

**Active, Healthy at Sportvolksschule SVS Neufeld (Sportsprimary School)  
“Inclusion through Movement and Sport”**

Our Purpose:

- Inclusion through movement and sport
- Movement and sport as the basis for a healthy body, and a foundation for a connected, free life
- A comprehensive collaboration between our school and our parents, regardless of national heritage
- Development of a comprehensive idea of a healthy lifestyle as a principle for leading a healthy life

**The goal of our work is to improve and focus on the following areas:**

1. Personality

- Decreasing aggression
- Understanding different personalities
- Be accountable for students' performance
- Recognize and accept weaknesses
- To learn how to have stamina and how to overcome challenges
- Approaching success and failure the right way
- Enhancing a sense of self worth
- Promotion of self understanding
- Mindfulness for one's fears
- Improvement of skills and concentration

2. Physical Health

- To prevent heart and blood circulation issues
- To improve oxygen absorption
- To prevent incorrect posture
- To improve overall blood circulation
- Regulation of blood pressure
- To prevent metabolic diseases
- Prevention of stomach, intestinal, and metabolic disease
- Improved sleep
- Increase in immune system
- Regulation of body weight

Health = Physical and Spiritual Well Being

3. Social

- Belonging to a group
- Accepting other cultures and their values
- Experiencing success together
- To better understand wishes and necessities
- To learn to help, share, and wait
- Empathy

4. Environmental Safety

- Positive experiences and activity in nature
- Surrounded with heat, cold, and wet environments
- To gain an understanding for the importance of good health and life long learning

We decided on our emphasis for a “Healthy and Active School” based on:

- **General improvement of physical conditions.** We all are very aware of the fact: Anima Sana In Corpore Sano. a healthy soul in a healthy body'. ... Lives of Eminent Philosophers I:37 (Greek; English).
- **Preparation for higher education with an emphasis on sports** was another consideration. Coordination and endurance are basic skills that should be introduced in the lower school. Later, technical training can be established and improved upon.
- **Inclusion through activity and sport** was a factor that came about in the last few years. The school system has fundamentally evolved. People from different cultures and religions have settled together in our city. Many have earnestly come to Graz, hoping to provide a better future for their family, and above all, their children. Migration, integration, and inclusion have quickly become our age's new catchphrases. But the magic of "new beginnings" have quickly disappeared.

Daily life appears much different:

- Father, who has learned the language, cannot quite get his footing in the workplace
- Mother, who even after a number of years is not able to master the new "home" language, who isolates herself, who can no longer lead the life she used to live, and celebrate her previous traditions
- Women, who probably did not want to leave their homes, were forced to leave
- Children, who have quickly learned German, and have found their role in society through everyday learning
- However, there are also children, who after two years of intensive German languages studies, do not have a good handle on the language and therefore:
  - socialize less with children that speak German
  - will become frustrated every afternoon with their immersion in our technology-media program

### Focal Point Schools

- Little motivation to doing inclusion
- Little to no support at home
- Less possibility to develop personal potential
- High potential for aggression

Our Approach:

- People, who feel confident to strengthen their personality, who feel healthy, and are ready to adapt to new situations. They must learn to like the positive and enjoyable aspects of our country and culture, allowing themselves to be open to new things. It is our job to make these offers to the children. Education is the key to the door for a lifelong and happy life - inclusion"

Therefore, we try to establish situations:

- In order to help the children feel comfortable
- Where parents are ready to be vulnerable and learn new things

Sports offer a perfect basis to accomplish this:

Regardless of language, religion, upbringing and financial possibilities, sport connects kids from all different nations, making more accessible to:

- Want to learn rules, and to follow them
- Want to learn German, and to make friends
- Want to spend time with each other
- To integrate themselves

Because of the number of sporting programs we offer, we have been able to successfully create, and strengthen our sporting clubs.

### **Short Description**

Since the fall of 2013 the VS Neufeld team has tried to present a new face for the school:

Starting point:

- 153 children from more than 10 different nations, speaking a variety of languages, and practicing a number of different religions
- A large range of educational levels of parents with different concepts for how to further educate their children
- Very varied level of financial security from parents

We strive to construct a respectful environment with one another regardless of different cultures and religions with different conceptions of wants and necessities. We strive to seriously encourage our students and parents to look beyond these different value systems and to create a foundation for everyday school life.

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### **1. Inclusion through movement and sport**

- Acceptance and respect for other cultures and value systems
- To create a sense of togetherness between different cultures and religions
- Simultaneous consideration of desires and needs

- To work together to abide by our rules (agreements)
- Interface KIGA - VS (Grazer Stärkenpass)

For us this is no place for segregation or judgment. We value the ability for our children to celebrate not only Christian customs but also other cultural environments as well. The children should learn that there is plenty of room for different lifestyles, perspectives, and customs. Our world has become colorful and demands the acceptance of different lifestyles.

