

## SCHOOL TO SCHOOL-STRATEGIC PARTNERSHIP

### **“MENS SANA IN CORPORE SANO”**

Food, nutrition, eating habits, health and disease at European schools as an (inter)cultural mirror

# HEALTH

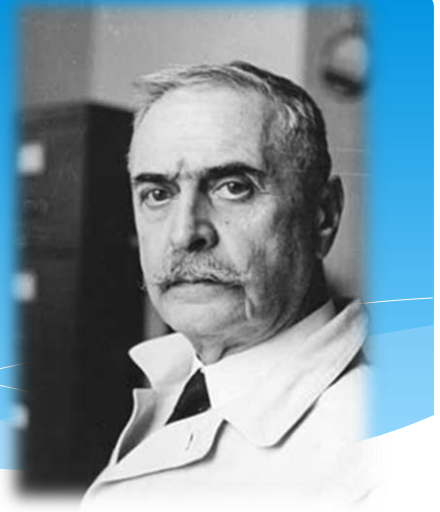
## **4. Cross student exchange**

London

16<sup>th</sup> october– 22nd october 2016

# Famous Austrian Doctors

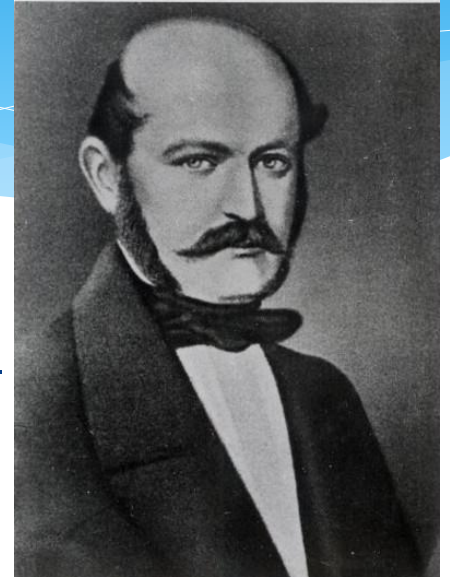
# Karl Landsteiner



- He was born on the 14<sup>th</sup> of June 1868 in Baden (Austria).
- In Vienna he attended a grammar school and studied medicine.
- He is a famous Austrian doctor because he discovered the blood groups.
- In 1929 he obtained the American citizenship.
- Mr Landsteiner died on the 26<sup>th</sup> of June 1943 in New York.

# Ignaz Philipp Semmelweis

- \*1st of July in 1818 (Hungary)
- † 13th of August in 1865 (Vienna, Austria)
- studied at the Universities in Pest and Vienna – Graduation in 1844
- he introduced hygiene rules in hospitals
- died after a 2 weeks stay in psychiatry



# Christian Theodor Albert Billroth

- He was born on the 26<sup>th</sup> of April 1829 in Bergen on Rügen (Germany)
- He died on the 6<sup>th</sup> of February 1894 in Abbazia (Croatia) and he is buried in the Central Cemetery in Vienna.
- We owe a lot of milestones in surgery to him
  - Esophagectomy (removal of the oesophagus)
  - Laryngectomy (removal of the larynx)
  - Gastric resection
- 2 methods for gastric resection have his name (Billroth I; Billroth II)



# Paracelsus Theophrastus Aureolus

- born in 1493 in Switzerland
- died 24<sup>th</sup> 1541 in Salzburg
- was student at  
Stiftsgymnasium St. Paul
- doctor; alchemist;  
astrologer; philosopher
- he got famous for his cures  
and for his books about  
medicin and philosophy





# Project Healthy School

# “Healthy School“

Teaching &  
Learning

- school project
- workshops
- food and nutrition
- physical education

**Nutrition**

**Exercise**

**Psychosocial Health**

**Addiction Prevention**

**Health Management**



# Diet Workshop

- Issue:“ Eating and drinking with pleasure“

## **Main points of the workshop:**

- Better concentration because of water
- Food pyramid
- Sugar
- Snacks



# Healthy Breakfast

- Once a month the third form ate healthy breakfast together at school
- It contained:
- Water
- Fruit (especially apples and bananas)
- Vegetables
- Orange juice



# Nutrition Workshop



- better concentration with water and co
- nutritional pyramid
- Sugar ? Simple carbohydrates ? Complexes carbohydrates ?
- snacks



# Lecture of comedian Ingo Vogl

- Topic: Sex, drugs and alcohol
- Funny and gripping performance
- „It is important to listen at your body“
- „You are not under pressure to have sex before you are 16. Being a father with 15 would be horrible“



# My Healthy Biz



- mini project
- pupils imagined being young entrepreneurs
- develop on a business idea that would help improve one's health
- presentation of the business idea
- “Fitness couch“, “Fitness apps“, “High-tech walking-sticks“,...

# The Austrian Health System

# E-CARD

- Every insured person gets the e-card from the health insurance company.
- The card is the “key” to our health system.
- The “E-Card” makes it possible for doctors to get all the relevant information about patients.
- There is the name and the national insurance number of the client up front.

# GKK

- GKK stands for “Gebietskrankenkasse” → “regional health insurance fund”
- Health insurance for every working individual and their families
- All in all in we have 9 different GKKs, one for each federal country in Austria
- Moreover several branches like the railway company and the mining industry have their own independent insurance companies



# Kärntner Gebietskrankenkasse (GKK)

- Is one of 22 social security funds in Austria
- 19 of those are responsible for health insurance
- The GKK is responsible for the early detection of diseases
- The insurance cases are: treatment of diseases, incapacity for work due to a disease, maternity, dental treatment, physical disabilities and services for Rehabilitation

# Sports at School

# Basketball



- **Basketball** is a sport, generally played by two teams of five players on a rectangular court. The goal is to shoot a ball through a hoop to backboards at each end of the court.
- At school, we play basketball nearly every week, especially in summer when we can go outside and use the pitch.
- It's one of the best ways to create a strong community spirit among students because there is no way winning of without it.

# Baseball:

- often played outside in the summer
- a team game with nine players in each team
- played on a field with four bases connected to form a diamond.
- the object is to score runs by batting the ball and running round the bases
- it's not just a fun game, it's great for endurance and team cohesion

# Power circle:

- Really common at our school
- we use skipping ropes, mats, ropes which are secured on the walls, high boxes to jump over them and lots of different exercises to strengthen our muscles
- mostly we do 5 to 6 rounds with 6 to 8 stations
- every station takes us about 60 seconds and between every set we rest for 30 seconds
- great for endurance and muscle growth

# Sports at school

## Football:

- team sport
- boys prefer this game
- the girls and boys play sometimes together



## Handball:

- team sport
- the girls and boys play together

