









**With physical activity to fitness and health**

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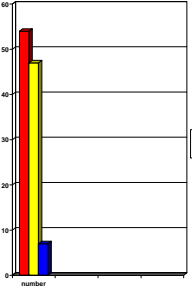
## About the school

The primary school OŠ AM Slomška Vrhnika was established in the year 2000, so it is a new and modern school. There are 370 pupils and 54 employees. I am the headmaster of this school.

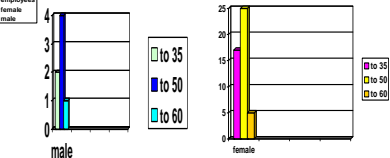


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## The STRUCTURE of EMPLOYEES



age	sex	male	female	total
up to 35		2 (3 %)	17 (31 %)	19 (36 %)
35 to 50		4 (7 %)	25 (46 %)	29 (53 %)
50+		1 (2 %)	5 (9 %)	6 (11 %)
total		7 (13 %)	47 (87 %)	54 (100 %)





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## Work absenteeism (for medical reasons) as a problem



We have a great problem of work absenteeism in our country. Slovenia has about 2 million inhabitants. Every year we lose about 10 million working hours for this reason alone.

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- It often occurs in our school, too.
- On average, every day one of our teachers is missing from work.
- This causes problems with organization of school work and the realization of school activities.
- It creates problems financially, as well.

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## Health as the grounds for professional success

- The problem of absence from work caused a lot of troubles in our school. So we started thinking about how to solve this problem.
- How to prevent the illness and the absence of the employees?



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 **Some programmes for the healthy lifestyle in our school** 



We decided to take more care of our way of living: well-being at work, healthy food, antistress and antismoking programmes and active living.

- We take care of the healthy eating and raise the awareness of importance of what and how we eat.
- There are also some antistress programmes for teachers and other employees. They can use the special quiet "antistress" room with music and exotic flowers.
- We have only two smokers of 54 employees and they do not smoke on the premises.
- The most important is the support of some sports activities and promotion of the healthy lifestyle in the school.
- With its Health Promotion policy and related behavior, the school influences pupils and their parents, too. These ideas also positively influence the local environment.


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**Healthy lifestyle is a part of school philosophy**


- The Workplace Health Promotion is an important part of the accepted mission and philosophy of the school.
- It is oriented on healthy lifestyle, smoking prevention, healthy eating, stress prevention and especially on physical activities of the employees, pupils and the headmaster of the school.

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 **Inovative childrens preventive approach – DO NOT SMOKE!**

We have only two smokers of 54 employees and they do not smoke on the premises.



The picture was made in Biology class.

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 **Special antistress room** 

It is meant for the employees, but also pupils like to spend time in this room (homeworks).



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**Our school supports sports activities of the employees. We buy sports equipment for the employees and pay contribution to the sports meetings.**



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**There is the sports hall in the school and all the employees can use it.**



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### Another winter activity – skiing with the headmaster



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### Water activities

- A group of pupils with their teacher in Nature School



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### Winter activities – cross-country, trekking and games in the snow

Our school  
organized  
the winter  
sports day  
for the  
employees,  
together  
with pupils  
and their  
parents.



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### Parents and teachers together with the children.



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### The positive influence of sports activities

There are many proofs for the positive influence of every day  
sports activities on the health of the employees and on the  
sustainable development.



### Mens sana in corpore sana.



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