

 move europe



LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO

About the school



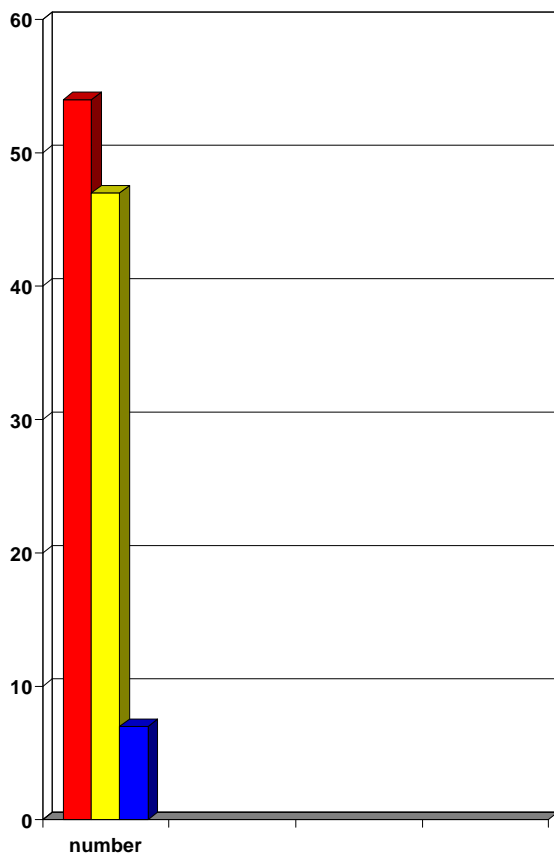
The primary school OŠ AM Slomška Vrhnika was established in the year 2000, so it is a new and modern school. There are 370 pupils and 54 employees. I am the headmaster of this school.



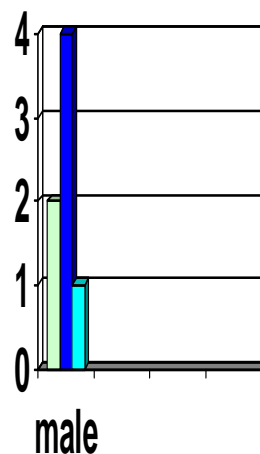
LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO

The STRUCTURE of EMPLOYEES

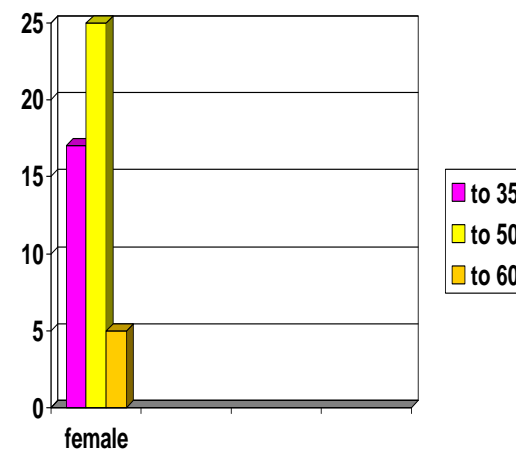
age	sex	male	female	total
up to 35		2 (3 %)	17 (31 %)	19 (36 %)
35 to 50		4 (7 %)	25 (46 %)	29 (53 %)
50+		1 (2 %)	5 (9 %)	6 (11 %)
total		7 (13 %)	47 (87 %)	54 (100 %)



■ employees
■ female
■ male



■ to 35
■ to 50
■ to 60



■ to 35
■ to 50
■ to 60



Work absenteeism (for medical reasons) as a problem

We have a great problem of work absenteeism in our country. Slovenia has about 2 million inhabitants. Every year we lose about 10 million working hours for this reason alone.



- It often occurs in our school, too.
- On average, every day one of our teachers is missing from work.
- This causes problems with organization of school work and the realization of school activities.
- It creates problems financially, as well.

Health as the grounds for professional success



- The problem of absence from work caused a lot of troubles in our school. So we started thinking about how to solve this problem.
- How to prevent the illness and the absence of the employees?





Some programmes for the healthy lifestyle in our school



We decided to take more care of our way of living: well-being at work, healthy food, antistress and antismoking programmes and active living.

- We take care of the healthy eating and raise the awareness of importance of what and how we eat.
- There are also some antistress programmes for teachers and other employees. They can use the special quiet “antistress” room with music and exotic flowers.
- We have only two smokers of 54 employees and they do not smoke on the premises.
- The most important is the support of some sports activities and promotion of the healthy lifestyle in the school.
- With its Health Promotion policy and related behavior, the school influences pupils and their parents, too. These ideas also positively influence the local environment.

