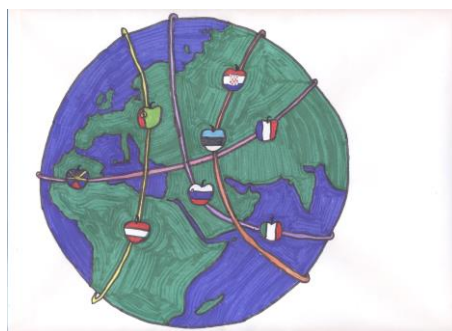




# Lifelong Learning Programme

**COMENIUS** multilateral school partnership

PROJECT  
»HEALTHY P.I.C.N.I.C.«  
2013-2015



## PARTICIPATING SCHOOLS

1. OŠ Antona Tomaža Linharta Radovljica, Radovljica, Slovenia,
2. Ecole élémentaire d'application Aveyron, Lyon, France,
3. Öffentliche Volksschule Rötzergergasse, Vienna, Austria,
4. OŠ Ivana Gundulića, Zagreb, Croatia,
5. Tallinna Ühisgümnaasium, Tallinn, Estonia,
6. Agrupamento de Escolas Patrício Prazeres, Lisbon, Portugal
7. 1° Circolo Didattico »G. Vicinanza« Salerno, Salerno, Italy,
8. COLLEGE PRIVE LA SALLE SAINT-CHARLES, Saint-Pierre CEDEX, Réunion,  
France

## ORIGINAL QUESTIONNAIRE

Questionnaire (to be translated and edited):

Do you eat in the morning?

- Yes
- No

If yes, what do you eat in the morning?

- fruit and vegetables
- sweets
- dairy products
- bakery/sandwiches
- crisps
- other .....

How many times a day do you eat fruit and vegetables?

- None
- 1-2 times
- more

What do you usually drink?

- water
- tea
- milk
- juice
- soft drink
- energy drink
- other:.....

What do you usually eat at home?

- selfcooked food
- other:.....

How many times per week do you exercise after school?

- None
- 1-2 times
- more

How many hours do you usually sleep?

- Less than 6 hours
- 6-8 hours
- more than 8 hours

What do you do with your family in your freetime?

- having meal(s)
- shopping
- doing sports
- travelling
- watching TV
- playing
- we don't do anything together
- other:.....

Do you sort out litter?

- Yes
- Sometimes
- No

Do you take care of others?

- share your things
- help others
- donate
- other:.....

## TOTAL NUMBERS OF ANSWERS

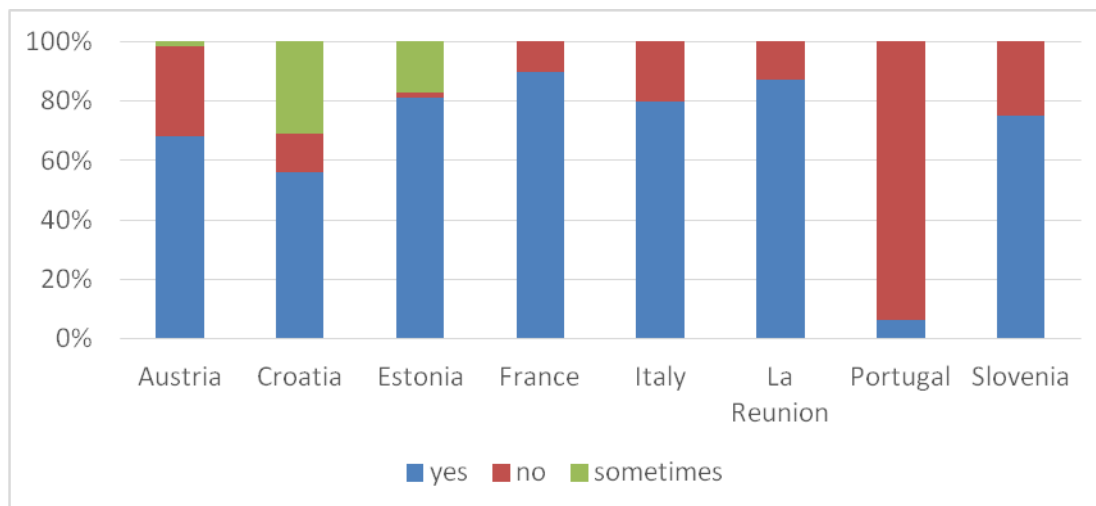
Austria - 188  
Croatia - 128  
Estonia - 103  
France - 208  
Italy - 120  
La Reunion - 334  
Portugal - 190  
Slovenia - 377

