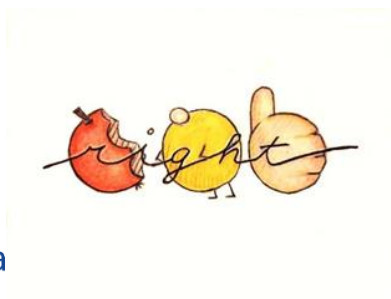




Līdzfinansē
Eiropas Savienības
Erasmus+ programma



Project magazine no.1.

Eat right! Move right! Feel right!

Project no. 2020-1-DE03-KA229- 077241_3



Our daily lives are filled with different challenges. That is a simple truth, especially now- in the 21st century. People are pre-occupied with a variety of issues- personal, professional and, unfortunately, global ones as well. The world has become a tough place, in particular, for our younger generation.

At first, it is a matter of physical health, which plays a major role and is, without a doubt, basis of everything. Taking a proper care of our physical bodies, consuming healthy food is vital. Our busy lives is not good in terms of proper cooking and spending time on choosing quality products in grocery stores. Even we, adults, are often to blame. However, it must not be ignored since well-balanced meals provide us with much needed "fuel" for daily chores and responsibilities. Moreover, passing this valuable knowledge and skills to a younger generation is crucial. Also, what we, adults, must teach youngsters, is long-term effects of fast food, processed meals and extensive amounts of sweets. What we eat is not going to have immediate results and negative consequences the next day. Understanding of the importance of healthy nutrition is a key factor in maintaining strong, healthy bodies in the long run.

Secondly, our mental health is what we "use" daily and keep busy at all times. Most likely, the modern world has put its toll on our mental health- that is for sure. For experienced professionals it is easier to deal with all the issues, but for our teenagers it is undeniably a challenge. We, adults, are here to assist, support and guide them by showing and setting a positive example. Finding the right path in life during these turbulent times is difficult and school can be of a great help since we are "equipped" with a variety of tools- lessons, discussions, clubs, friends, teachers, etc. School can offer being together, sharing doubtful situations, lighting the unknown tunnels and dark pathways and solving life puzzles.

Finally, Erasmus+ projects can serve as a positive example, because they offer great possibilities, collaboration practices, learning through

discovery of unknown places and new people. All these possibilities are greatly beneficial to any teenager.

By sharing good practices during this project, we hope to rise so much needed awareness and address quite a few alarming issues- those connected with physical and mental health of our children.

Linda Kalniņa, Ādaži secondary school

IZGLĪTĪBA

Jaunais mācību saturs – jaunā ikdienā Ādažu vidusskolā?



manā priekšmetā – angļu valodā, jo allaž ir tīcis balstīts uz kompetenču pieeju. Līdztekus tradicionālajām prasmēm pareizi lietot gramatiskās konstrukcijas un papildināt vārdu krājumu, skolēniem tiek piedāvāts iesaistīties radošos darbos un projektos, kas prasa, iespējams, ilgāku izpildes laiku un iesaistīšanos, bet katrs ir atzinis to par aizraujošu procesu. Piemēram, tēma *Medijpratība*, ko skolēni apguva gan latviešu, gan angļu valodā. Skolēnos tā raisīja interesi, un kā rezultāts tapa *Ādažu Vēstis* angļu valodā. Veidojot laikraksta saturu, jaunieši strādāja ar tādām tēmām kā politika, biznesa, sabiedrība, izglītība, kultūra, tika raksti par dažādām izdomātām notikumu versijām, ja grupa nevarēja atcerēties kādu nesenu notikumu iz *Ādažu* dzīves, bet galu galā tika veikts uzdevums – skolēni izprot mediju lomu, pārzina,

