



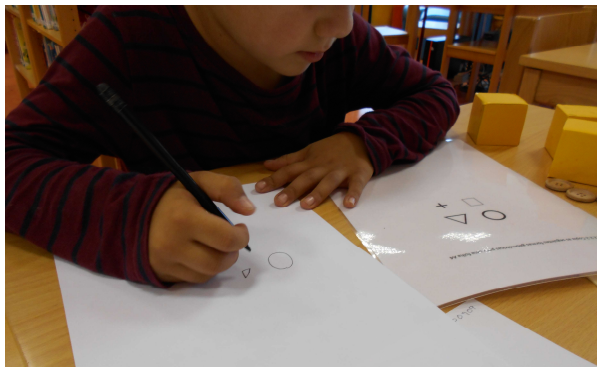
Intervention universe  
712 students of the first cycle of basic education in 32 county parishes' – 5 to 10 years old

2014 - 2018

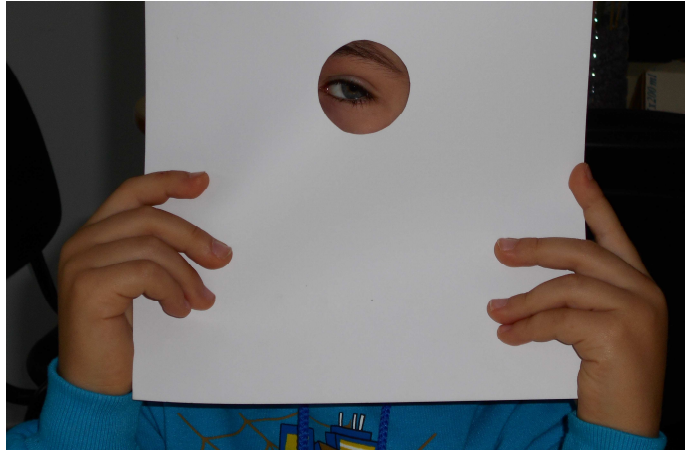
Intervention and control groups – six mediators with training in different areas - basic education, psychology, psychomotor, nutrition, social education, sociology and education sciences