## CONTENT OF QUESTIONS

1	Do you eat in the morning?.....	6
2	If yes, what do you eat in the morning?.....	7
3	How many times a day do you eat fruit and vegetables?.....	8
4	What do you usually drink? .....	9
5	What do you usually eat at home? .....	11
6	How many times per week do you exercise after school? .....	12
7	How many hours do you usually sleep? .....	14
8	What do you do with your family in your free time? .....	15
9	Do you sort out litter? .....	16
10	Do you take care of others?.....	17

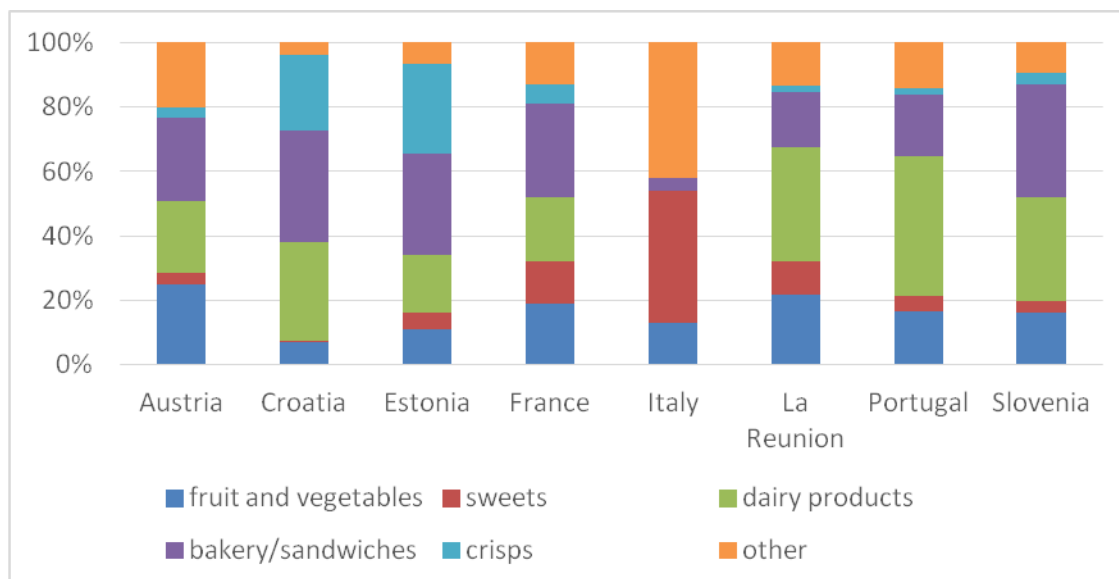
## RESULTS

### 1 Do you eat in the morning?



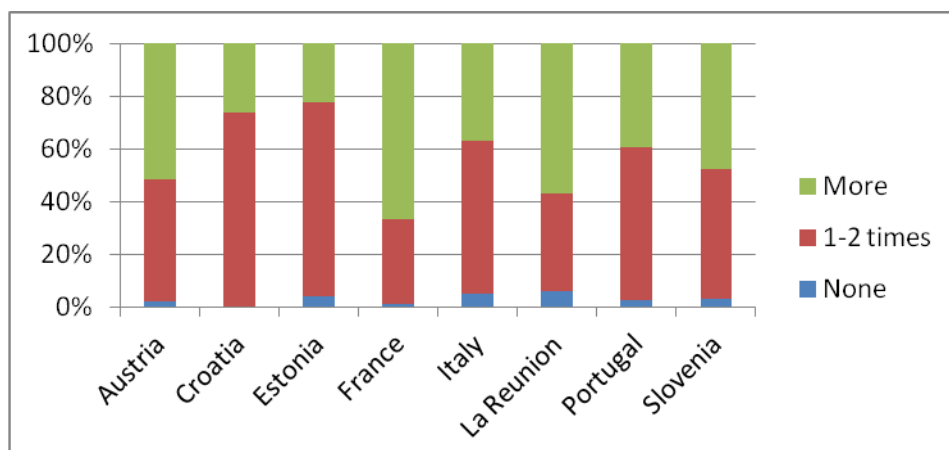
State	Comment
Austria	In comparison with the other results, we have to work on the number of children who don't have breakfast.
Croatia	The Croatian pupils have different results from others because most of them eat prepared breakfast at school. A smaller number of pupils buy something for breakfast before school.
Estonia	We are satisfied with the results of that particular questions. Nevertheless, we find it important to make everybody eat something in the morning.
France	There isn't time of breakfast or snack at school.
La Reunion	For breakfast, dairy products and fruit are the favourites. Most of the students have their lunch at the school cafeteria so fruit and vegetables are always on the menu (a choice of salads, cooked vegetables and fruit for dessert).The school is taking part in the school fruit theme so there's a better awareness of the importance of eating fruit and our tropical fruit are really very tasty!
Slovenia	We assume that the results of the first questions regarding breakfast are better than expected due to the fact that a lot of children eat breakfast before school because their grandparents provide it for them. On the other hand we are a little doubtful if <b>all</b> the answers are reliable because some students may have provided the answers that they »know should satisfy the questionnaire's needs«.