kas veido mediju saturu un kā mums būtu mediju saturs jāvērtē kā auditorijai. Skolēniem bija iespēja atsvaidzināt gan savas datorprasmes laikraksta noformēšanā, gan arī darboties grupās šajā attālināto mācību laikā. Izaicināšanos uzdevums, bet viņi sadarbojās! Savukārt 12. klases valsts svētku nedēļā veidoja radošo darbu *Latvijas kultūrvēsturiskais mantojums* – sava veida mūsu valsts vizitkarti. Neapšaubāmi, palīgā nāca zināšanas vēsturē, kultūrloģijā un ģeogrāfijā, un gala rezultāts ir skaisti noformēti darbi, kas jebkuram kalpo kā brīnišķīgs uzskates materiāls, ar ko mūsu valsts var patiesi lepoties. Tāpat tiek izmantoti resursi, kas atrodami mums apkārt un praktiskai pielietošanai nereti izrādās pat lieki – lielveikalu reklāma vizītes tiek izmantotas, veidojot Latvijas ēdienu vizitkarti. Skolēni tās izstrādā individuāli kā krāsainas kolāžas-pastkartes, un tās tiek nosūtītas Erasmus+ projektu partneriem uz sadarbības skolām ES valstīs – Itālijā, Turcijā, Por-

tugālē un citās. Te lieti noder zināšanas bioloģijā, mājturībā, vizuālajā mākslā. Ir svarīgi apzināties, kādas tēmas var tikt īstenotas vairāku mācību priekšmetu skolotājiem sadarbojoties, un kā realizēt jēgpilnu, saprotamu starppriekšmetu saikni.

Var jau būt, ka lielai daļai sabiedrības, kas nav tiešā veidā saistīti ar pedagogisko darbu, jaunais mācību saturs un skolas nosaukumi rada mulsumu, varu apgalvot, ka skolas dzīve un mācību darbs allaž ir tikuši bagātīgi papildināti ar radošām nodarbībām un orientēti uz skolēnu pilnveidošanos gan tradicionālā mācību procesa laikā, gan ārpusstundu aktivitātēs. Kā arī, to pašu kompetenču lauciņu jēgpilni papildina, piemēram, Erasmus+ starptautiskie projekti, kas arī šobrīd risinās skolā. Piemēram, *Eat right! Move right! Feel right!*, kurš balstās uz veselīga dzīvesveida izpaušanas uz-



devumiem. Tajos darbojoties, skolēni var būtiski papildināt savas prasmes un iemaņas, pielietot visas savas iepriekš iegūtas zināšanas, uzkrāt vērtīgu pieredzi un paplašināt pasaules redzējumu kopumu. Veiksmīgas sadarbības rezultātā top materiāli, kurus var izmantot citu ES valstu skolās; skolēni veido radošus materiālus, ar kuriem iepazīstina savus vienaudžus citās valstīs un galu galā dodas apmaiņas braucienos, kad tas ir iespējams.

Allaž esmu bijusi PAR kopīgu, jēgpilnu un radošu darbošanos skolā, kad ir iespējams sevi pilnveidot kā nozares profesionāli, būt atvērtam jauniem izaicinājumiem un nestrādāt tikai pēc mācību grāmatu lappusēm. Arī šajā izaicinājumā pilnā laikā, sadarbojoties ar skolēniem un viņu ģimenēm, viens otru stiprinot un papildinot, mēs ejam uz pozitīvu, atvērtu, domājošu sabiedrību.

Linda Kalniņa
angļu valodas skolotāja Ādažu vidusskolā

Kā angļu valodas skolotāja arī es noņācu jaunajā realitātē – kompetences. Ikdienas mācību darbā skolā ir iespēja daudz un dažādi radoši izpausies katram pedagogam teju visos mācību priekšmetos. Tāds ir būtisks secinājums, ko esmu izdarījusi pēc 14 darba gadiem skolā.

