

„A sound mind in a sound body "- a glance at Europe

The distinguishing features of our school are the foreign language curriculums, taught in bilingual classes, in a raised number of lessons, as well as the tuition of computer science, art and craft and physical education on an elevated level. We would like to further improve our competence in these fields by implementing new equipment and methodology, as well as modernising our learning environment.

Our students are at a crucial stage in their maturing where we have the unique opportunity to instil in them the importance of the development and retention of a healthy lifestyle; and help them acquire the necessary habits and behaviour. The school is a privileged scene for socialization in the process of advancing health-conscious lifestyle choices.

The aim of the Health Promotion Program is to recognize all factors in the education (pupil, teacher, parent) of the relationship between lifestyle, environment, behaviour and health; understand that health does not equal the lack of disease, but a condition of physical, mental and social well-being; as well as raising awareness that everyday lifestyle habits impact decisively on their health and life prospects. Our goal is to establish a firm set of values to provide guidance in later life and prevent bodily and mental illnesses by promoting a healthy balance between physical and psychological well-being.

The main goals of the project are:

1. Discover new methods and tools in physical education, sports, health promotion (and implement these in general education)
2. Developing Language Competencies
3. Building international relations

These goals align with our common vision of the future of our establishment, since we are convinced that renewal is the main tool for quality improvement, and thus can provide a better outlook for our students. The development of language competences in the 21st century is indispensable, as it provides the opportunity for teachers to become acquainted with other cultures, educational institutions and relay their experiences to future European citizens.

As a bilingual institution, it is imperative for us to build relationships with the schools of other European countries, exchanging experiences and cultivate professional cooperation in the longer term.

Mobility contributes to our goals so that our first-stage teachers continue to give their colleagues the knowledge and experience they have gathered, which will hopefully widen the appeal of similar training and project opportunities, so we can significantly improve the quality of our education.

In the first round, our two physical education teachers would be involved in the project, as our school places great emphasis on health education, so physical education plays a central role in our students' lives.

Both physical education teachers organize school sports competitions throughout the year, prepare their children for regional, county, and student Olympics in different sports. They are outstanding members of the teaching staff, their exemplary professional knowledge, their attitude to work, their achievements and enthusiasm. They also teach biology and history and promote lifelong learning, continually participating in further training. They would like to expand their language skills and gain

international experience to learn about the new methods and tools of educational institutions in the countries of the European Union and to incorporate their experiences into the methodology of school education and teaching. They are both extremely enthusiastic, open personalities who truly represent 21st century pedagogical principles.

We have set out to add physical education to our portfolio of bilingual subjects, so we would like to improve the language competence of as many of our staff as possible. Additionally, teachers should be able to implement the knowledge they gain by using state-of-the-art methods and equipment.

Practical knowledge and learning in practice are important, so we would like our teachers to participate in interactive courses, exchange experiences with other countries, gain a wider perspective, and prepare our students for higher education with the 21st century pedagogical approach.

We want to follow the international trend of teaching policy in Europe: quality development; for which the tool is further training.

We consider it important to engage with the European Union, and the ideal of European citizenship. To develop a sense of European identity, it is important for our school to build international relations, find partner schools in education, and to explore the possibilities of networking.

All in all, "A sound mind in a sound body" - physical and spiritual harmony determines everything in our lives, we must strive for it, and this can only be achieved through continuous learning, physical and mental training – these are values we ought to pass down to future generations.