Screening – Static and dynamic balance responses



Screening – Fine motor and movement skills assessment



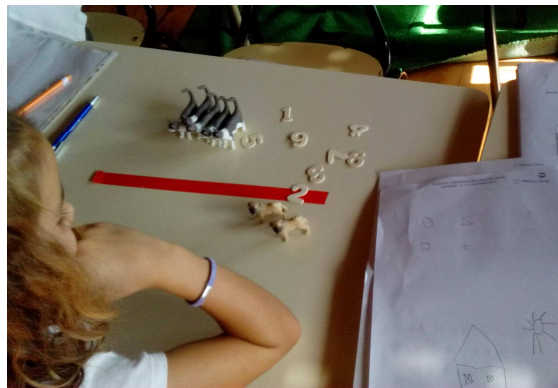
Screening – Laterality and rhythm tests



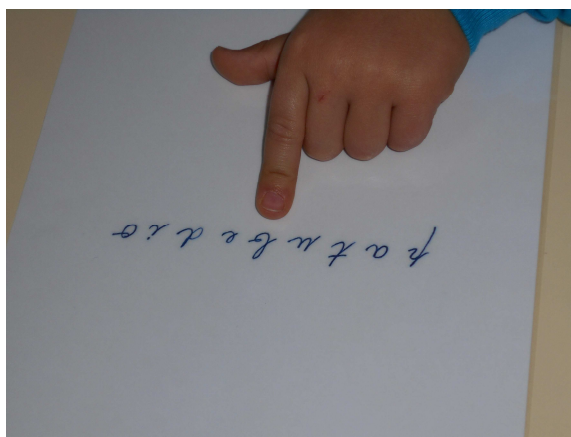
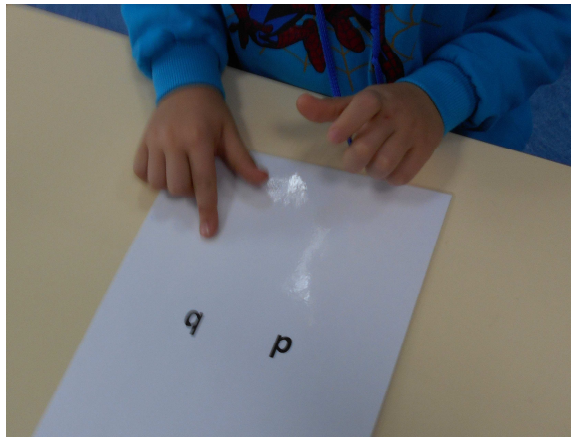
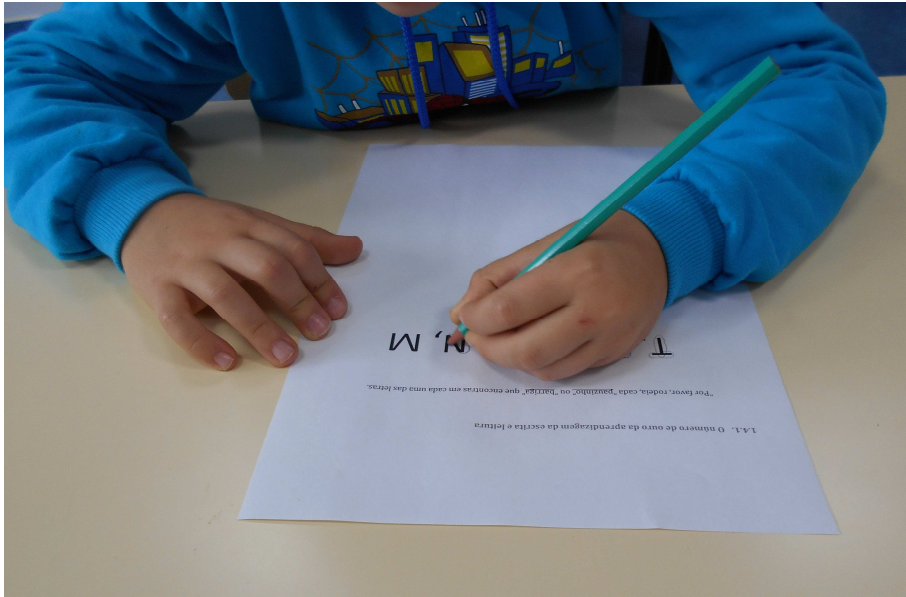
Screening – Anthropometric test



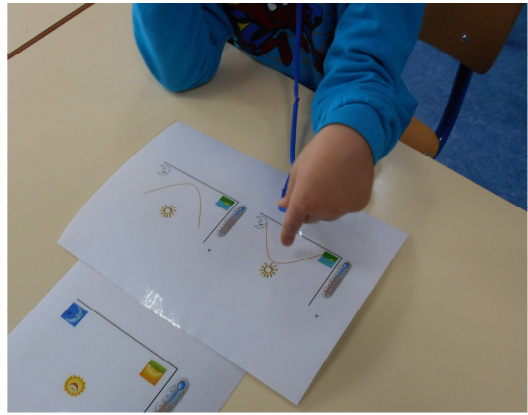
Screening – Memory and attention



Screening – Arithmetical abilities (numerosity and mathematical tasks)



Screening – verbal abilities



Screening – Graph movement assessment



Screening – Eyesight and hearing – Pombal's Community Care Unit

*consulta dos 5-6 anos*

Data: 8/12/14 Idade: 5A. Local: CS Redúlia  
 Nome do médico (legível): Rita Santos

*Forma global de saúde antes da escolaridade obrigatória*  
 (preenchimento da ficha de ligação para a Saúde Escolar)

(assinale os parâmetros examinados)

<input checked="" type="checkbox"/> peso	<input type="checkbox"/> visão
<input checked="" type="checkbox"/> estatura	<input type="checkbox"/> audição
<input checked="" type="checkbox"/> tensão arterial	<input type="checkbox"/> linguagem
<input type="checkbox"/> dentes (6/10)	<input type="checkbox"/> exame físico completo
<input type="checkbox"/> coração	<input type="checkbox"/> desenvolvimento
<input type="checkbox"/> postura	<input type="checkbox"/> vacinação

