 place: 4. b
- 2 place: 3. b
- 3 place: 7. a

The best eco-class went on a trip to Ranč Aladin.



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**Table showing the increase of students' knowledge in pro-ecological issues**

<b>COUNTRY</b>	<b>INITIAL DIAGNOSIS</b> (students'; knowledge on ecology before the start of the project)	<b>FINAL DIAGNOSIS</b> (students'; knowledge on ecology at the end of the project)	<b>RESULTS</b> (The increase in knowledge among students)
<b>POLAND</b>	<b>67%</b>	<b>87,3%</b>	<b>20,3%</b>
<b>ITALY</b>	<b>52%</b>	<b>75%</b>	<b>23%</b>
<b>SLOVENIA</b>	<b>65%</b>	<b>80,3 %</b>	<b>15,3 %</b>
<b>LATVIA</b>	<b>60%</b>	<b>72,6%</b>	<b>12,6%</b>
<b>THE NETHERLANDS</b>	<b>69%</b>	<b>83,4%</b>	<b>14,4%</b>