



COMENIUS PROJECT

« IMPROVE
MIND AND
BODY BY
MOVEMENT
IN NA-
TURE »



Second year
2005/2006



Primordial theme:
**Healthy nutri-
tion**

Comenius Projet: “Improve mind and body by movement in nature” an der Schoul am Sand

Mir sinn elo am 2. Joër vun eisem europäesche Projet an deem Schweden, Ungarn, Lettland, Griechenland, Polen, Rumänien a Lëtzebuerg matmachen. D'Léierpersounen aus dese Länner, déi Kanner vun 3 – 7 Joër begleeden tauschen sech iwwert d'Influenz vun der Beweegung an den Naturerfahrungen op déi geeschtlech a kierperlech Entwecklung vum Kand, aus. Dat éischt Joër stoungen d'Sortien am Vierdergronn. Dëst Joër ass d'gesond Ernährung eist Haaptthema. Mir ginn och weider regelméisseg an de Bësch fir net op déi wäertvoll Naturerfahrungen ze verzichten.

Nei ass, datt vun deem Joër un, de ganze Préscolaire an déi zwou Klassen vum Précoce aus eiser Schoul matmaachen.

Enn Januar, ugangs Februar, treffen déi eenzel Länner sech a Polen fir ze kucken wat bis dohin geschitt ass a wat mir nach dëst an dat nächst Schouljoër (3. a lescht Joër) maachen wäerten.

Aktivitéiten déi dëst Joër virgesi sinn:

- gesond iessen an der Schoul;
- kachen an der Schoul;
- Visiten zum Thema maachen;
- d'Ernährungspyramid kënneléieren;
- e Kalenner hierstellen mat Aktivitéiten ronderem d'Essen;
- Rezepten aus deenen eenzelene Länner sammeln;
- Theater spillen;
- d'Elteren informéieren an evt. mat abezéien.

Am Kader vum Thema „d'Gromper“, si sou munch Aktivitéite gelaf:

Hei kommen lo är Fotoen mat Beschreiwung (Fotoen am jpeg-Format; Text am Word)

Projet Comenius :

”Improve mind and body by movement in nature” à l’école “Am Sand”

Depuis deux ans notre école participe à ce projet européen en union avec la Suède, l’ Hongrie, la Lettonie, la Grèce, la Pologne et la Roumanie.

Les enseignant(e)s des enfants âgés de 3 à 7 ans, y font des échanges de leurs expériences concernant l’influence de la nature au développement intellectuel et corporel et échangent des idées d’activités avec les enfants.

L’année passée, les échanges portaient sur les sorties pédagogiques en nature, cette année on traite principalement l’alimentation saine tout en continuant à faire régulièrement les sorties pédagogiques en nature.

Nous sommes fières d’annoncer que cette année toutes nos classes du préscolaire ainsi que les classes du précoce participent au projet.

Fin janvier, début février, les enseignants participants des différents pays se rencontrent en Pologne pour discuter les activités faites, pour s’échanger sur les expériences ainsi que pour fixer les activités de la troisième et dernière année qui porte sur l’eau.

Activités prévues pour cette année scolaire :

- L’alimentation saine en classe.
- Cuisiner à l’école.
- Sorties pédagogiques concernant l’alimentation.
- La pyramide alimentaire.
- Publication de nos activités concernant l’alimentation sur un calendrier.
- Collection de recettes typiques des pays étrangers qui participent au projet.
- Représentation théâtrale.
- Information et participation des parents.

Maintes activités au sujet « pomme de terre » ont eu lieu.

Comenius project: « IMPROVE MIND AND BODY BY MOVEMENT IN NATURE »

school « am Sand» Oberanven Luxembourg

In September 2005, the second comenius year has started. This European project involves children from 3 to 7 years and their teachers from Sweden (Oxelösund), Hongria (Köszeg), Greece (Preveza), Poland (Marki), Latvia (Sigulda), Roumania (Targu Jiu) and Luxembourg (Oberanven). We are exchanging our knowledge and experiences about the influence of movement in nature for body and mind of our children and we are collecting ideas about activities we can do about this theme.