2 If yes, what do you eat in the morning?



State	Comment
Austria	The number of children in our school who have a healthy breakfast is quite good
Croatia	We eat bakery and dairy products. In the last few years we have brought in fruit and cereal. Our goal is to enlarge the percentage of eating fruit and cereals.
Estonia	We have decided, first, to work on the habit to eat less sandwiches in the morning, second, increase the number of people eating fruits in the mornings.
France	The bread and bakery are traditional in France.
Italy	
La Reunion	Creole families traditionally cook at home (food is important in our culture) so they have two cooked meals a day.
Slovenia	We believe that our students eat rather healthy food for breakfast but it is still alarming that there are 42 answers stating to have crisps and sweets in the morning. Our goal is to decrease this number. Our activities should be aimed at additional and continuing measures to promote a healthy diet. More fruits and vegetables should be included in breakfasts too.

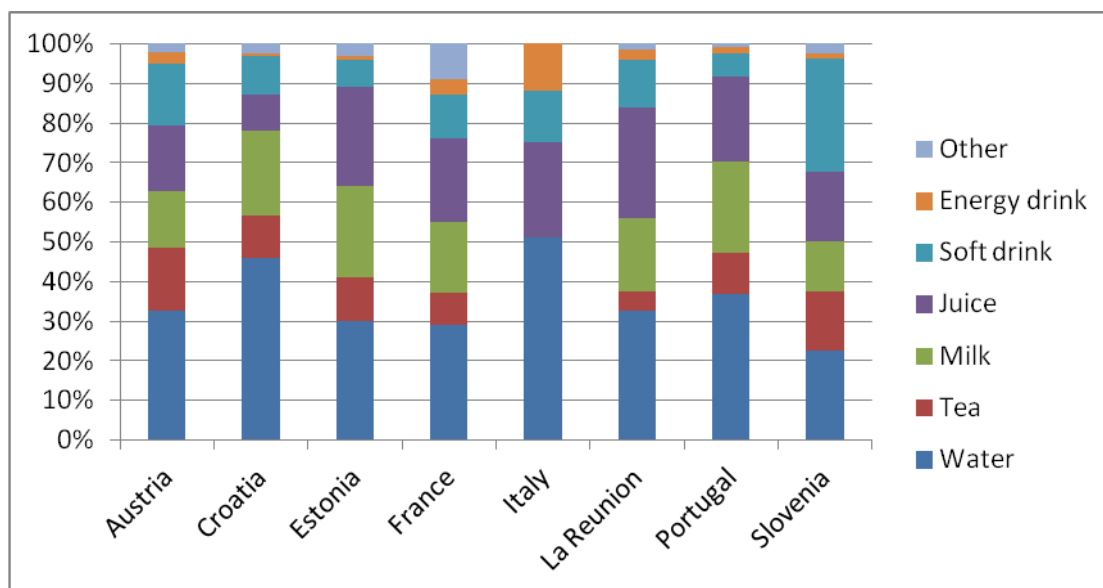
### 3 How many times a day do you eat fruit and vegetables?



