

COMENIUS II.
EUROPEAN EDUCATIVE
PARTNERSHIP PROJECT

LIVE -
LIFE VEST -
YOUNG'S GUIDE FOR SURVIVING
IN EUROPE



PRIMARY SCHOOL KOSEZE
LEDARSKA 23
1000 LJUBLJANA
Classes: 7.a, 8.a, 9.a

HEALTH CARE in SLOVENIA

June 2007



HEALTH CRE IN SLOVENIA

- ✓ The first sickness fund was established in Ljubljana in 1889, when Slovenia was a constituent part of the Austro-Hungarian Empire.
- ✓ This makes Slovenia one of the first European countries to establish compulsory health insurance.

"AS LONG AS WE HAVE HEALTH, EVERYTHING ELSE COMES BY IT SELF"

Health care (sometimes shortened to "healthcare") is the prevention, treatment, and management of illness and the preservation of mental and physical well being through the services offered by the medical, nursing, and allied health professions. According to the World Health Organisation, health care embraces all the goods and services designed to promote health, including "preventive, curative and palliative interventions, whether directed to individuals or to populations". The organised provision of such services may constitute a health care system.

AND WHAT AT ALL IS HEALTH?



Trim excess weight

Reduce alcohol

Be smoke free

Be more active

Healthy eating

By deFINITIONS is:

- ↳ a healthy state of wellbeing free from disease; "physicians should be held responsible for the health of their patients"
- ↳ the general condition of body and mind; "his delicate health"; "in poor health"
- ↳ The absence of disease or injury along with physical, mental, and social well-being.
- ↳ a state of complete physical, mental, and social well-being and not just the absence of disease or infirmity.

health by our opinion:

 not being ill

 to be in good condition

 eat lots of vegetables

 to be vegetarian

 take care for your body

 not to be too fat

 not to eat fast food

 not to eat chocolate

 to have health heart

👋 you musn't smoke

👋 to be fit

👋 drink lots of water every day

👋 eat healthy food

👋 to have normal preasure

👋 not to have holesterol

👋 not to be all day in front of computers

👋 to walk every day

⇒ Our every day life is very full with school activities. We try to stay health by many different ways.

⇒ During the week we eat healthy food like vegetables, fruit and try not to eat fast food like McDonalds.

⇒ We all doing sports → we attent to stay in good conditíone.

⇒ At weekends we go in nature trying to relax and rehabilitate. All that is very important for our health.



OUR SMILEY GREEN HOUSE TAKES CARE FOR OUR HEALTH



Pupils in third part of education in primary school can choose two or three subjects on their own will. Two of the most popular subjects are Sports for health and Healthy food.








Also for other students our green house take care for healthy way of living:



We have very good, fresh and healthy food with lots of vegetables and fruits



School organizes a lot of sport activities like:

-  three sport days (skiing, skating swimming, mountaineering, cross-country run)
-  sport classes are out on sport playground if the weather is fine
-  every year we sign declaration against smoking
-  as Eco school we take care for clean school and its district
-  every year we have commemoration at 1.st December; we also have lectures about health sexuality

SLOVENIA IS HEALTH COUNTRY

Our ministry for health carries out for different kind of programmes to be fit and health.

One of them are:

- ☺ "Sun, water, air, freedom – relaxing our life"
(spot activities in nature for whole families)
- ☺ Cycle marathon
- ☺ Longdistance races
- ☺ "Wind in the hair – with sports against drugs" (street basketball tournaments for pupils and students)



