

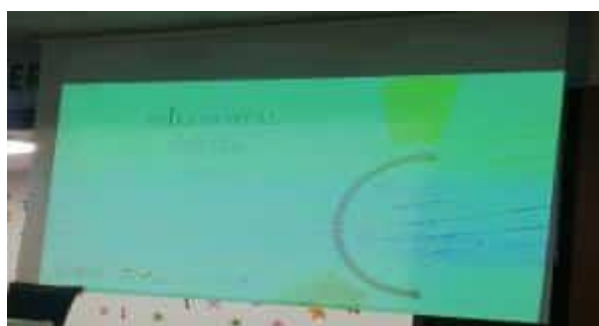
JUNE WORK – MENTAL AND PHYSICAL HEALTH

WHO defines “Health” : **Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.** Mental and physical health is combined together. In most of the undeveloped countries the people are trying to find the solutions for their physical needs. They are at the lowest step of the hierarchy of the needs. In this circumstances for the children or adults it is hard to take care of their mental or physical health. %11 percent of the world population are undernourish. We should take lots of different precautions to change this reality.

When we turn to our country and school, what are we doing ? After the economical problems in this country the government has started to give free food (one meal per day on weekdays) to the preschool students (fruit, bakery products etc.) because most of the students are coming to school without eating anything at home so the state schools have started to do this.

In our school, after the big earthquake in February, our counsellors organized a parental seminar as psychosocial support and they also worked with the students. They prepared a special support programme for the kids coming from the region.

These photos are from the seminars:



We also informed our students about the importance of exercise and we organized a big

yoga day in our school in two parts with 3rd and 4th gareders. For the work of June First we talked about the impertance of balanced diet and regular exercise and then we did yoga all together. Here are some photos of the day ☺

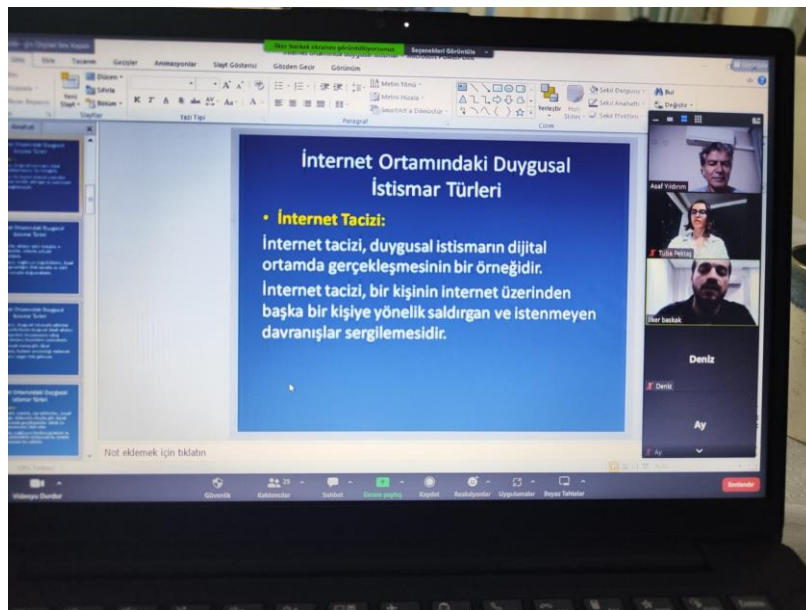
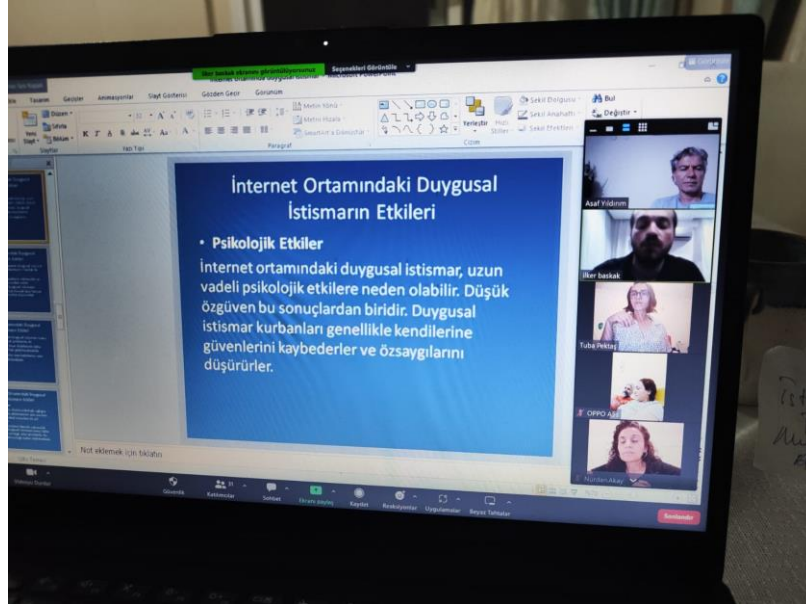


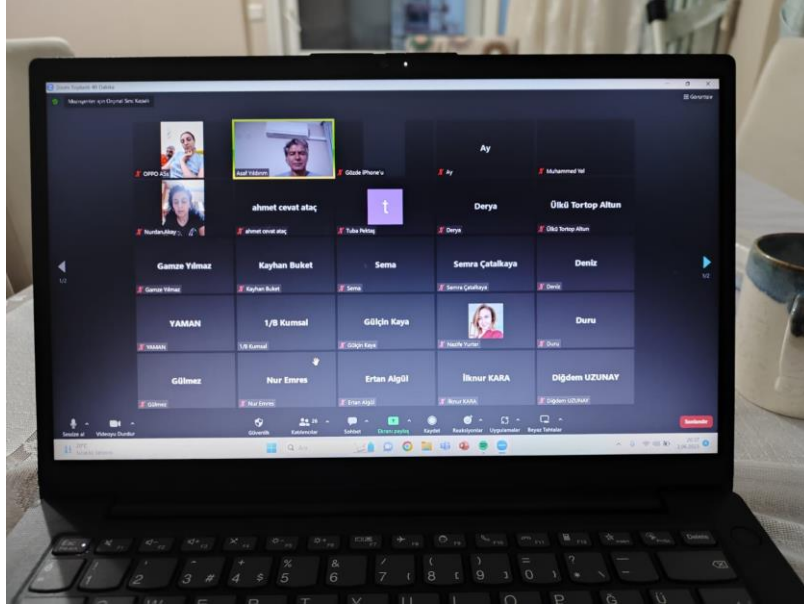






Our another point is “Emotional Abuse on the Internet and the way of Protection Methodsé . We organized a webinar for parents in order to give information “What is Emotional Abuse” and how they can protect their children from this. A researcher assistant from Muğla University informed our parents. It was an enlightening seminar for the parents. They could ask their questions and got the responses. It was an effective work.





Thank you for this opportunity to do these useful and joyful activities.