State	Comment
Austria	The number of children in our school who eat fruits and vegetables at least 1-2 times a day or more often is good.
Croatia	During the last 6 years we have brought in healthy menus, prescribing and recommend the city government. In every breakfast we have added fruit. On Tuesdays pupils have some extra free fruit.
Estonia	We have decided to increase the times of having fruits/vegetable (from 1-2 to maybe 3 times a day) with the help of school canteen and cafe offering free fruits and vegetable.
France	We are lucky because we have so much fruits and vegetables in our country. There is market every day near the school.
Slovenia	The high results are the consequences of a fact that fruit (or vegetable) is part of a school diet on a daily basis (for school morning meal and lunch). It is also a result of being a member of a project »Healthy School« for more than 20 years as well as being a part of a European project »Fruit and Vegetable Scheme« (free locally produced fruit or vegetables on offer every Wednesday as an addition to the regular school offer of fruit and vegetables). Our aim is to encourage students to eat fruit and vegetables more than just 1x or 2x a day by additional promotion between their student and their parents, because we want them to eat more fruit at home as well, not just at school.



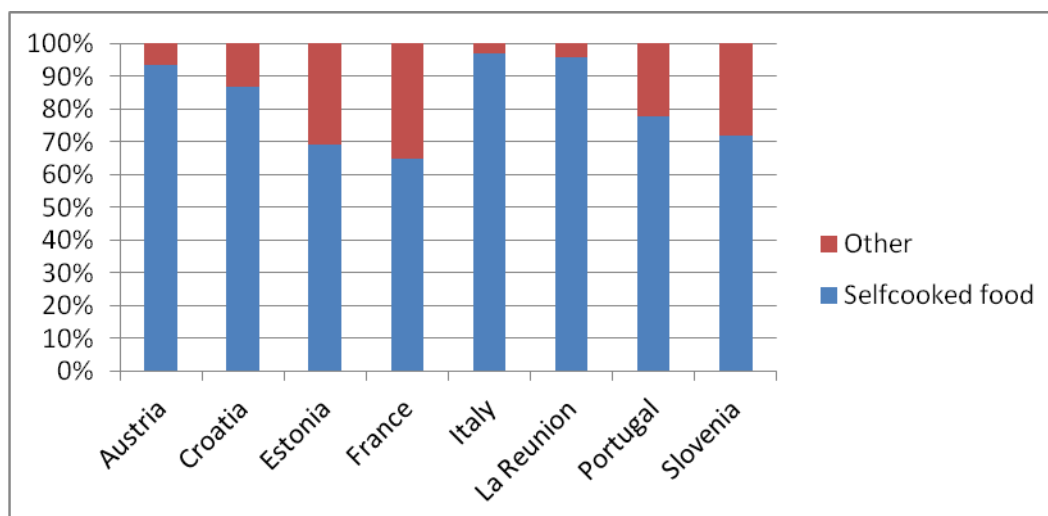
#### 4 What do you usually drink?



State	Comment
Austria	The number of children in our school who drink water could be higher. They only have to drink water at school. At home they propably drink other things. Also the number of children who are drinking energy drinks and soft drinks should be reduced.
Croatia	During every meal at school we offer water and encourage them to drink water at home. Our water is drinkable and good quality. In each classroom there is an aqua corner.
La Reunion	Because of the climate (summer especially), the children drink a lot of water (they're allowed to bring their bottle in class): there are drinking fountains in the playground and on the stadium when they go to their sports lessons. But they also like drinking soft drinks !
Slovenia	<p>Although we are satisfied that drinking water comes first, we are at the same time concerned that the same percentage of answers include juices, soft (fizzy) drinks and energy drinks. Our opinion is that the answers concerning drinking fizzy drinks may not be entirely reliable since many pupils may be seen in the school yard drinking these sorts of drinks, purchased in the nearby shop, before or after classes.</p> <p>With the answers concerning fruit and herbal tea has to be mentioned that these drinks are too often (<b>too</b>) <b>sweet</b> (too much white sugar). <u>The tea is rarely sweetened with unrefined sugar or honey and the tea is almost never drunk unsweet.</u></p> <p>This year school started serving less sweetened tea at morning meals. We also reduced the quantity of sugar in juice served at lunch, we also started serving water with school lunches (which was not the case in the previous years). We encourage children to bring their own water bottles adn refill them regularly with tap water which in our country is of good quality. We will continue trying to raise awaraness of drinking plain tap water among the student and their parents, but unfortunately the</p>

