



Wise Teacher-Healthy Child- Courses for teachers on dietetics and healthy nutrition of children and adolescents

Newsletter N°2
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WITH.CH



WOMEN'STEC

THE PROJECT

With-ch is an European project carried on in several countries: Poland, Italy, Turkey, Romania, Spain and United Kingdom. The key objective of the project is to provide teachers from all types of schools with knowledge and practical competencies in the field of dietetics, healthy nutrition and an active lifestyle.

With.CH PROJECT MEETING N.2

The second partner meeting was held in Taskopru (Turkey) on 17-21 March 2014 with representatives of all the partners. During the second project meeting, the partners discussed:

- introduction of the project progress and activities done so far;
- observations, difficulties, recommendations and suggestions on field research;
- dissemination activities;
- partners' opinions and suggestions about web page;
- national report – tips and hints;
- comments on the communication and dissemination plan.

Furthermore, partners participated in cooking workshops.



With.CH PROJECT MEETING N.3

The third Meeting was held in Craiova (Romania) between 2nd and the 6th of June 2014.

During the meeting, the partners summed up the results of the survey they had already undertaken and performed tasks, as well as the difficulties regarding the implementation of the various activities, were discussed. The partners spoke about the presentation and discussion of the proposed Healthy Lifestyle and Active Lifestyle curricula. The partners shared their experiences, insights and general observations, and summarized the first year of the implementation of the educational project. Further stages of the project's tasks, including the deadlines and responsibilities of the partners, were clarified.



So far, **the key results** of the cooperation are as follows:

- an administrative guide on the principles of educational projects and financial guidelines;
- an implementation plan for dissemination activities;
- a logo, a website for the project and a Facebook page;
- 1st newsletter;
- an implementation plan for evaluation activities and questionnaires which explore the satisfaction of project participants;
- a guide and guidelines for the questionnaire;
- the final version of the questionnaire;
- the undertaking of research activities by the project partners;
- the national report (individually by each partner in the project) ;
- the prepared document reports on the dietary habits and physical activities of respondents, supplemented with numerous charts, comments and statements of the respondents (teachers of all levels of education);
- a report summarizing the completed dissemination activities.

First year is mainly the research year . Our aim is to find out what Europeans know about healthy and active living, what they eat and how many times a week they do any physical activity.

Would you like to learn more? Would you like to leave us a note?

Please visit and contact us at: with-ch.wix.com/leonardo

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