



ERASMUS + KA229 School Exchange Partnerships

*I am a brave and helpful person - how to teach first aid to preschool children  
through value-based education and practical activities*

# ESTONIAN EARLY CHILDHOOD EDUCATION SYSTEM AND HEALTH EDUCATION IN KINDERGARTEN



Kristina Märks  
Terje Vandmann



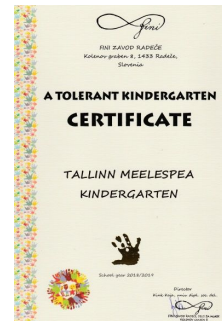




# THE MISSION OF TALLINN MEELESPEA KINDERGARTEN:

*Establish, through cooperation between parents and teachers, the conditions needed for child's comprehensive development.*

<b>Number of groups:</b>	<b>13</b> (1,5-7. year old children)
<b>Number of children:</b>	<b>265</b>
<b>Number of staff members:</b>	<b>50</b>
<b>Working-hours:</b>	<b>Monday - Friday 7:00-19:00</b>



Our kindergarten has been working for 44 years and has taught thousands of children from Tallinn.

Since 2005 we belong to the **Health Promoting Kindergartens** network. Kindergarten has a certificate to use „Free of Bullying“ methodology.

## **Tallinn Meelespea kindergartens' recognitions:**

„Best health-promoting kindergarten “  
“Best catering at kindergarten (special catering)”  
„Board of guardians “ and „Best staff members project “  
„Best cooperation project“ (with Tallinn Õismäe Gymnasium)

„Safe kindergarten “  
"A tolerant kindergarten"  
„Best integration project “ (with kindergarten Delfiin)



# In Estonia child care institutions are divided into municipal and private child care

In Tallinn we have 144 preschools. 125 of them are municipal and 19 are private.

Preschools are regulated by Preschool Child Care Institutions Act and local government organization act.

Pre-school education is delivered to children between the ages of 18 months to seven years in especially dedicated educational institutions.

In order to establish and keep running a functioning preschool we need:

- Pedagogues, who meet the Minister of Education regulation of child care teachers' qualification requirements.
- Premises and territory with suitable arrangements for children's development.
- A curriculum of the preschool institution which complies with the national curriculum for preschool child care institutions established by a regulation of the Government of the Republic.

# Educational management – The curriculum of a preschool institution

The main aim of the early stages education is to support the child's family through fostering the child's growth and development by taking into account their individuality.

The curriculum of a preschool institution which complies with the national curriculum for preschool child care institutions shall be the basis for the organization of learning and teaching in the preschool institution.

The director shall approve the curriculum of the preschool institution on the proposal of the teachers' council after hearing the opinion of the board of trustees.

A preschool institution shall have an activity plan and a daily schedule, upon the preparation of which the national curriculum for preschool child care institutions and the cultural identity and traditions of the area where the preschool institution is located are taken into account.

A preschool institution shall issue a document for the children who have completed the curriculum of the preschool institution, describing the results of development of the child.



## GENERAL SKILLS

1. Personal
2. Social
3. Play
4. Learning



## SEVEN AREAS OF LEARNING AND TEACHING SKILLS

1. me and the environment;
2. language development;
3. Estonian as a second language;
4. mathematics;
5. arts;
6. music;
7. physical development and movement.



# HEALTH EDUCATION IN KINDERGARTEN

# What is health education?

WHO- “Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.”

