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THE EXPERIENCE OF FORMATION OF SCHOOL-CHILDREN'S HEALTHY LIFESTYLE IN THE CONDITIONS OF ACTIVITIES OF THE REGIONAL INNOVATIVE PLATFORM IN BELGOROD REGION

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Abstract. The article is devoted to an important problem of modern Russian education – saving the pupils' health and forming a healthy lifestyle of children and teenagers. The authors examine the results of the regional innovation platforms which united six schools of the Belgorod region. The purpose of the innovative activity is designated: dissemination of advanced pedagogical experience on the problem of preserving and strengthening the health of school-children, the formation of their culture of a healthy and safe lifestyle. The regulatory legal and organizational aspects of creating an innovative site are presented. They include some normative acts of federal and regional significance. The ways of disseminating pedagogical experience in the sphere of forming a healthy lifestyle are described. Examples of network interaction, scientific and methodological events, methodological and information support are given. The main results of the activities include the improvement of professional competence of teachers and improvement of health of school-children. In conclusion, the results of monitoring the effectiveness of the regional innovation platforms activity are presented. The performance criterion of quantity and the performance criterion of quality are described. The indicators of teachers' subjective position in the implementation of health-oriented activities such as a membership in the methodological Association, creative problem group, winning all-Russian or regional competitions in the field of health and healthy living of school-children etc. are substantiated. A positive criterion for the regional innovation platform such as the demand for innovative products is approved.

Keywords: regional innovative platform; maintaining the health of schoolchildren; promotion of healthy lifestyles; dissemination of pedagogical experience; training; monitoring effectiveness; criterion of innovative activity.

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ОПЫТ ФОРМИРОВАНИЯ ЗДОРОВОГО ОБРАЗА ЖИЗНИ ШКОЛЬНИКОВ В УСЛОВИЯХ РЕГИОНАЛЬНОЙ ИННОВАЦИОННОЙ ПЛОЩАДКИ БЕЛГОРОДСКОЙ ОБЛАСТИ

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Аннотация. Статья посвящена актуальной проблеме современного российского образования – сохранению здоровья школьников и формированию здорового образа жизни детей и подростков. Авторами рассматриваются результаты деятельности региональной инновационной площадки, которая объединила шесть школ Белгородской области. Обозначена цель инновационной деятельности: диссеминация передового педагогического опыта по проблеме сохранения и укрепления здоровья обучающихся, формирования у них культуры здорового и безопасного образа жизни. Представлены нормативно-правовые и организационные аспекты создания инновационной площадки. Федеральная и региональная нормативно-правовая база приведена. Описаны способы диссеминации педагогического опыта в сфере формирования здорового образа жизни. Приведены примеры сетевого взаимодействия, научно-методических мероприятий, методического и информационного сопровождения. Основными результатами деятельности РИП являются повышение профессиональной компетенции педагогов и улучшение показателей здоровья обучающихся. В заключении статьи приведены результаты мониторинга эффективности РИП. Показатели критерия количества и показатели критерия качества описаны. Обоснованы показатели субъектной позиции педагогов в реализации здоровьеориентированной деятельности, такие как участие в работе методического объединения, творческой проблемной группы, победы во всероссийских и региональных конкурсах в сфере сохранения здоровья и формирования ЗОЖ обучающихся. В качестве положительного результата констатируется востребованность продуктов инновационной деятельности.

Ключевые слова: региональная инновационная площадка; сохранение здоровья школьников; формирование здорового образа жизни; диссеминация педагогического опыта; повышение квалификации; мониторинг эффективности; критерии инновационной деятельности.

Introduction. In the last decades, there is an intensive search of ways of familiarizing the younger generation to the values of health and developing effective ways of forming school-children ' culture of health in

domestic and foreign pedagogy [1, 3, 9, 13, 14, 16, 17, 18]. One of the promising areas is the creation of regional innovative platforms in the field of health education. In the Belgorod region, such an innovative platform,

called "The formation of a healthy lifestyle of school-children by means of the educational process", was created and functioned in the period from 2015 to 2017 on the basis of the order of the Department of Education of 29.12.2014 № 4343 "The recognition of educational organizations-applicants as regional innovative platforms".