Ļoti daudzi no izstrādātajiem, pieejamajiem metodiskajiem materiāliem var tikt uzlaboti un dažādoti pēc skolotāja ieskatiem un balstoties uz viņa meistarību, radošumu un pieredzi. Svešvalodas pedagogi jau ilgu gadu mācību procesā izmanto ārvalstu izdevniecību materiālus, kurus katrs profesionālis pēc sava redzējuma un, papildinot ar *Skola2030* metodiskajām izstrādēm, var "uzfrīdēt" saskaņā ar savu pedagogisko meistarību, pielāgojoties audzēkņu vajadzībām, prasmju un zināšanu līmenim un vadoties pēc attiecīgā brīža aktualitātēm.

Jauno 2020./21. mācību gadu 10. klases uzsāka pēc vēl nebijušas pavasara pieredzes – tika atcelti 9. klases beigu eksāmeni. Attiecīgi pedagogi, uzsākot darbu ar vidusskolēniem, veica zināmas izmaiņas mācību plānos, veicot jauniešu zināšanu un prasmju diagnostiku, kā arī pārstrādājot savus mācību mērķus un uzdevumus turpmāk. Arī gatavo mācību līdzekļu jaunajam saturam 1. septembrī nebija.

Angļu valodas priekšmeta ietvaros vienmēr esmu saskatījusi unikālas iespējas mācību procesā dažādot, pilnveidot un pielāgot katrai situācijai, un mācību saturs "pa jaunam", manuprāt, jau tīcis apgūts gadu gadiem – vismaz



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ĀDAŽU VĒSTIS 16. DECEMBRIS (236) 2020

Dissemination activities - Latvia

The article about project activities and aims was published in local newspaper *Ādažu Vēstis* written by Linda Kalniņa, project coordinator from Latvia. The article also explained and analyzed the new curriculum that has been introduced in the Latvian schools and how international work can greatly contribute to the learning process at schools in Latvia. *Ādaži* secondary school is actively engaged in several international projects- all of the Erasmus+ school strategic partnerships.

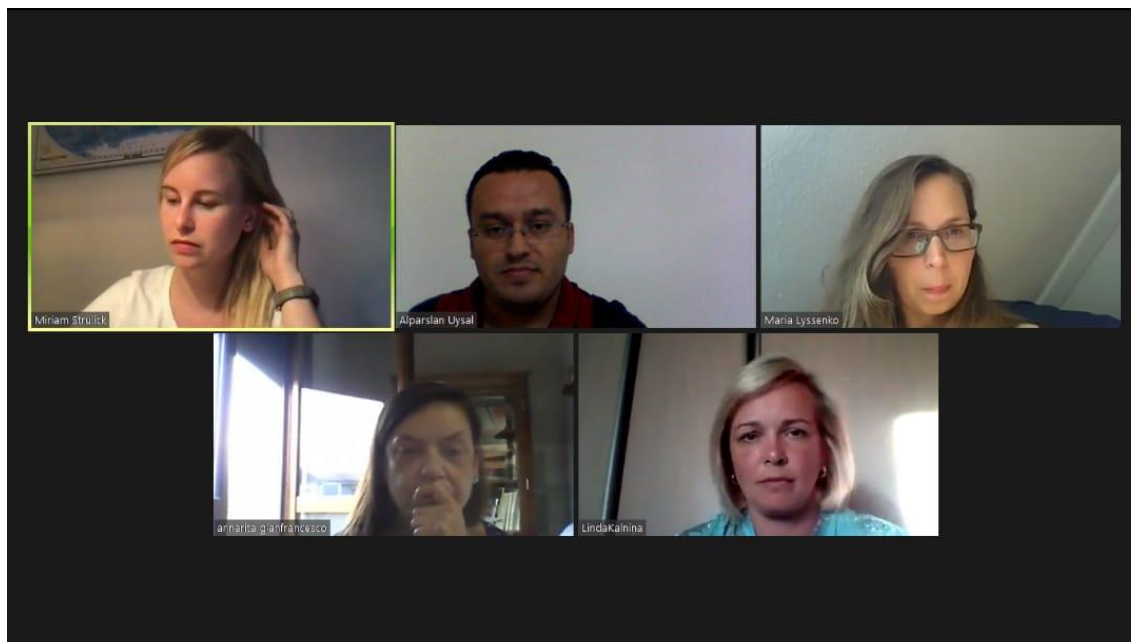
School teachers are busy with planning local activities and international mobilities with all age students. This can greatly contribute to students' general knowledge of the world and also their personal development.