Healthy lifestyle is a part of school philosophy

- The Workplace Health Promotion is an important part of the accepted mission and philosophy of the school.
- It is oriented on healthy lifestyle, smoking prevention, healthy eating, stress prevention and especially on physical activities of the employees, pupils and the headmaster of the school.



Inovative childrens preventive approach –

DO NOT SMOKE!

We have only two
smokers of 54 employees
and they do not smoke
on the premises.

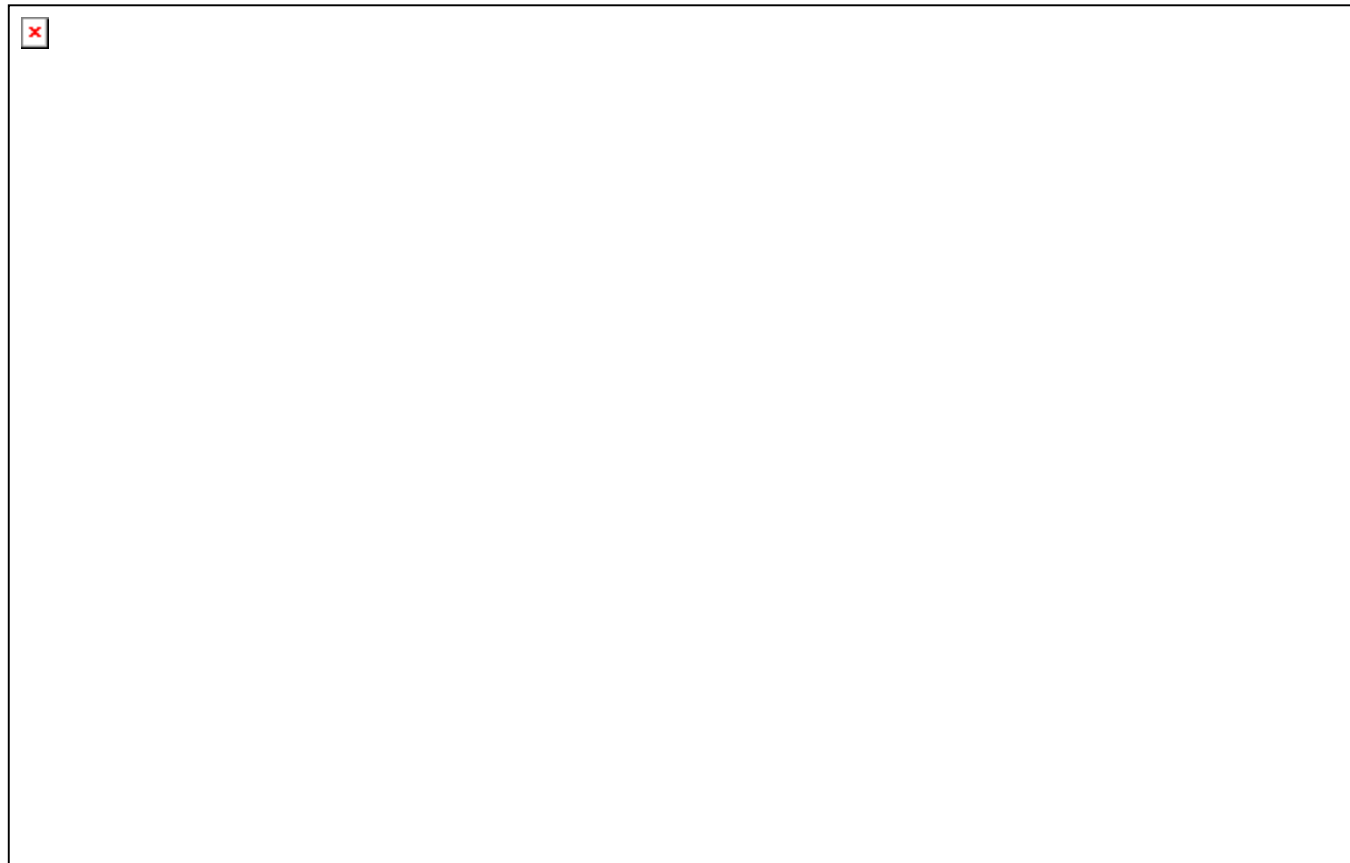


**The picture was made in
Biology class.**



Special antistress room

It is meant for the employees, but also pupils like to spend time in this room (homeworks).