The regional innovation platform included "Borisovskaya School №2" in Borisovsky district, "School № 40" in Stary Oskol", "Dubovskaya School with in-depth study of subjects" in Belgorod district, "School with in-depth study of subjects №1" in Gubkin, School for preschool children and younger school age "Elementary school – Kindergarten № 44" in Belgorod, "School №36" in Belgorod, and "Novotavolzhanka school named after the Hero of the Soviet Union I. P. Serikov" in Shebekinsky district. These educational organizations were the basic schools of the regional training platform for the dissemination of models of healthy and safe lifestyle of school-children in 2011-2013. The organizational model of the internship platform was the "Association of Schools" associative network with appropriate material, organizational and human resources for the effective organization of training of principals and teachers of educational institutions and implementing common tasks of dissemination of best practices for the formation of a culture of healthy and safe lifestyle of school-children.

Main part. A set of measures to disseminate the models for the formation of a culture of healthy and safe way of life of school-children on the basis of the regional training platform implemented in 2011-2013 included measures for the introduction of innovative educational and organizational and legal models of a health-forming focus in educational institutions, modernization of educational and training programs, training and methodological support of educational programs of General education, the formation of an unified health-saving educational environment [4].

The teaching staff of these educational organizations demonstrated high professional competence in the sphere of health protection

of school-children and culture of healthy and safe way of life; they had experience of participation in the organization of continuous training in culture of health and healthy way of life; formation of the uniform health saving educational environment [1, 10, 19].

The dissemination of advanced pedagogical experience on the problem of preserving and strengthening the health of school-children, the formation of their culture of healthy and safe lifestyle has become the goal of the regional innovation platform. Achieving the goal involves the solution of the following tasks: promotion of educational, information materials, technologies on the formation of a healthy and safe way of life; improvement of the process of training through seminars, open lessons and master classes, updating the database of methodological and didactic materials; improvement of the system of monitoring the level of health of school-children and the level of formation of motivation for a healthy lifestyle [8].

In accordance with the tasks set for 2015-2017, the following results were achieved:

1. Methodological support of the educational process aimed at preserving and strengthening the health of school-children, forming their culture of healthy and safe lifestyle is provided:

- structural models for the formation of healthy lifestyles of school-children were developed and tested;

- interdisciplinary programs were developed to improve the health of the environment;

- thematic planning on subjects with the inclusion of subjects on the formation of a healthy lifestyle was developed;

- programs of elective courses on a healthy lifestyle were developed;

- summaries of lessons and extracurricular activities for the formation of a healthy lifestyle were developed;

- a bank of lessons and extra-curricular activities, including a library of physical exercises, outdoor games, and collections "The experience of forming a healthy way of life" was created.

2. The integration of health-oriented and health-improving measures into the educational process was carried out.

3. Improvement of material resources of educational organizations for the solution of questions of promotion of a healthy lifestyle was carried out.

4. The interconnected health-oriented activity of teachers and school services (social, psychological, medical) in educational organizations was carried out.

5. The increase of theoretical and methodological level of teachers on the problem of health preservation and a healthy lifestyle of school-children was carried out.

6. The program of monitoring the level of health of school-children and the level of formation of motivation for a healthy lifestyle was adjusted and implemented (educational organizations were provided with diagnostic medical complexes "The automated complex for medical examinations", "The healthy child", "The psychomat", "The accessible environment," which included software for comparative analysis of data obtained in the context of one child, class, parallel classes, and school).

The activity of the regional innovation platform is regulated by the documents of the regional and municipal levels, as well as at the level of educational organizations [6].

The results of the reporting stages of the innovative activity were discussed at meetings of teaching staff, at teacher-parent meetings. The results of innovative activities of educational institutions were part of the annual public report posted on the school's website.

The system of in-school professional development of teachers involved in innovation activities was carried out in the course of the interchange of creative groups, teachers' participation in health-oriented competitions, seminars, open events [7].

The organization of network interaction and cooperation was carried out between educational organizations and members of the innovation platform; at the municipal level with educational organizations, with institutions of additional education, culture and sports, medi-

cal institutions. The modernization of the school management system (the Governing Council, the Council of parents, the Council of school-children) on the one hand, and the implementation of joint activities and social actions with partners, on the other hand, allowed to move from a simple exchange of information to a partnership as the highest form of social interaction [2].