The teachers of Ādaži secondary school have always regarded Erasmus+ projects as unique opportunity and valuable bonus to the traditional learning process that has become undeniably challenging these days. Moreover, students are eager to participate, to communicate on the international level and share their experiences in the school to their mates. They admit that lessons can be fun and educational at the same time!

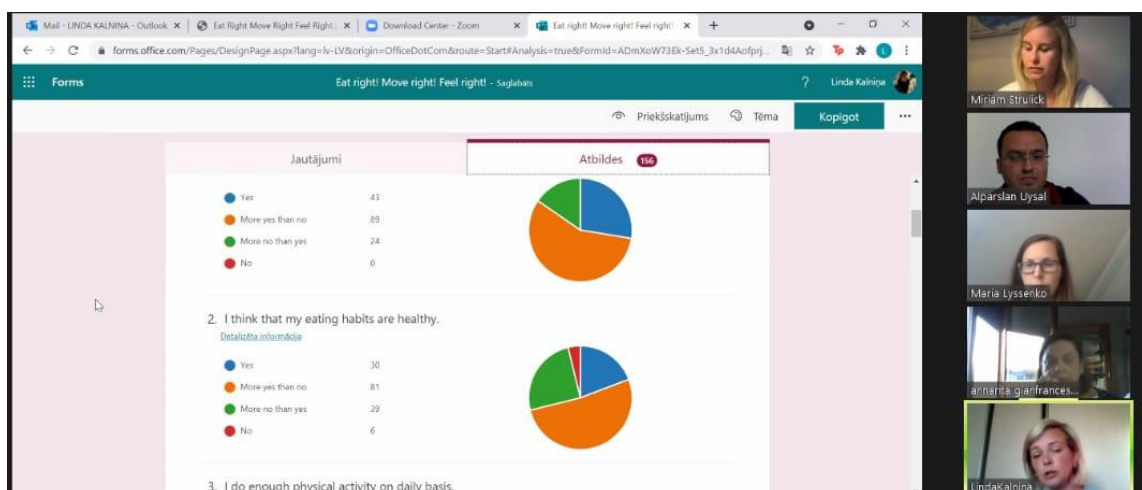
The first meeting- ONLINE!



The global situation in 2020 definitely brought major changes in the course of any international cooperation and partnership and our project was not exception. Many of the activities had to be re-scheduled and postponed due to the epidemiological dangers. However, the technological advances helped a great deal and teachers met online in May, 2021! The new experience, but all organizational issues must be dealt with and plans must be made! Our team succeeded to plan a mobility to Germany in November, 2021.



The questionnaire for students- Eat right! Move right! Feel right!



In order to find opinions, knowledge and analyze the situation nowadays among young teenagers we carried out an international survey. Students had to answer a variety of questions about their daily routines, nutrition, sports activities and mental wellbeing. We gathered data from all partner schools and analyzed the results.

Exhibition- Healthy products and their role in our lives

During the lessons of visual art and biology students of grades 7 and 8 were asked to research about variety of products, decide which group of products they are going to illustrate and describe in detail. Then individual work was done and the results were exhibited on the walls in Ādaži secondary school.

The result was amazing! Students had illustrated the product groups, gathered information about the nutritional value, popularity of these products and significance in their daily diets. The exhibition was held in 2021 and was done as individual work during the lessons.



Students of Ādaži secondary school express their thoughts and attitudes on the topic-

WHAT IS A TYPICAL TEENAGER NOWADAYS?

Nowadays teenagers face many obstacles such as social media, physical health, keeping up with school's standards and to upkeep their social life - spending time with friends and family. In this blog I will mention some positive and negative actions and surroundings in an average teen life.

