



ȘCOALA GIMNAZIALĂ NR. 3 ZIMNICEA
B-DUL EROILOR, NR. 30 , 145400, C.U.I.19060780
TEL. 0247 366271, FAX 0247 366956 e-mail : sc3zim@yahoo.com

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ECO-SCHOOL DOCUMENTATION

The benefits of the school

The Eco-School program is an educational program whereby students are aware of modern man's problems in connection with diet, movement, health, and the environment in which he / she lives, works and recreates and who wants to offer concrete solutions for active involvement in solving some of these issues through classroom research, concrete actions within the school and the community.

Following the mission of the school, we can say that new ideas are being put into practice on how to approach this topic. At both school and city level, it has constantly worked with project partners interested in the right and healthy aspect of everyday life, and a collaboration network has been set up to maintain throughout the project.

The students involved in the project are active, aware of the importance of ecological education, and carry the message of the project to the city and its localities, alerting the impact of an unhealthy environment.

Activities promoting a healthy lifestyle, as educational and extra-curricular activities, accompany the teaching process at all times. The time has come so far that new approaches in the current context are channeled towards a much wider project and especially a resounding echo of the involvement and responsibilities that characterize the teachers and students of this unit.

We want to put into practice new ideas, to work with partners directly interested, to change something from the attitude of those around us, first of all to get an alarm signal. We want to join those who run this program, think, behave in the spirit of respect for our lives.

1. The Eco-School Committee

At school level, the committee has the following composition:

- The representatives of the school leadership: Prof. Mocanu Mariela Luisa - Director, Prof. Râcu Camelia - Deputy Director, Prof. Capan Dumitru Adrian; tasks and responsibilities - monitoring activities;
- Teachers: Prof. Peia Petru Stelian, Filip Melania, Voicu Liviu Olimpiu, Chircu Cristil Daniela, Ivan Diana, Ologeanu Ion, attributions and responsibilities-coordinating the activities within the project;
- Parents' representatives: Șerban Gabriel, Bongea Sofica; attributions and responsibilities -

participate in activities with students;

- Representatives of local authorities: Pârvu Petre - Mayor of Zimnicea City, attributions and responsibilities - facilitate the connection between the school and the local community;

- Students' representatives: Peia Ana Maria, Gudac Briana, Lazar Alexandra, Pietreanu Adela, Bodnar Denisa Elena, Mocanu Traian Gabriel: responsible for involving students in project activities;

- Other persons (school sponsors): European Commission through ANPCDEFP Romania, Erasmusplus program; tasks and responsibilities-financial support;

2. Problems' analysis

In the analysis of identifying the specific problems of the school, the specialists will be involved with the students from the classes of the Natural resources and environmental protection, as well as representatives of the economic agents and local communities.

Environmental problems identified and proposed to solve at the school unit level are:

- Consumption of high unhealthy processed foods
- Consumption of unnatural soft drinks
- Inactivity
- Obesity
- Unbalanced eating
- Daily non-scheduled program
- Rest program

The school has well-trained specialists with experience in national and European projects so that the involvement in solving the problems raised within the project will be solved successfully.

3. Action Plan

NO. CRT.	ACTION	METHODS TO PERFORM THE PERIOD	THE PERIOD	RESPONSIBLE	PARTICIPANTS
1.	We inform you! - Launch project activities	<ul style="list-style-type: none"> • The activity will take place in the school. • The title of the project, the purpose and objectives, the activities and the motivation for its launch will be presented. • The activity will be coordinated by the Project Coordination Team. • Participants will receive an informative material written with the project summary and a plan of activities they can engage in on the road. 	January 2019	Project Coordinators	30 students, 10 teachers, 10 parents, 2 representatives of the local community
2.	Identifying issues related to knowing and adapting a healthy lifestyle	<ul style="list-style-type: none"> • The activity will take place at all classes of Gymnasium School Nr. 3 Zimnicea and the activity 	February 2019	Prof. Voicu Liviu Olimpiu Prof. Răcu Camelia	Students in the Eco-School Committee Specialist teachers

		will be monitored by the students representing the Eco-School project			
3.	Eat responsible	<ul style="list-style-type: none"> • Food consumption. Benefits of Fruit and Vegetable Consumption • The activities consist in drawing up and presenting the food sheet, making drawings and riddles 	March 2019	Prof. coordinators, Class Instructors	30 students in the 5th grade, Teachers, Class Instructors
4.	Movement means health	<ul style="list-style-type: none"> • Actions and activities to promote outdoor exercise and sport will be developed. • Students' board representatives will organize sports football matches for boys and handball for girls, for gymnasium students • For students in the primary cycle, sporting competitions 	April 2019	Prof. Ologeanu Ion, Liviu Voicu, students from the Students' Council	60 students from Preparatory.- IVth and Vth-VIIIth grades

		will be organized: cross-country, relay race, bicycle riding.			
5.	Be responsible with your food	The participating students will propose a mini-project in which a Power Point presentation of the importance of eating natural dishes in relation to fast food processed foods will be presented. Students in the 4th grade will make various recipes with healthy foods from fruits and vegetables. • The materials will be written and presented to students of 5th and 6 th grade at the time of conducting.	May 2019	Prof. Ivan Diana Prof. Peia Petru	10 pupils in the 8th grade 30 students in the 5th grade Vth and VI th Class Instructors
6.	Responsible Consumer Code	• Students will create a poster with a portrait of the responsible consumer and skills for a	June 2019	Teachers, Class Instructors	30 students in the 5th grade, Teachers, Class Instructors

		healthy lifestyle.			
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4. Monitoring and evaluation