*temas de conversa*

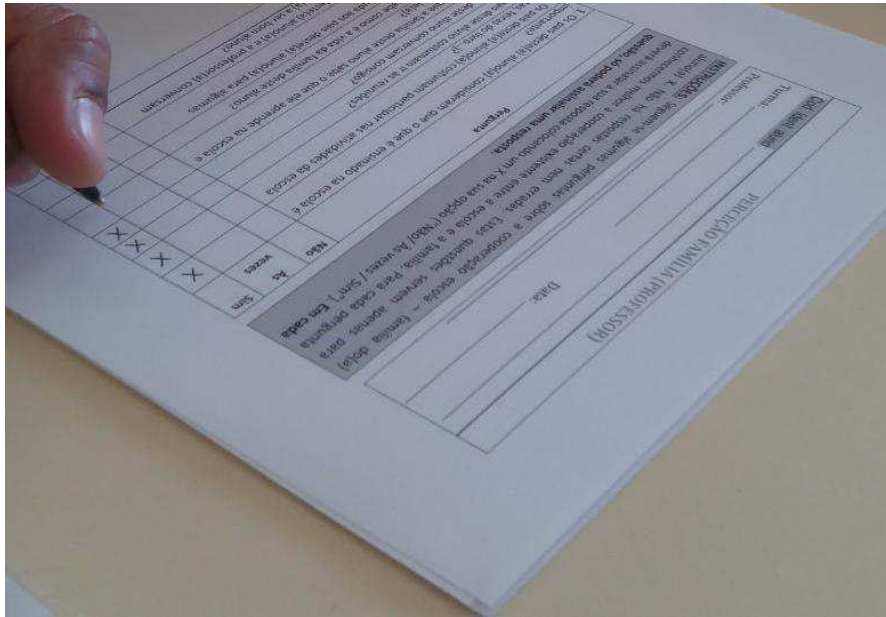
- alimentação adequada
- hábitos de sono, enurese nocturna
- preparação da entrada para a escola, prevenção do insucesso escolar, postura na escola e no estudo
- acidentes e segurança - caminho para a escola, transporte escolar
- hábitos de leitura
- exercício físico, ao livre, actividades de lazer e estímulo intelectual
- higiene oral - cárie.

*observações*

*ritas*

Idade	Visão	Audição	Vacinação
0	0	0	0
1	0	0	0
2	0	0	0
3	0	0	0
4	0	0	0
5	0	0	0
6	0	0	0

Screening – Health and vaccination bulletin's checking - Pombal's Community Care Unit



Family perception – Survey to teachers, parents and students  
Socioeconomic context – sleeping habits and school schedules – Behaviours and attitudes



Data processing – Platform developed by the University of Aveiro





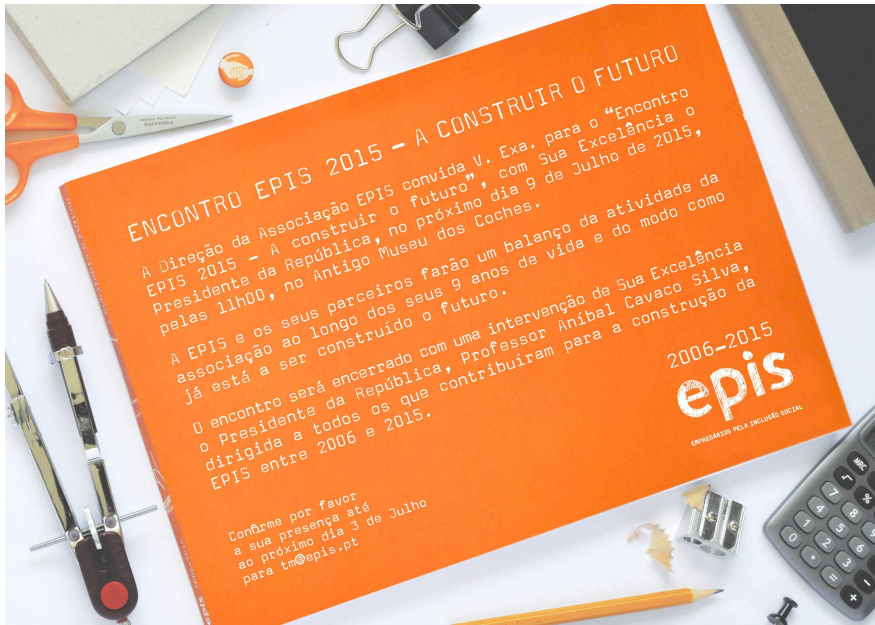
Universal training – teachers and mediators



Specific training – teachers and school support staff



Certification



National recognition - Meeting attendance “Building a future” – Republic’s Presidency



Local activities – “Parent’s lecture” – Professor David Justino (President of the National Board of Education and former Minister of Education)



Results Presentation to the Educational Community – Education Day (from left to right representatives from EPIS, Health’s Regional Administration, Education’s Secretary of State, Education’s Regional Direction and Municipality of Pombal)



Reflection with parents of Pombal's basic school



"Studying is fun" Session to parents and their children in Almagreira's School



“Studying is fun” Session to parents and their children in Ilha’s School



“Studying is fun” Session to parents and their children in Carnide’s School

Themes worked with families

Motivational and studying methods

Interpersonal relationships

Sleeping, healthy eating habits and physical activities’ benefits

Recommendations – workplace and use of technological equipments

Bullying and Cyber bullying