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Organizational and methodic activity dedicated to strengthening children's health

Health is one of the main human personality's characteristics together with spirituality, intellect, determining the degree of the vitality, the organism stability in their natural milieu, possibilities to realize their biological and social requirements. Nowadays the development of the education is going through the assimilation of the informational technologies into the educational process, consequently, the problem of keeping the pupils healthy is one of the most hottest.

Keywords: health saving educational technologies, health saving school environment, health.

Municipal institution Remontnenskaya secondary school # 2 works at the project of creating health saving space since September 2005, when we started the experiment "School ensuring health using culture and new comprehensive and educational technologies". Our aim is to create the comfortable environment for the development of the creative abilities of each child. The school doesn't make an exception – the quantity of the healthy pupils every year is reducing. In the conditions of socio-economic crisis the children's problems in our region as acute as they are all over Russia, and their urgent decision is vital. There are still unfavorable tendencies in demographic processes and children's health state. The infant mortality is rather high; children's morbidity rate and disability rate are growing. Among the causes, contributing to the disability among the children are: ecological pollution, bad conditions of women's labour, lack of the good conditions and culture of the healthy life style in the low-income and unfavorable families, the high level of the morbidity rate of the parents, especially mothers. Thus the problem of keeping and strengthening children's health is one of the most urgent. The foster-children, who live at the boarding schools, lag behind their real age for 1–2 years. Their morbidity rate is twice less, than among the children who live in the family. The general morbidity rate of the children under the age of 14 years old is increasing for 10%. They underline the tendency of the growth of mental disorders and sense organs among the children. The leading place in the structure of the morbidity rate is occupied by the respiratory diseases (43,3 %), nervous system and sense organs (8,8 %), infectious diseases and parasitic diseases (4,2 %), physical injuries and intoxication (4,1%), skin diseases and hypoderm (4,0 %).

While making medical examination of the children of all ages we can point out the increase of the children who need the long-term follow-up care. The schoolchildren's health is in the direct dependence from the school conditions, motor activity, the correct order of classes and leisure time activities, family education. Besides sex and personality particularities are of great importance. During the period of the school education, the pathology of visual sense is developing. 21 disabled chil-



dren were registered in 2004 under the age of 15 years old (27 – in 2005). At present we number 47 children in the region, who have development problems and require special (correctional) education, satisfying their educational needs.

The negative socio-economic problems taking place in the society have particular impact upon children. The number of the children deprived of parental care is constantly increasing.

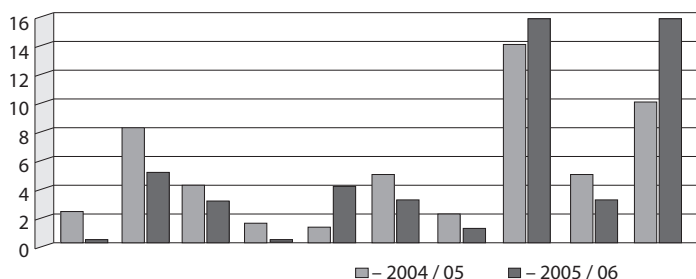
The health state of children population of Remontnenskii region evokes specialists' great anxiety. According to statistic data, only 20 % of the children are healthy. 80 % – have the functional disorders and health lapses, including a high percent of chronic diseases. The most part of the children 6–7 years old are not ready to go to school. The percentage of youths belonging to service age group, who, according to their medical criteria, aren't ready for the military service, is also high.

Taking into consideration the fact that children's health is the reason of the difficulties and bad assimilation of the studying material, the efforts of the medical workers and teachers are directed towards elimination of those factors, which cause these disorders or contribute to their appearance.

In 2005–06 we took the following health related measures: pupils' medical examination (1–11 forms) by specialists;

According to the calendar plan, we do prophylaxis vaccination; registration of the disabled children and children, free from PE classes; there is a systematic control over sanitary and epidemiological schedule; and the everyday reception of pupils by medical workers.

The comparative analysis of the medical examination of 2004–05 school year and 2005–06 school year showed the growth of the osteal and muscular diseases (at 2 %) and sense organs (at 3 %). The increase of the sightseeing disease is due to the fact that, during this school year 7 pupils from other schools joined our school, and the pressure upon visual sense organs is increasing not only at school but at home as well. The children spend a lot of time watching TV and playing computer games.



Pic. 1. Monitoring of the morbidity rate of the pupils of the 9th form CVS gastrointestinal tract, excretory system, respiratory, skin, mental, endocrine system – ENF visual sense



In this connection, we pay particular attention to everyday visual gymnastics according to the methods of the professor Avetissov. The medical workers organized the workshops for pupils and form masters.