One of the significant problems amongst teens is the pressure of their peers. Many teens feel pressure for the reason being some are smarter and get better grades, but some are smarter in making better life choices therefore, questioning if their good enough and will they ever be accepted by their peers. The pressure and anxiety mostly come also from parents, there not noticing what teen go through daily....

Such as social media, it affects teenagers the most. Social platforms set certain standards such as- how pretty or smart, successful you are and so teens try their best to fit in these norms. Some teens try their best to fit in these norms, while other teens try their best to break these cycles and old stereotypes.



And that brings positive changes. A lot of teens recently started to take notice to their physical health. Despite the stereotype of teenagers being lazy or addicted to screen time, many teens are trying to stay active and healthy. They're working out (going to the gym), participating in sport activities, and are going on hikes with their friends and family. By prioritizing healthy habits there making good and healthy choices for their adulthood (beating addictions such as alcohol, nicotine, social media and even drug addictions) which will provide a long and happy life.

And finally, I'm happy to say that teens are more open-minded than the previous generation, accepting failure, supporting +LGBTQ community, more open to mental illness such as eating disorders, depression, bipolar etc., there open to equality not just with women and men, but also racism and ethnic

diversity, and all through many try their best to be respectful and kind not only to those who need support but people around them. When a teen disrespect someone they most likely have a reason to why they treated them that way.

Kristiāna, grade 10c

Typical teenagers nowadays have very close relationship with technology and social media, because they spend a lot of their time on their phones and computers. Due to this close link, they care more about social issues and are aware of what is happening in the world.



Adolescence have embraced the trend of making friends online with people they've never met in person. Social media platforms, online gaming communities, and other digital communication channels offer teenagers a unique opportunity to connect with peers who share common interests and hobbies.

Teenagers are accepting of differences in people and tend to be more independent and assertive. However, they also experience stress, anxiety, and pressure to excel academically and socially, which could cause mental health issues.

It is not uncommon for a typical teen to experience a misunderstanding with his parents and a first, failed love. These experiences can be challenging and emotional, but they are also a normal part of growing up and developing as a person.

Young people have a wide range of hobbies and interests, and their choices may vary due to their different personalities, backgrounds, and cultural influences.

Greta, class 10c

In order to learn more about the home-grown food, realize its importance in human life and also the pleasures of being busy with physical work, our students interviewed experts in the field. Ludvigs, class 12, proudly presents his conversation in the interview below.

An Interview with a Skilled Gardener on Biological Gardening tips and benefits

Biologically friendly gardening is an important step in developing sustainable, environmentally friendly, and pollution free farming, that wouldn't harm either the people or the surroundings. It not only provides a source of fresh chemical free and nutritious food, but also it can help to preserve food that otherwise would be thrown out.

To understand the principles and benefits of how anybody could grow their vegetables and fruits in an environmentally friendly way I have interviewed a skilled biologically friendly gardener with multiple years of experience **my grandmother Renāte**.

-What are some of the benefits of growing your own food?

-My dear! Growing your own food has many benefits! I can tell you one thing. One of the main benefits is the satisfaction you get from seeing the fruits and vegetables of your labor. It feels good to know that you are providing healthy, fresh food for yourself and your family. And the most important thing is that you know that there are no chemicals in the food, and you have not wasted your time, money, and energy going to shop to buy things that you can grow by yourself. What's the point of it?



-What are some of the basic steps for starting a vegetable or fruit garden?

-Ah, starting a vegetable garden is a wonderful idea, and it isn't as hard as some would think and it has become a lost skill! I can tell you that the first step and I believe it is one of the most important steps. It is



to choose a good spot for your garden. Look for a spot that gets plenty of sunlight and has good soil drainage. Too wet soil and your potatoes will grow like a clumsy fence too dry soil and of course, your plants will wither.

Next, you'll need to prepare the soil. You can do this by removing any weeds or rocks, and then loosening the soil with a garden fork or tiller. You may also want to add compost or other organic matter.

