

## The 3rd Annual Healthy Lifestyle Week at AISV

In relation to the AISV Philosophy and Objectives which states that “*AISV Encourages Its Students to acquire a healthy self-respect and sense of worth and strive for physical, emotional and social well -being;*” the planning committee organized the 3rd annual Healthy Lifestyle Week on September 19-23rd, 2011.

The week offered a variety of different activities including morning exercises in the cage outside:



lunch fitness challenge for Kindergarden – Grade 2 with healthy snack prizes:



basketball for Grades 6-11 of which the most enthusiastic tournament was between the student and teacher teams. The student team won this year!



and on-going floorball tournament for Grades 3-5 for many of whom it was a new game, but the students learned it fast:



The sports activities were enriched with posters and drawings and presentations on herbal tea and home-made bread as described by one of our students:

“On 21<sup>st</sup> of September the ninth and tenth graders got to taste some herbal teas and homemade bread for our health lifestyle week. We tasted Thyme, mint, and Rose teas, and they were all good, and good for you. It was suggested that Thyme should be drunk when you are sick, and most of the ninth graders were at the time!! We also tasted mint tea, and some tea that was cold, and it was good!

The bread was made by Mr. Arūnas’ wife, and it was delicious. The spread put on it, also healthy, added to the flavor. It was a great health class!”



Furthermore, Wednesday was announced as **NO DRIVING TO SCHOOL DAY** to encourage AISV community to walk or bike to school which is good for each of us and the environment, and **DISCONNECT & RECONNECT DAY**. No computers or other electronic media for one day. All students in IT class sat outside with their shoes off, did some stretching, and interacted with each other like regular human beings. Teachers and students tried not to send emails or sent much less that day, but tried to meet with other people in person to discuss things.

The week was a lot of fun and enjoyed by all the active participants, and I am sure each year we will enrich this week with new activities.

*By Jolita Norkūnaitė, Activities Coordinator*