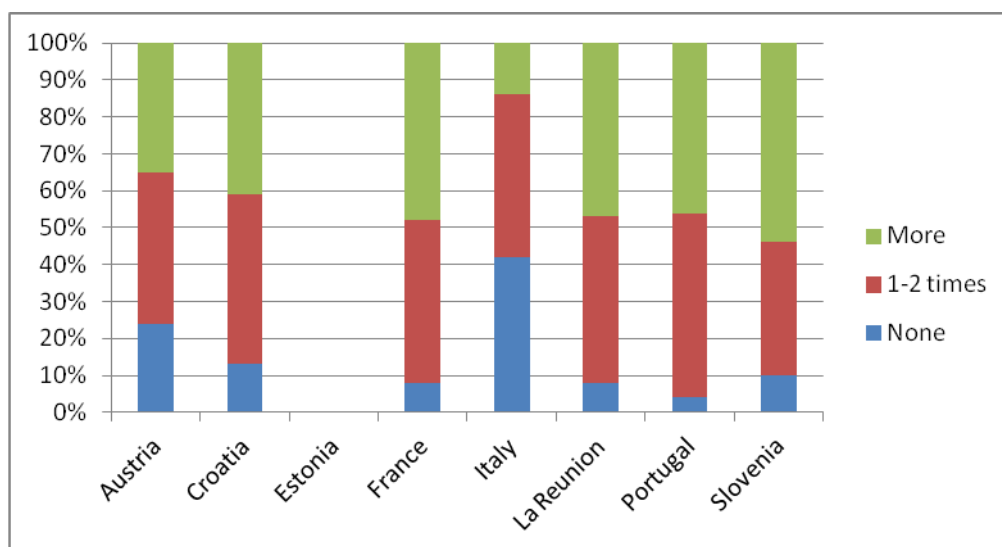
	<p>children are continuously exposed to all the commercials for unhealthy drinks (mass media, internet, billboards ...).</p> <p>We will also try to raise awareness that water with flavour is not regular water since it contains a lot of sugar as well as artificial additives. In the last few years the consumption of flavoured water in plastic bottles has increased dramatically due to aggressive marketing primarily targeting youngsters. Our goal is to increase the consumption of tap water.</p> <p>We work hand in hand with the dental prevention service which warns of the unhealthy effects that drinking sweet drinks have on one's teeth. In the future we will cooperate also with other health prevention services that will help raise awareness among the pupils and their parents.</p> <p>We believe that everybody should be aware of the fact that the sufficient intake of water is one of the essential parts of a healthy lifestyle and that water is our wealth.</p>
--	---

5 What do you usually eat at home?



State	Comment
Austria	Most children in our school eat selfcooked food.
Croatia	We still have the tradition of cooking at home because it is cheaper. Going to restaurants happens in special occasions like celebrations.
Estonia	we are happy with the results. It is clear that in Estonian homes selfmade meals are made.
France	In France 35% eat other ( pizzas, hamburgers, frozen food,...) because the parents are separated, the parents work both of them..
Slovenia	We are glad that the majority of students eat home or selfcooked meals. We believe that the ones who have other types of prepared food cannot do it other way because of their parents' jobs or not having support from their grandparents.