In order to diminish extra loading and pupils' visual tiredness, teacher of the primary school systematically at each lesson does a complex of the exercises for eyesight training, dynamic breaks. The teachers of different subjects are responsible to look permanently after children's body posture and the organization of their working place, and particular efforts are made to form good psychological climate in the classroom. There is a high ratio of the morbidity of nosologic diseases, particular anxiety is caused by percentage of pupils with unformed locomotor system. Pedagogical aspect of the health is worsening, and as the consequence the success of the pupils is decreasing. The solution of the problem of low level of the motor activity through introducing "standard" lesson of PE is impossible.

The new approaches for the educational process are in great demand, because they allow competently building learning and educational process and fulfilling the needs of the growing organism in the motor activity.

So at this stage we were solving the following tasks.

Elaboration of the plan of the experiment; elaboration of the special measuring instruments for the check tests while making the experiment; analysis and computing of the experimental data.

In order to carry out the experiment we determined the experimental and control groups at municipal institution Remontnenskaya secondary comprehensive school # 2 in the 9th, 10th and 11 forms. 14 pupils are taking part in the experimental group, 15 pupils – in the control group.

The research was done using the methods of the parallel experiment, which presumes to determine the control characteristics of the phenomenon under consideration before the beginning of the experiment, then in the course of the experiment and finally in the experimental and control classes. In the course of the experiment destined to develop the readiness of the senior school children for the health saving we planned to do three check tests, which allow to assess the efficiency of the experimental work. In this purpose we have created «diagnostic chart of the senior pupil», checking the lack of knowledge and skills in the field of health saving and proposing health reinforcing methods. The chart has 5 blocks: what the pupils know about their health and about self- diagnostic, prophylaxis of the diseases; health ensuring methods and the healthy life style.

The main pedagogical condition of the readiness for health saving is the foreseen informational support of the process of building health saving space at the secondary school. This condition requires functioning of the informational and diagnostic compound. To realize pupils' internal motives, aims, means, skills we needed some informational support. Such informational support is provided according to the object and subject of our research and has a goal-directed character oriented towards creating pupils' health saving space. The term «ensuring» means that it is favorable for



building health saving space. In the context of the studied phenomenon it is fostering the realization of motives: aims and tasks of health saving space.

Informational support of the research is defined as a set of the information about these or those phenomena, events, processes, which are typical for them. The information about health saving is only a part of the information which pupils receive at the secondary school.

The version of this support consists of the programs and information included into them. This version has a wider character and let us take into consideration the level of the motives development and the pupils' needs in keeping health; give a detailed picture about pupils' health saving space; make the process of forming health saving space more goal and personality oriented; adapt existing programs of building health saving space to the personal needs, knowledge and skills at the secondary school. The results of the research structure of building the health saving space, health saving teachers' work, give a certain scientific direction for further practical work in the organizational and methodic system for building health saving spaces. While creating such a system, you have to take into consideration the contemporary achievements of psychological and pedagogical, medical and biological sciences.

The instability of the socio-economic situation in the country, ecological, political and moral crises, cause deep and unpredictable changes in the existence and the conscious, in the human way of living. Together with the increasing social, physical and mental pressures, which have immediate impact upon the people, and lead to aggravating their moral, physical and psychological health. Particularly it affects the health of the rising generation.

So the importance of these facts attributes the particular significance to such courses as «Bases of the security of the life sustenance», «Bases of the medical knowledge», «Age anatomy, physiology and hygiene».

The first block is called up to form among pupils the representations about dangerous behavior and dangers, which emerge in the everyday life. In the program of the course we foresee themes showing the principal of natural disasters and the technological catastrophes, population protection from their consequences. It is important, in our opinion, that the special theme is dedicated to the pupils' actions in accidents, catastrophes and natural disasters.

In the block of «bases of the medical knowledge» we represent the material, which concerns the questions of giving the first aid in functional changes of cardio-vascular, respiratory, digestive and excretory systems. Today the pupils should know how to give the first medical aid if they see the allergic reactions and convulsive states, poisoning by medicines or household stuff, closed and open fractures, spinal injuries, external internal hemorrhage and internal hemorrhage, burn injury, cold-related injuries, electric accidents and etc. Taking into consideration the large spread among young people of the drug addiction, toxicomania, alcoholism, and the fact that it makes negative influence upon building pupils' health saving space, we consider it reasonable to introduce the topics, spotlighting these questions.



The program of the additional course «Age anatomy, physiology and hygiene» is dedicated to get pupils acquainted with the knowledge about the age particularities of the growing organism and its interrelations with the environment, behavioral patterns, providing pupils' health, to maintain the high capacity for the work in different types of the educational activity. This knowledge is necessary for the pupil to enlarge and strengthen his health saving space.

Contemporary humanistic personality oriented tendency of the education, involving the development and self-realization of man's abilities and existential forces, priority of the human values, life and building up pupils' health saving space, free personality development, makes corrections in the programs of psychological and pedagogical cycle.

