

Healthy People, Healthy Planet

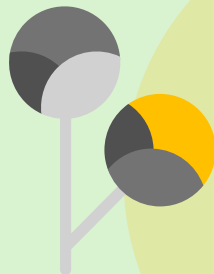
ZŠ a Montessori MŠ Národní 1018, Prachatice

"How can we live in harmony with our bodies
and the planet?"



Hydroponics and Healthy Snacks

- We grow our own herbs in hydroponic systems.
- We learn how to plan and prepare healthy meals using fresh, unprocessed ingredients free from harmful fats.
- We experience full process of communal dining.



Salad Bar

- We have access to fresh fruits and vegetables.
- We have successfully eliminated processed foods from our menu.



Wednesday Cooking

- Every Wednesday a small group prepares a healthy lunch for students in years 7 and 8.
- We actively participate in processing organic waste.
- We learn how to reduce food waste.





Tap Water

- We encourage students to drink tap water rather than bottled beverages.
- The aim is to reduce microplastic consumption.
- Campaign run by The EcoTeam





Worm Farm

- We take an active part in processing organic waste.
- The vermicomposter:
 - serves as a practical demonstration of a closed nutrient cycle
 - teaches responsibility for the waste they produce
 - is maintained by the EcoTeam members



School Clothing SWAPS

- We promote community sharing and oppose fast fashion.
- We believe it strengthens the school's social climate.
- Organized by The EcoTeam



Biodiversity Care

- We participate in Garden Birdwatch programmes and manage bird feeders and birdhouses.
- It helps develop calm, mindfulness, and empathy toward nature.
- Campaign promoted by The EcoTeam



Outdoor Physical Activities

- Our school offers a wide range of outdoor physical activities, e.g. swimming, skiing, water sports, training courses, and cycling lessons.
- Preschool children spend plenty of time outdoors (in the school garden and in the countryside around our town).
- Lower elementary students can enjoy morning warm-ups.



The Young Medics

- Led by a certified instructor.
- The project provides students with practical training in first aid and crisis management.
- Our goal is to obtain donations to acquire equipment for more realistic simulations, to enhance the safety of our entire community.



First Aid Teaching

- We are committed to mastering first-aid skills and teaching them to others.
- Financial support would allow us to purchase high-quality educational aids, such as CPR training manikins, bandaging materials, wound models, and other equipment necessary for realistic training.



School Eco-Code

- We are currently working on a school-wide Eco-Code.
- It aims to present the school's values and principles for protecting the environment.
- It will include specific ventilation rules based on data from CO₂ meters.

Co víme
o recyklaci skla?

Recyklace skla potřebuje
o 90 % energie méně než
výroba nového skla

100% recyklovatelné

Recyklace může
probíhat stále dokola

Recyklace 1 tuny skla
ulehčí ovzduší o 400 kg
exhalací CO₂

Thank you for your
attention!

Together, we can make our school
— and our world — a better place.