6 How many times per week do you exercise after school?



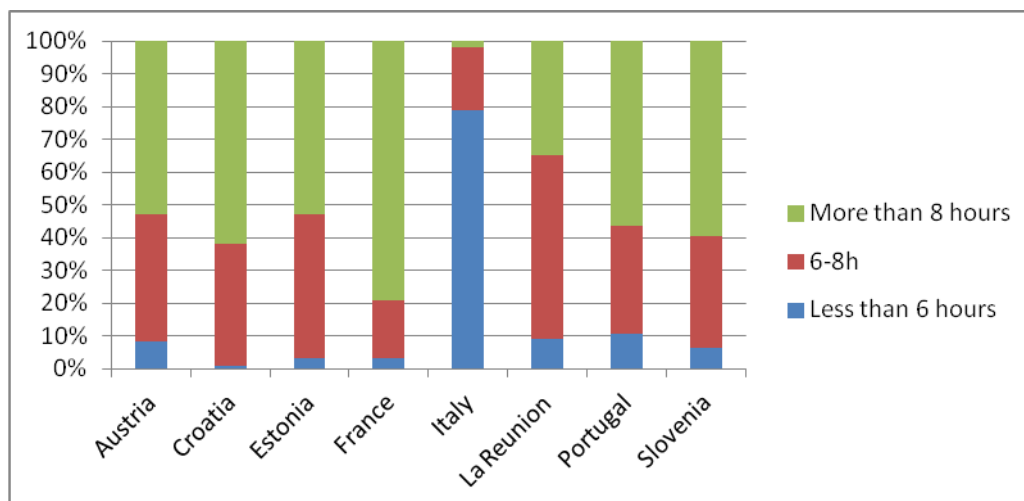
State	Comment
Austria	In comparison to the other countries, children in our school don't do much sports. Unfortunately, there is no offer from school to make it possible for our pupils to participate in sports clubs. Families have to organise that privately.
Croatia	We are basically satisfied with our results. In Croatia we have a long tradition of doing sports. Zagreb is very well equipped with sports facilities. Many children are in school and beyond involved in sports groups.
Estonia	In Estonia according to our national curriculum it is compulsory to have at least 2-3 times per week physical education lessons. Depending on the school, the number of lesson may vary and also ballroom dancing, aerobics etc may be included. Therefore, we did not even ask the questions because it is in our everyday timetable already.
France	None isn't normal!
La Reunion	They practise a sport regularly (dancing,swimming,horse-riding,football,tennis,rugby,karate...), especially at middle school. They practise it in a club and we have quite a big number of them who take part in competitions . We have a very good climbing club at the school. They can also do sports with the school on Wednesday afternoons. Lessons start early in the morning (7.25 am) and a lot of pupils have to get up very early either because they live far from the school or they have to take the school bus.
Slovenia	The 10% of the pupils who do not do sports will be encouraged to realize that physical activity is of utmost importance for keeping fit and remaining healthy. Otherwise the results are satisfying. Doing sports has a long tradition in our community: pupils play basketball, volleyball, handball, tennis, hockey, they swim and ski. We are also lucky to be living in such a surrounding: namely the school is situated in a semi urban surroundings where there are many possibilities for outdoor sport

activities. Just recently our town has been provided with a sports park which we are all very proud of. There is a playing ground for the youngest children and for the primary and secondary school students, a sports day with many different ball activities and skating in the winter, is organized.

In the vicinity of our school there is an athletics stadium which is used by athletes and recreational runners. It is also possible to play football there.

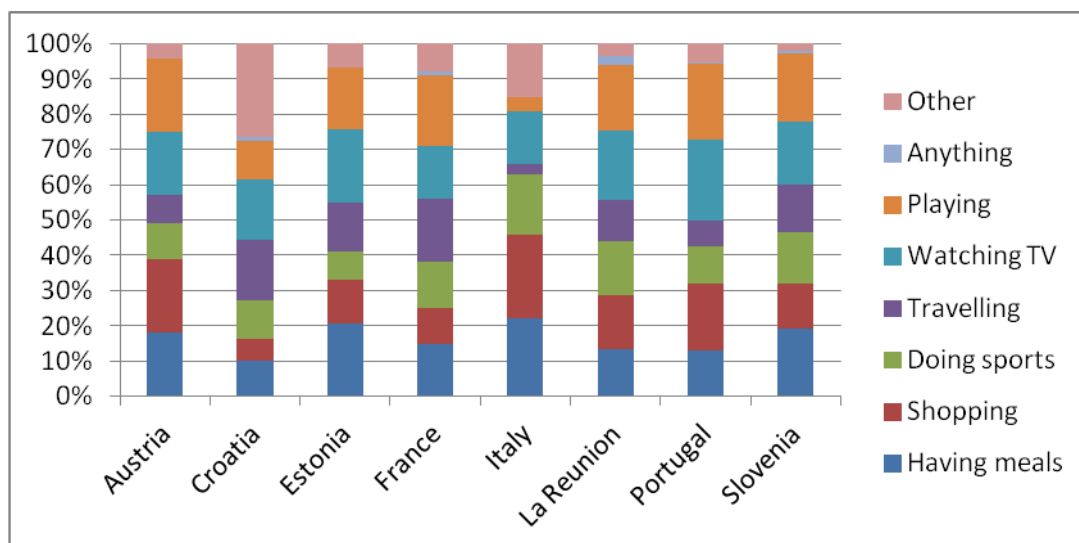
After classes the pupils have the chance to go to different sports clubs, such as elementary sports games for the youngest, basketball, athletics, rhythmic gymnastics, dance, majorettes, elementary sports games for the youngest pupils (6-, 7-year old children) ...