# Health education in early childhood education

- National Curriculum for Pre-school Child Care Institutions
  - Objectives of schooling and education
    - Based on the common objective, schooling and education fosters the physical, mental, social and emotional development of children as a result of which the children develop a comprehensive and positive self-image, understanding of the surrounding environment, ethical behaviour and initiative, basic working habits, physical activity and understanding of the importance of taking care of one's health and play, learning, social and self-management skills develop.
  - Principles of schooling and education
    - to take care and promote a child's health and to satisfy his or her need for movement;
    - to take into account the individuality and development potential of a child
    - to foster a child's creativity;
    - to create an environment which promotes the development and socialisation of a child
    - cooperation between home and the child care institution;

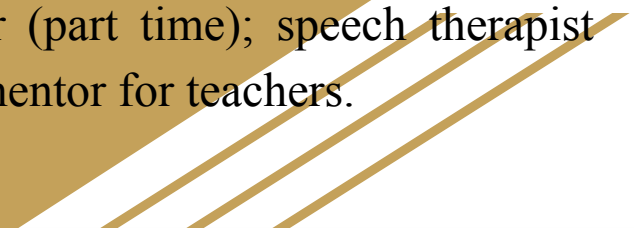


# Health education in Tallinn Meelespea kindergarten

Vision of the kindergarten: Tallinn Meelespea kindergarten is a child friendly, health promoting, safe and creative environment.

The mission of the kindergarten: Establish, through cooperation between parents and teachers, the conditions needed for childs' comprehensive development.

We have specialists: art teacher; physical education teacher; music teacher; swimming teacher; special education teacher (part time); speech therapist (part time) and highly educated teachers and mentor for teachers.



# Versatile development environment

The kindergarten has created a versatile development environment where the child can actively play and select various actions to take part in.

It is very important for us to focus on developing child considering all the aspects of health, including mental health.



# Emotional health

Positive, respectful and caring attitude toward others.

Increase the “we are one” feeling in group.

We believe and want each children to feel that they are special the way they are.

Developing a positive self-esteem.

Different recreational activities during the day and after.



# Physical activities

We have a physical education teacher.

Every autumn and spring all the groups from the kindergarten celebrate sports day.

According to the early childhood curriculum we have 1-2 times a week physical education activities. One is indoors and other outdoors.

Since 2017 we have a renovated [swimming pool](#) where kids from age 3-7 swim 1-2 times a week. Swimming lessons are conducted by our swimming teacher.

Our teachers as well like to be physically active- take part in different sport events, have a traditional autumn and spring bog trip to where we invite our kindergarten children with their parents as well.

We like to go to the nature a lot.





# Healthy food

We have our own kitchen and cooks.

Children love to cook something healthy for the anniversaries.

„Best health-promoting kindergarten “

“Best catering at kindergarten (special catering)”

Each group has its own plant pot where they can grow what they want.



# First aid

Teaching children from age 5 how to give first aid.

“Good person Gala” for 5-6 y old children for the past 15 years.

Trainings for our teachers.



# Environment



Participating in a program called “Eco-Schools”.

Take part in different projects about environment (Hello Spring; Big Plant hunting; Garbage Wolf etc).

Creating different educational maps about the plants and birds we have in our kindergarten territory.

Different fun and educational activities to affirm out knowledge.



# Collaboration with local district kindergartens

“Good person gala” to 5-6 y old children (from each kindergarten 1 group of 6 children will participate)

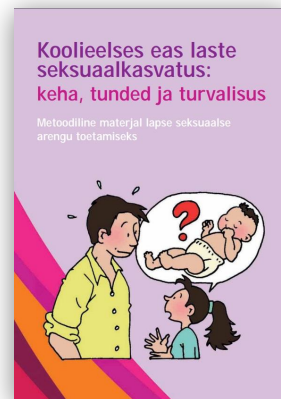
All sorts of sport events (Sports days; 112 day; Track and Field; Apple Run; Orientating at Zoo; music and song festivals; theater festivals; art contest etc).



# Supporting materials for teachers

Teachers are persons who direct the development of children and create an environment which promotes development. So it is very important for them to have some sorts of helping materials.

- Collection of activities “How to integrate health education into everyday learning activities by the example of Estonian kindergartens”
- Different materials to read from Terviseinfo.ee “Health education in early childhood education”
  - Mental health
  - Social health
  - Preventing injuries
  - Safe environment
  - Movement and correct physical development
  - Oral hygiene
  - Sexual education
  - Health education
- The National Institute for Health Development - trainings.





Education  
Is the Key to  
Success