Every person has the right to live how they want to if they don't take away from the freedom of others. This atmosphere will only function correctly if we are able to value and hold true to our rules and principles.

Measurements:

- Introduction of daily physical education classes
- Prioritization of athletics to develop our community (especially football and handball)
- Sports as a way to create a disciplined adherence of rules
- Friendly school competitions in heterogeneous groups
- Daily recess for activities
- Innovating education by diversifying conventional teaching methods, through the use of specialized projects
- We offer a variation of modules that allows children to get to know each other in a number of different settings
- Works to prevent violence
- The Graz *Stärkenpass* in cooperation with the *KIGA Plüddemanngasse*
- Foundation of sport clubs at SVS Neufeld
- Monthly cooperation with partnerkindergarten Brucknerstraße

2. Athletics and sports as a basis for health and as a principal for a connected community and free lifestyle

- Building physical principles in the areas of:  
Endurance, coordination, movement, and dexterity
- Preparation for upper school and to maintain athletics and sports as a foundation for their future

Measurements:

- Introduction of daily physical education classes (pilot project)
- We offer a number of possibilities to play sports in non-committal activities (football, handball, gymnastics, team building activities, fencing)
- Absolute use of our infrastructure and resources (as well as sharing our sporting facilities with the neighboring SMS)
- Collaboration with our neighbor the SMS
- Involvement of external experts in sport and training from *Bewegungsland Steiermark*

We will supplement our program through:

- A yearly ski course
- Diverse athletic opportunities from our teachers
- Ice skating
- Running events

- Hiking days
- Participation in different sporting events: *Waldlauf der Jugend*, *Minihandballturnier*, *kleinere Freundschaftsturnier bei Hand-und-Fußball*, *Mutter-Vater-Kind Lauf*, *Grazer Schillaufcup*, *Orientierungslauf*)
- School sport events

3. A comprehensive collaboration between our school and our parents, regardless of national heritage

Teachers:

- Goal oriented working towards mastering the German language
- Clear communication between parents and school
- Consequential understanding of the necessity of education as a means to create chances for the future
- Persistent teamwork in our school day

Parents:

- Support for school work through healthy feedback (subscribing to newsletters, replacing and providing school goods as well as home activities)
- Committing to regular school visits as a basis for positive development of the children
- Respect and understanding regarding class meetings
- Readiness to positively support their children in learning a new language and introduction of a new culture.

Measurements:

- Connecting parents through various activities: football tournament with the parents, mother-father-child run with a buffet/meal
- Collaboration with parents clubs
- Membership and collaboration with the VS Neufeld sports clubs
- Parent Cafe (*Eterncafe*) once a month
- Attendance for school and teacher events
- Parent speaking nights for Arabic, Turkish, and Albanian cultures

4. Development of a comprehensive understanding for how to lead a healthy life

- To recognize the connectivity between physical health and a good diet
- Acceptance of different dietary customs regardless of religious association
- Healthy snacks as the basis for a healthy active learning
- A healthy rhythm for a healthy life regardless of religious particularities (for example, fasting during Ramadan)

Measurements:

- Daily apple from an organic farm
- Milk
- Beginning with the second semester, students will be offered regular “healthy snacks” (in the form of a buffet)
- Parent information evening from Styria Vitalis
- Parent cafe with main themes
- Project: get healthy by walking to school!

The parent club and the parents are connected together as if they were part of an outside school program. Therefore we also collaborate with our neighboring schools. We have tried to grow together as a team, introducing new educational and pedagogical concepts, in order to expand the possibilities of our educational program. Since the fall of 2017 we have organized the *Elterncafe*, which offers the possibility for parents to exchange food and drink with each other. Parents also receive important information—for example, the last announcement made at *Elterncafe* was about the “*Gesunde Jause—power für den Schultag*.” At every *Elterncafe* meeting school representatives or teachers are present in order to guide the meetings towards common concerns or topics. Their job is to facilitate topics and to guide the group towards finding common solutions. These meetings help increase the feeling of understanding and connectivity for the group.

We receive expert support through “Styria Vitalis,” which helps us understand and begin to grasp the Arabic culture. We attempt to show respect to each other, in that we strive to accept the possible habits and customs of different cultures. We hope that this way of thinking will carry over to our students and school environment.

Many of these things are introduced during our school day as well as during the afternoon care that we offer. Our everyday breaks allow students to consume water, health snacks, milk, and their daily apple. Through regular open conversations and assemblies we solve issues with students and establish our rules and principles—for example, the use of sports and sports equipment.

We want our children to embrace their personalities, to strengthen their own consciousness, and to open them up to the desires and feelings of their fellow human beings. They should learn to respect and appreciate themselves as well as others. They should be proud for what they can do, and accept that you can do everything to perfection!