## 7 How many hours do you usually sleep?



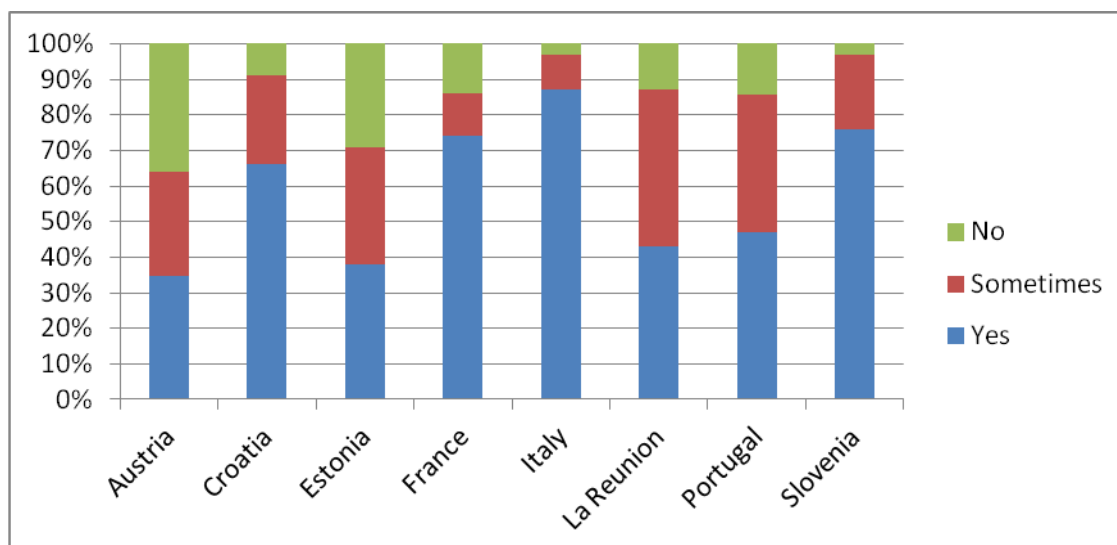
State	Comment
Austria	In comparison to the other countries, the number of children in our school who sleep less than 8 hours is too high. Maybe, when answering, they didn't know how long they actually sleep...
Croatia	Even though we are satisfied with the results, we should encourage our students to do more activities and watch less TV and play computer games late at night. We will recommend that parents take their greater concern about these activities.
France	Schools make childrens sensitive to the importance to sleep. In France public opinion has only become sensitive of the time of sleep
Slovenia	<p>It is of great concern that more than 6% of the pupils sleep less than 6 hour a day since primary school pupils need a longer rest so they could be more concentrated in school, show more creativity, participate better in classes, are less stressed, irritable ...</p> <p>We are satisfied that the majority of pupils sleep more than 8 hours but at the same time we are worried that 29% of children in lower grades sleep only between 6 to 8 hours. Our opinion is that the children between 6 and 10 years of age need at least 8 hours of sleep.</p> <p>We believe that the pupils and their parents should be made aware of the time spent for playing computer games and watching TV. This is also shown later in the questionnaire where we got the answers that the children and their parents watch TV together and go to bed very late, some after 10 p. m. or even later.</p>

## 8 What do you do with your family in your free time?



State	Comment
Austria	The percentage of children who do activities like playing or making sports with their families could be higher and the percentage of children who watch TV with their families could be lower.
Croatia	These results come out of parents' working time and traditional way of life. We should encourage families to spending their free and common time in nature (field trips,...).
Estonia	We have decided to work on lessening the time of watching TV and increasing the time of active physical training and moving.
Slovenia	<p>We are quite satisfied with the results but would certainly like for the percentage of some answers to change.</p> <p>We will try to lower the percentage of the answers 'We watch TV' since this activity represents very uncreative and passive spending of free time. If parents and their children watch TV together they cannot talk, discuss, develop their personality and not spend some quality time together.</p> <p>The percentage of the answers about shopping together should be made lower in the future. Parents could do certain shopping activities alone and not in the presence of their children who in this way are additionally exposed to the influences of the consumption – false images of life, marketing moves and tricks, bombardment with advertisements and all the necessities we need for happy and quality life.</p> <p>We are worried about the answers from 11 lower grades pupils that they and their parents do not share any joint activities in their free time. The upper grades pupils did not provide any such answers..</p> <p>We are aware that many parents in the period of the current economic crisis work too much and do not spend enough time with their families. It is nevertheless important that more quality time (sports, playing, discussions ...) should be spent with their children.</p>