NO. CRT.	ACTION	MONITORING	EVALUATION OF RESULTS
1.	We inform you! - Launching project activities Launching project activities	<ul style="list-style-type: none"> Monitoring will be done by the management team and project coordinators by participating in the launch action. The evaluation report drawn up for the activity will be approved by the director of the education unit and a project coordinator. 	<ul style="list-style-type: none"> The evaluation of the activity will be based on a questionnaire asking for appraisals and suggestions regarding the aspects mentioned in the project launch and the need to implement the project activities. A narrative report of the activity will be carried out by a student representative and a representative of the teaching staff responsible for the activity.
2.	Identifying issues related to knowing and adapting a healthy lifestyle	<ul style="list-style-type: none"> Monitoring will be done by the team of project coordinators by participating in the mentioned activity. The evaluation report drawn up for the activity will be approved by the director of the education unit and a project coordinator. 	<ul style="list-style-type: none"> The evaluation of the activity will be based on a questionnaire applied to the pupils and will be the basis for identifying the environmental problems faced by the school. The identified issues will be displayed on the school notice. A narrative report of the activity will be carried out by a student representative

			and a representative of the teaching staff responsible for the activity.
3.	Eat responsible!	<ul style="list-style-type: none"> • Monitoring will look at the progressive aspect of the action in order to make all schoolchildren aware of the importance of the action they are involved in. • Monitoring will be done by the management team and project coordinators by checking the correctness of the action. • The evaluation report drawn up for the activity will be approved by the director of the education unit and a project coordinator. 	<ul style="list-style-type: none"> • The evaluation will be based on the centralizers completed by the project team members. • Centralizers will target all classes in the school. • Based on data extracted from the centralizing, a narrative report of the activity will be made by a student representative and a representative of the teaching staff responsible for the activity.
4.	Movement means health	<ul style="list-style-type: none"> • The monitoring will be carried out by specialized persons who will follow and arbitrate competitions and sports competitions (physical education professor) • The evaluation report drawn up for the activity will be approved by the director of the education unit and a project coordinator. 	<ul style="list-style-type: none"> • The evaluation will be based on a photo exhibition, with pictures from the park's action. • A narrative report of the activity will be carried out by a student representative and a representative of the teaching staff responsible for the activity.
5.	Be responsible with your food!	<ul style="list-style-type: none"> • Monitoring will be done by the 	<ul style="list-style-type: none"> • A narrative report of the activity will be

		<p>management team and members of the curriculum committee.</p> <ul style="list-style-type: none"> • The evaluation report drawn up for the activity will be approved by the director of the education unit and a project coordinator. 	<p>carried out by a student representative and a representative of the teaching staff responsible for the activity.</p>
6.	Responsible Consumer Code	<ul style="list-style-type: none"> • Monitoring will be done by the project coordinators by participating in the actions specific to this activity. • The evaluation report drawn up for the activity will be approved by the director of the education unit and a project coordinator. 	<ul style="list-style-type: none"> • Drawings and objects will be made of recyclable materials and will be displayed on the school lobby. • A narrative report of the activity will be carried out by a student representative and a representative of the teaching staff responsible for the activity.

5. Curriculum

At school level, there are two curriculum programs (CDS) with specific interdisciplinary Health Education content that apply to Preparatory classes and IVth and Personal Development, Preparatory Classes- IInd grade. The materials developed within the activities included in the project will be used with the students in these subjects.

6. Informing and involving the school and local community

Information at community level will be achieved through:

- Organization of debating meetings, symposiums with representatives of local communities,
- Information through the media on the activities proposed in the project,
- Presentation of activities on the website dedicated to the project.
- Execution of flyers, brochures, posters, badges, jerseys with different thematic messages

7. The Eco-Code

The ecological message we propose is:

"Little steps make big differences" - Small steps make big differences.

The flexibility of the scheme

The activities proposed in the action plan are realistic, can solve a number of problems faced by the school / community. Through the proposed curricular offer at the level of the school, all teachers and students can come up with optional health education packages that can include them through the material themes and activities carried out within the project. Following classroom debates, approved programs may be included as subjects in the curriculum for the year. We are proposing in this ample project to develop mini-projects at the level of groups of pupils from different qualifications, in partnership with the local community and pupils from primary and secondary education. These projects will run during the school year as extra-curricular activities either on their own or in the Environmental Events Calendar.

Long-term results imposed by the program

The impact of this project on pupils, teachers and members of the local community will be highlighted in:

- Attitude: a set of values and feelings of health care, motivation and dedication to participate in maintaining quality of life and health.
- Knowledge: basic understanding of how the environment works, how people interact with the environment and how the problems appear and how to solve them concerning the environment
- Awareness through understanding and sensitivity to the entire environment
- The participation of a large number of pupils and teachers with the aim of developing civic

behaviors.

The potential of the program to act as a binder to develop a strategy for environmental education

The objectives of education for a healthy lifestyle are common throughout the world, with the aim of preventing, maintaining and improving the quality of life. Health education must start from the earliest age, and throughout the life of people take responsibility and skills to maintain a balance between the knowledge of the future and the traditional way of life. In the context of a constantly changing society, it is necessary to shift education towards sustainable development. Health, nutrition, environmental quality are extensive and urgent, education for a healthy lifestyle can help people learn how to think - including how to solve problems, make right decisions, weigh options, and align values with personal actions.