

HEALTH SUPPORTING KINDERGARTEN



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HISTORY OF HEALTH SUPPORTING SCHOOL AND KINDERGARTEN

- 1986 established and started in Scotland
- 1989 taken over by WHO (World Health Organization) for European countries
- 1991 offered to ECE countries
- 1992 adopted and started in Czech Republic
- 1995 Czech programme „Healthy kindergarden“ established
- 2000 „Health Support in Kindergartens Curriculum“ created
- 2001 great influence on Pre-school Education programme Framework – official document issued by Czech Ministry of Education
- 2005 „Curriculum“ improved



HEALTH PROGRAMME IN KINDERGARTEN PHILOSOPHY

- **Holistic approach:** the health comes from the integrity of a human being (organism, psychics, personality) and his/her environment.
- Health elements have their **dynamics and they interact** with each other. The interaction consists of the following levels:
 - biological
 - psychological
 - interpersonal
 - social – cultural
 - environmental
- Current approach to the health puts emphasis on an integrity and a context
- Current approach to the health recognises influence of a subjective healthy feeling



HEALTH SUPPORT INTEGRATING PRINCIPLES

1. Respect to the natural human needs of an individual within a society and a world
2. Communication and Cooperation development



HEALTH SUPPORT IN KINDERGATEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS

1. HEALTH SUPPORTING TEACHER



HEALTH SUPPORT IN KINDERGATEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS

2. GROUPS OF CHILDREN OF VARIOUS AGE



HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES- FORMAL CURRICULUM CONDITIONS

3. RHYTHMICAL LIFE AND DAY ORDER



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HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS

4. PHYSICAL WELL-BEING AND FREE MOVEMENT



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HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS



HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS

6. SPONTANEOUS PLAY



HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS

7. INSPIRING FACTUAL ENVIROMENT



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HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS 8. SAFE SOCIAL ENVIRONMENT



HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES

– FORMAL CURRICULUM CONDITIONS

9. PARTNERSHIP AND TEAM CONTROL



HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS 10. PARTNERSHIP WITH PARENTS



HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS 11.KINDERGARTEN WITH SCHOOL COOPERATION



FORMAL CURRICULUM CONDITIONS

12. INTEGRATION OF A KINDERGARTEN TO THE MUNICIPAL COMMUNITY



FORMAL HEALTH SUPPORT CURRICULUM

Competences of a kindergarten leaver

- Here are 50 of them
- They come from the 7 competencies of an adult:
 1. he/she understands the holistic approach to health, terms of health support and disease prevention
 2. he/she is aware that health is a priority
 3. he/she can solve problems and solves them
 4. he/she has developed responsibility for his/her behaviour and lifestyle
 5. he/she strengthens psychological resistance
 6. he/she has skills for communication and cooperation
 7. he/she takes an active part in the creation of conditions and environment for the health of everyone



GROVERNMENTAL PROGRAMME „HEALH FOR 21 ST CENTURY“

Partial Task: untill 2015

To ensure at least 50 % of childern to attend a Health Supporting Kindergarten and 95 % of them to attend Health Supprting Primary School