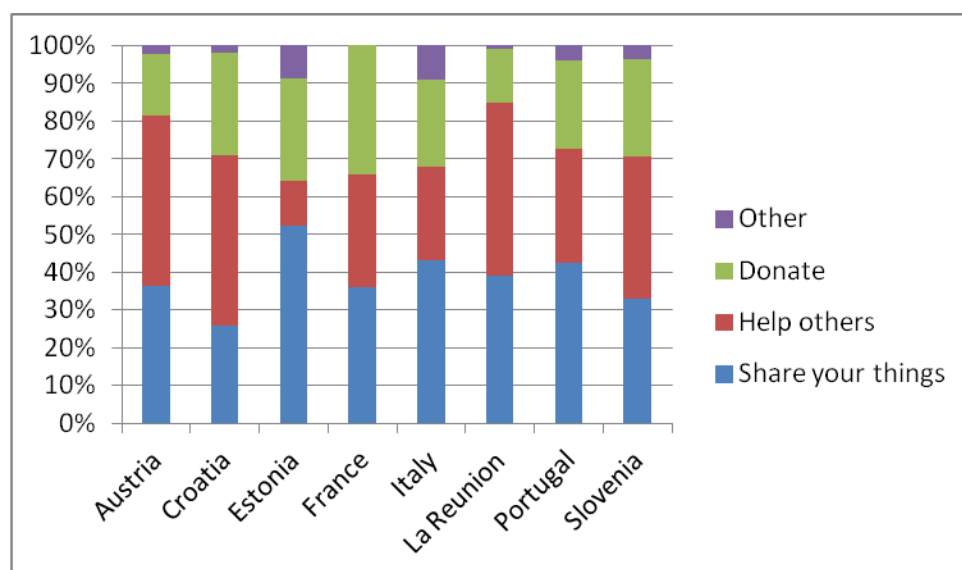
## 9 Do you sort out litter?



State	Comment
Austria	In comparison to the other countries' children, our school shows the highest percentage of kids not sorting out litter!
Croatia	Even though we encourage our pupils to sort out litter through environmental education, Croatia has officially started it just recently in schools. We expect better results in the future
Estonia	we find it important to sort out litter more, at least something. It is problematic that 1/3 do not recycle at all.
France	Public opinion has only become sensitive of sort out litter in France; at school also. But, be careful it depends on the areas, on the equipments of the cities.
La Reunion	We'll have to work towards a better awareness of the importance of sorting out litter though. Nearly half of them still don't do it regularly even though the sorting of household waste is well developed on the island and each family have two bins of different colours to sort out the litter. There are the same at the school.
Slovenia	The good results are the consequence of the fact that the school and the local community have been sorting out litter for quite some time now. In the future we will strive to encourage all the pupils, also those who only occasionally sort out litter, to continue with this practice.



## 10 Do you take care of others?



State	Comment
Croatia	Pupils take care of others in our school. We are involved in many local community charity work. Parents are always willing to join in. For instance, Schools for Africa, UNICEF, Caritas,...
Estonia	Our school has several charity projects – mostly we organise events, fairs in order to raise money for our own school -for board games, sports equipment. This particular project has lasted for 7 years. We also have a partner school in Africa we are collecting money for going to school and buying clothes and school stuff. This project has lasted for 2 years.
Slovenia	The results are satisfying. Our school has been encouraging different sharing activities in which a great number of pupils and their parents take part. A few successful activities, such as collecting food for socially deprived families, collecting school essentials for Piali Ashar Alo School in India (more than 100 kilograms of collected essentials), helping peers, cooperating with the home for the elderly, cooperating with the charity organization Karitas and the local Red Cross, have been carried out in this school year. We are hoping that our pupils and their parents continue with their response to these activities also in the future.

## FINAL CONCLUSION

### AUSTRIA:

- The number of children who have breakfast should be raised!
- Drinking water should become more usual, also at home! Information about soft drinks and energy drinks!
- There should be more sportive activities after school!
- Sleeping hours: Information: how many hours are necessary? When should they go to bed?
- Freetime programm with the families should be more meaningful!
- Education: Sortin out litter! Information about the importance for our environment.

### ITALY:

- We have to eat more fruit and less sweets
- We must continue to eat home-cooked meals.
- We need to do more sport.
- It 's important to continue recycling for the environment and for the benefit of all people.