Once the soil is ready, you can start planting your seeds or seedlings. It is very important to follow the instructions on the seed packets or plant labels for you to know for example how deep should you put your seeds whether they will flourish and so on.

Remember you need to regularly pick up the weeds and water your garden. Otherwise, you will be having an uncontrollable jungle in there.

-What are some natural pest control methods for keeping bugs away from plants?

-Pests can be such a pain in the bum. But don't worry, there are many natural pest control methods you can use to keep them away from your plants. One is to put some insects that could destroy insects that harm the garden. Do you know how we battle with insects such as aphids in our cherry garden? We buy a special liquid that attracts some ladybugs and ladybugs eat the aphids and don't do any harm to cherry trees. And with larger pests like rabbits and deer, we paint apple trees with special white paint and in that paint's composition there is lime that prevents pests from eating the bark of the tree. And interestingly enough lime helps also trees to go through periods when there is cold temperature.

-What are some ways to reduce food waste and promote sustainable food practices in your household, such as using leftovers and preserving your harvest?

-If the harvest is so big that we possibly can't eat everything at once, of course, we don't throw the vegetables for example away. What do we do? We preserve vegetables in various ways. We always when we harvest cucumbers make some pickled cucumbers. And in that way, we have made a great side dish and snack. And it is very hardy and nutritious that helps to handle even cold winter days. This summer we had a big vegetable marrow harvest we pickled them, and we have such large quantities that we can eat them for more than a year.

-Is your way of maintaining your vegetable and fruit garden biologically friendly?

-I think so. We don't use almost a single mechanized tool to maintain our garden, for example, we cut the grass around the garden with a scythe and not with a lawnmower. Also, we don't use any chemical pesticides that can harm our health. And chemical pesticides not only damage our health, but it also damages the quality of the soil. So, it is much better, for example, to pick up weeds with hands and not suffer the consequences of those chemicals that are found in pesticides.



Senior students were devoting some decent amount of time in their digital devices with a task- find some good quotes about lifestyles and health. Here is what Filips, class 12, found:

Quotes to Motivate a Healthy Lifestyle

- "Create healthy habits, not restrictions."
- "Take care of your body. It's the only place you have to live."
- "Healthy is an outfit that looks different on everybody."
- "He who has health has hope and he who has hope has everything."
- "Let's build wellness rather than treat disease."

Healthy Food Quotes To Inspire You

- "You are what you eat, so don't be fast, cheap, easy, or fake."
- "If you keep good food in your fridge, you will eat good food."
- "Your diet is a bank account. Good food choices are good investments."
- "You don't have to eat less, you just have to eat right."
- "The greatest wealth is Health."





Students from class 10 were asked to express their views on Teenagers' eating habits and choices nowadays. First, they made explanatory videos about eating out places in their native town- Ādaži, later they share their opinions in a written form. Here is what we can read-

Most people choose to eat junk food. Teenagers are well aware of how bad this kind of school is for your health, but the question remains, why are they still eating. Mostly because it both cheaper and faster to just order something to fill your belly with. While being fully aware of how much it will affect their health in the long run. The only way to stop this, in my opinion, is to either improve the food that is offered or limit the consumption of it. (Talis, 10c)

Eating habits amongst teens are mostly negative, because of the fact that teenagers eat more junk food, processed food and fast food which is not good for the future-high blood pressure, heart problems & obesity. Teens that do care about their health they try to eat healthy such as fruits, vegetables etc. Eating fruits and vegetables promotes good eating habits in the future, staying healthy and strong. Also going actively to the gym fighting their bad habits whilst others fall into temptation to junk food and other bad habits. (Kristiana, 10c)

Teenager eating habits are very unhealthy and it's an alternative choice to home-made and healthy, expensive food. Junk food and cheap snacks are mostly our favoured choices, because it's very easy to afford, find and overall quicker to prepare. It's possible to take it with you or order anywhere. There are almost no upsides to eating this type of food, I would say it is destroying our health by every year, but it makes teenagers happier, more comfortable and provides them quick meals to survive for a day. (**Nadina, 10c**)

Teenagers' eating habits are getting worse.