The first year, the outdoor activities had priority, this year the healthy nutrition is primordial.

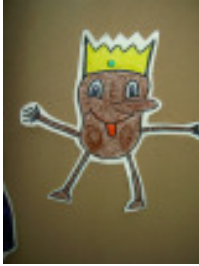
End of January, we have a meeting in Poland to exchange the work already done this year, to coordinate the work to do till this summer and we will plan new activities for the third and last comenius year.

This year following activities take/took place:

- eating healthy in school
- cooking in school
- visits in relation with the theme
- theoretical knowledge about healthy eating (nutrition pyramid)
- making a calendar with activities about eatables
- collecting receipts from different countries
- theatre: “the king of the potato”
- informing parents about our activities and trying to involve them

A few photos of activities round the potato show you, how we try to work on theme with our children:

De Gromprekinnek



First the story has been told to the children .
Then the different figures are planned.
Finally the play can start!



As the sentences are
not difficult to
remember ,
the children can
express themselves
easily and they have a
lot of fun!

Just like the two children of the story , our children will have as well good « patatee –cakes ». The preparation is a lot of pleasure for them.



But enjoying the eating of these marvellous dish is the best part!

Mmmmh!!!!



Activities with potatoes



We peel the potatoes,
we make mashed potatoes
and we eat it



Our artists are making
pictures with cut potatoes

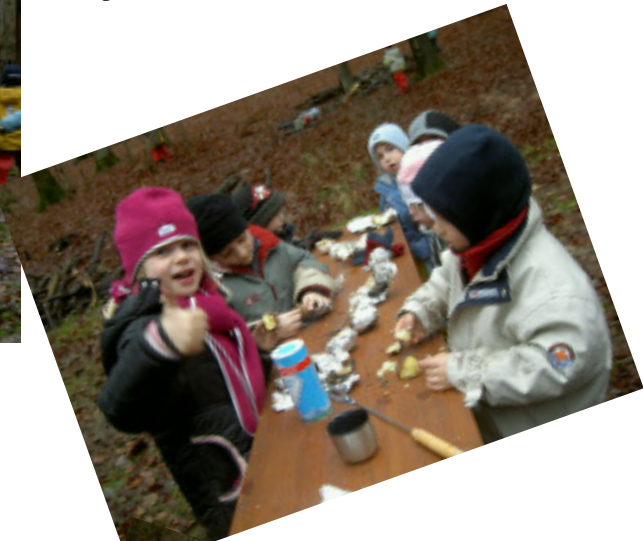
Potatoes in the forest



Preparation in school.



The potatoes in the fire!



A very interesting and delicious
experience :
Warm potatoes in the cold forest!



Grilled chestnuts in the forest
13th of december 2005



Anniversary
November 2005



The children prepare their cake with the teacher .

In the forest we eat it and celebrate the anniversary.





I celebrate my birthday in the class
It's a long way before the party can start.



What do we need?? A birthday cake, of course....
We put the ingredients in a bottle and start to stir
the paste.

We have a lot of dirty dishes.
Now we can decorate the cake.

3... 2... 1... and the party can start!!!



Portuguese pumpkincookies

On 14th December
Melissa's mother
came to school to
show us how to make
Portuguese
pumpkincookies.

The preparation is easy and
the cookies start to smell
nicely in the pan.



Mmmm, all the children are getting anxious to taste the cookies.



The cookies are delicious!!!!



Portugiesesch Natas



A Portuguese mother made us a nice surprise:
She prepared a Portuguese speciality at home
and brought it at school so that we could taste
it.

The cookies called NATAS looked very pretty
and we loved to eat this delicious speciality.
Thanks so much!



Our first „buffet“ 7th of december 2005



We share our breakfast and put in on small plates.



We take first a fruit or some pieces of bread. Afterwards we can choose a dessert.

Once a week we eat from the buffet.
We share food with our friends



First we eat sandwiches, some fruits or vegetables.

Afterwards may be a little dessert of sweets.

WE RELISH !!!!!



Baking Christmas cookies
With the parents
December 2005



After having prepared the dough together with the children in the morning we have much fun to model truffles and bake biscuits in the afternoon