Thus, during «Psychology» classes, from the point of view of the holistic approach, the reality of the human existence in all its aspects is reexamined, internal man's world, his personal, individual characteristics in the system of the interrelations and relations with other people. The aims of the course suggest forming the interest for other person's knowledge, the desire to use this knowledge in the future activity. As it is well known, one of the most complicated problems, that we face, is the problem of forming motivation for the healthy life style. Without the knowledge of the theoretical bases of the personality orientation and its psychological displays, comprehension of the peculiarities of the motivation and need sphere, types, structures and characteristics of the activity, particularities of the activity approach and other questions, which are revealed, the efficient decisions of the bringing up the healthy children at school are impossible.

Innovative by its contents, health pedagogics require from the teacher the knowledge how to carry out scientific research, to use scientific and special methods, among others psychological experiment, psychological testing, which are presented in the course of «Experimental psychology».

The teacher, who is responsible for the education of the healthy man, must know the particularities of the small group activity, group influence upon the personality, be able to resist the group influence, enhance practical training, help more efficient organization of health-saving technologies into the work within the classroom.

The knowledge received in the process of studying the course of «Psychology», facilitates the contacts between the teacher and the pupils, parents, they allow to reduce conflicts among the schoolchildren, they provide them with the methods of influencing the other person in order to create new attitudes, personal senses, motives, they help to discover and analyze reasons and objective regularity of the delinquent behavior in the school environment.

The important supplement to the cycle of the psychological and pedagogical disciplines is additional courses, giving the flexibility to the educational process. However they are facultative, optional and not all the pupils have the desire to participate. We believe it is worth introducing into our educational plans the course of «Learner's health saving space» as normal.



The carried out analysis of the subjects testifies about the increased attention towards school children health , which is expressed , firstly, by the widening of the themes, secondly, by writing special parts of the programs, thirdly, by creating a number of the special courses and courses that can be chosen extra to standard curriculum. All this objectively creates for the teachers the possibility to work for building health saving space.

Along with this we should underline that, we aren't doing enough in comparison with the increasing importance of the questions, related to health saving, and diffused in the contents of the different courses, sometimes duplicated but not giving the pupils the whole representation about the studied phenomenon.

In this connection, the important condition of creating health saving space for the pupil is establishing intersubject links in the particular aspects, which can be found between the subjects in the curriculum, containing different parts of the integrative knowledge about health and ways how not to loose it and its strengthening. Establishing intersubject links between educational subjects, foreseeing the application of the theoretical knowledge about keeping health and called to form the skills in the health saving sphere.

Revealing naturally determined character and the importance of the health saving space, they concentrate their attention upon the factors, which determine the process under examination: civilized, made by the contradiction between the social, economic and human biological evolution of the century connected to the huge economic losses of the society from illnesses, social problems, determined by the objective desire of the man towards high quality of life and active longevity; scientific, conditioned by anthropocentric and integrative processes in the science and the interest towards the problem «Man and his health»; humanitarian crisis of Russian society, overcoming the transitional period, crisis state of the education, school unable to assure pupils' health . Counting upon the adequate emotional reaction of the audience we gave the examples, testifying terrible demographic situation in Russia, explaining the negative phenomena in the educational system, exacerbating reproductive health of the pupils. The prove that, the above mentioned facts deeply excited pupils, are their own examples, in which they point at the symptoms of the low level of the health culture of the population were led to the conclusion about the necessity to gather the forces of the society to fight against the children's health.

Explaining the difficulties of building pupils'health saving space and trying to attract the interest , we analyzed instructive problem situations from practical activity, when they have to solve a complicated problem of overcoming the pupils' psychological reactance for building healthy life style, the pupils are offered a problem task to decide and offer their suggestions about possible ways of solving this problem. After a short collective discussion of their versions the teacher proposed the solution techniques, used by the innovative teachers.

During the course they underline the idea of the necessity of saving, strengthening pupils' health and building the pupils' health saving space in the educational pro-



cess, the high level of the development of the health saving space and the pedagogical skills of the teacher himself. In this connection the pupils were given a question, planned for those, who are not sure in their forces: «Is it possible to achieve such a level by a person, having no educational talent?». In the response to the raised question we addressed to the ideas of A.S. Makarenko, who thought, that «the educational skills are not a special art, requiring the talent, this is a job where you have to learn» [3].

Developing A.S. Makarenko's idea, the teacher explained the pupils the meaning of this subject in the program of which the most difficult and hottest questions of saving, strengthening and forming pupils' health are reflected.

The program and informational support of the pupils' health saving under the conditions of the secondary school have their own particularities:

- in the practice of the secondary school it hasn't whole systematic character, leaving alone experimental schools, where the health saving activities are implemented. The information about different elements of the health saving is presented during the lessons of PE, biology, the bases of the security of the life activity;
- problems of the health saving, are generally treated by the following services: health care workers, psychologists, health saving specialists, speech therapists;
- informational support of health saving includes different directions in the health saving: pedagogical, psychological, health saving ones.

References

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