Our school supports sports activities of the employees.
We buy sports equipment for the employees and
pay contribution to the sports meetings.



There is the sports hall in the school
and all the employees can use it.



Another winter activity – skiing with the headmaster



Water activities



- A group of pupils with their teacher in Nature School



LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO

Winter activities – cross-country, trekking and games in the snow



Our school organized the winter sports day for the employees, together with pupils and their parents.



LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO

Parents and teachers together with the children.



LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO





The positive influence of sports activities

There are many proofs for the positive influence of every day sports activities on the health of the employees and on the sustainable development.



Mens sana in corpore sana.



LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO

It is very important to start early.



LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO

Also parents support some sports activities of the school.
This and last year our school was the winner in Slovenian judo
competition for children.



LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO



As the headmaster of the school, I am very active in some sports activities, such as ice skating, skiing, cross-country, cycling, running, rollerblading, paragliding etc.

In this way I set an example for pupils, teachers and other employees to be more active as well and to take care of their health.

LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO



Paragliding is one of my favourite sports activities.

LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO



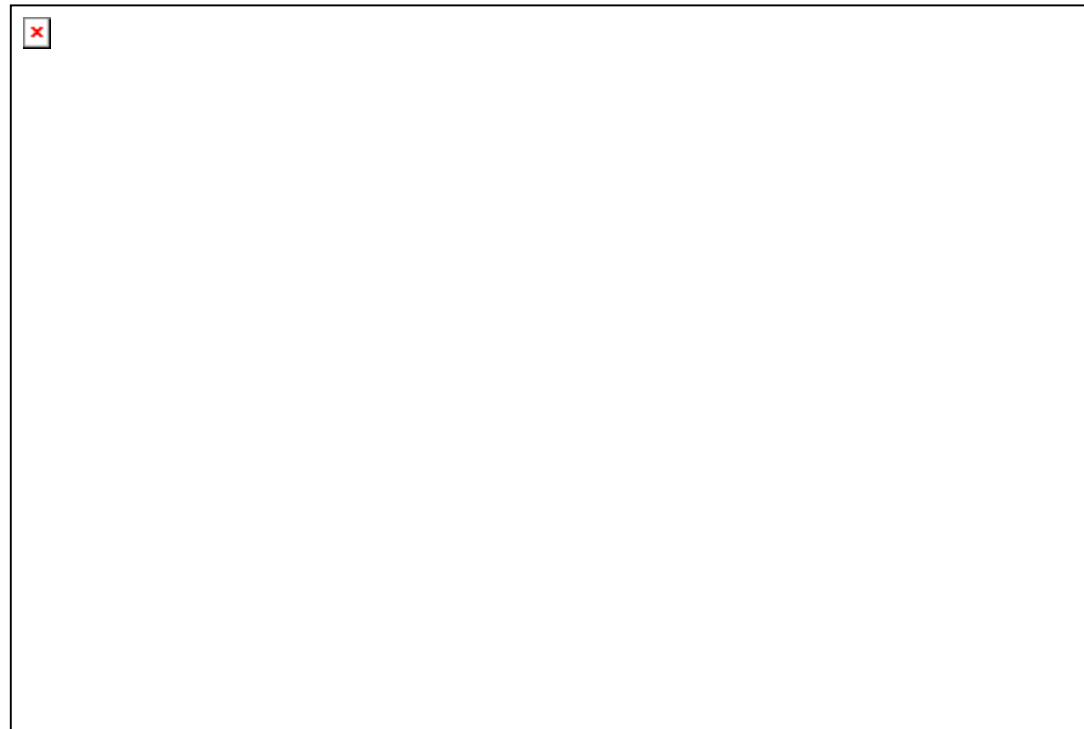
The
second one

LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO

...



Every morning, every day ... at the
beginning of the working day





I take part in several long-distance runnings, sometimes together with my employees, as well



LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO

From a winter “sports day” for the children, employees and parents.



LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO

RESULTS

The actions and results of our efforts for active lifestyle are discussed at school meetings, working groups and also in the classrooms.

We have less medical problems and less absence at work.

I believe that this is the result of supporting and promoting a healthy

LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO.

way of life.



Thank you for your attention.

LJUBO MOHORIČ, OŠ A.M.
SLOMŠKA VRHNIKA, SLO