Fast food restaurants are way too accessible, and that effects teenagers' health in a negative way.

It's also very cheap, so that means that almost every teenager after school can go to one of the fast food restaurants and get something there, it's better to just go home starve for another 15 minutes and get a proper meal there. (**Ricardas, 10c**)

Many teens choose to eat unhealthy food like burgers, pizzas and kebabs which leads to not active teens getting overweight. But even daily active teens damage their health by eating unhealthy food and having high sugar intake everyday that can lead to health problems in the future. A really small percentage of teens eat healthy and follow their diet. (**Renars, 10c**)

In my opinion, teenagers eating habits have become worse, do to the accessibility of junk food and how easy it is to buy fast food very quickly very fast.

Teenagers tend to choose junk food due to how easy it is and cooking themselves can be expensive and time consuming.



I think, buying food from the store every day is much more expensive than buying ingredients and making food yourself. Cooking can also be a funny hobby that can make you happy and feed yourself and others. (**Elza, 10c**)

Teenagers most often eat junk food, such as kebab, Hesburger, pizza, and so on.

There are advantages and disadvantages to this habit.

Disadvantages - teenagers spoil their health with such food, instead of eating fruits and vegetables, they most often eat fast food.

Advantages - teenagers enjoy, positive emotions from such food. They buy it because for them it tastes better than vegetables or meatballs.

I don't think that eating junk food is very bad, but it is also important to eat not only fast food, but also those foods that are of great benefit to our body. (**Ariadna, 10c**)

Among teenagers eating habits are very different. Some teenagers eat too much, some not enough. I think it depends also what food options you have around. Fast food places are one of the most popular places where teenagers choose to eat their lunch. But on the other hand I think it's the person's choice where to eat and what to eat. Eating habits are preventable. So if you choose to be more healthy and prevent any health problems when you are older then I believe it's important to start thinking about your eating habits now when you are young. Lunch can be made at home (healthy, tasty) and taken to school or job. (**Paula, 10c**)



A lot of teenagers nowadays eat food that is easy and cheap to access instead of trying new receipts that are even cheaper than the unhealthy food. With busy schedules teenagers forget to eat a lot of the time and when they do remember they eat food that is the quickest to get. With food getting more expensive in supermarkets it's hard for teenagers to make money for healthy food. For vegetarians and vegans it's even worse

because the food that they require costs a fortune and it's impossible for them to get enough nutritional foods. Overall teenagers would rather get food fast and cheap than making time to actually make food that's good for them. (Elza, 10c)

Try to avoid foods a lot of oil in it because it impacts our stomach a lot, better you would choose foods that does not contain oil in them. As well you should practice peaceful eating, plan and prepare your meals, limit high sugar level meals, listen to our body - eat when you are hungry and stop when you are full and avoid distractions while eating. (Rihards, 10c)

Adolescents tend to eat more meals away from home than younger children. They are also heavily influenced by their friends. They may be eating too much of the wrong types of food, like soft drinks, fast-food, or processed foods. I don't think it's the best choice, but often teenagers don't have the time and willpower to cook for themselves when they come home. Not everyone has someone at home waiting for them with food. Teenagers often tend to spend all their pocket money on junk food especially if it is close to home. Ādaži has taken care of the spread of unhealthy food. Almost in every street in Ādaži you can find some unhealthy food cafe. I believe that by filling ourselves with unhealthy food and making it a daily habit, we show our distaste for ourselves and our body, because in this way we do not take care of ourselves, but only worsen our body and health condition. Often unhealthy food seems much tastier to many than homemade buckwheat. I would recommend teenagers become interested in cooking new foods and exploring new recipes. The same kebab can be prepared at home, and it will be much healthier. (Greta, 10c)