Generalization and dissemination of experience in the implementation of the innovation program was carried out at the municipal, regional, interregional, Federal, international levels. The subjects of the dissemination of the experience were:

– authors of innovative experience (teachers and heads of educational organizations).

– consumers, users of innovative experience (teachers and heads of educational organizations of the Belgorod region, other regions of the Russian Federation).

The objects of dissemination of experience were the abstracts of lessons and extracurricular activities, thematic planning on subjects, including the section of healthy lifestyles, publications, methodological collections [5, 15].

Teachers of educational organizations participating in the regional training platform took an active part in scientific and methodological activities, such as the annual international scientific and practical conference "Formation of a healthy lifestyle of children and adolescents: traditions and innovations" in Belgorod (2015, 2016, 2017), the annual all-Russian forum "Health of the nation – the basis of Russia's prosperity" in Moscow (2015, 2016, 2017), the annual all-Russian forum "Health education: experience, problems, prospects" (2015, Saratov; 2017, 2016 Rostov-on-Don; 2017, Voronezh), the all-Russian scientific and practical conference "On the way to the school of health: the best practices of training a modern teacher" (2016, St. Petersburg).

14 regional practice-oriented seminars were held on the basis of schools participating in the regional training platform:

– "School №40" in Stary Oskol – "Design of health-forming educational process in

the mode of full-time school", "Creating conditions for inclusive education";

– "School №1" in Gubkin – "Education and health: the formation of health-creating educational space", "Current issues of implementation of health-saving technologies in the conditions of the Federal State Educational Standards»;

– "Borisovskaya school №2" – "The volunteer movement in forming a healthy way of life", "Forms and technologies of work with participants of the educational process in conditions of inclusive education";

– "School №36" in Belgorod – "The experience of using health technologies in the modern school as a performance-based learning", "Formation of spiritual and moral values of the modern student through the creation of health-oriented learning environment and education";

– The School for preschool children and younger school age "Elementary school – Kindergarten № 44" in Belgorod" – "Continuity in the kindergarten-primary school in the formation of a healthy lifestyle of children", "Innovative forms of work with parents of schoolchildren in the formation of a healthy lifestyle";

– "Novotavolzhanka school named after the Hero of the Soviet Union I.P. Serikov" in Shebekinsky district – "The Integration of issues of formation of a healthy lifestyle during lessons and extracurricular activities", "Implementation of the program of formation of a healthy lifestyle of schoolchildren in an educational institution»;

– "Dubovskaya school in the Belgorod region" – "Implementation of the program of formation of a healthy lifestyle of school children in the educational organization", "Innovative approaches to the formation of a healthy lifestyle in the organization of sports and mass work".

The dissemination of experience of the innovative activity on the formation of a healthy lifestyle was also carried out through master classes, open classes for students of advanced training courses of Belgorod Institute of Education Development (principals of educational organizations, teachers of physical cul-

ture, teachers-organizers of basics of life safety, social teachers).

Teachers of educational organizations participating in the regional training platform took an active part in the regional competitions "School is health territory", "The Teacher of health of the Belgorod region", competition of methods of implementation of the program "Talk about proper nutrition", as well as in some all-Russian health-oriented competitions.

The generalized experience of 15 teachers on the formation of a healthy lifestyle by means of the educational process is included in the regional Bank of contemporary pedagogical experience. The teachers have developed and distributed collections of methodological developments and programs, scenarios of lessons and extracurricular activities, teacher-parent meetings, banks of physical education and outdoor games.

The purpose of the innovative activity was to disseminate the best pedagogical experience on the problem of preserving and strengthening the health of school-children, the formation of their culture of a healthy and safe lifestyle. As a result of the innovation activities, a system of program activities and the main directions of implementation of the program of innovation activities have been developed.

In the course of implementation of the innovation platform the following results were achieved:

1. The Bank of methodological and didactic materials of contemporary pedagogical experience on the problem of preservation and strengthening of health of schoolchildren by means of educational process was created.

2. The dissemination and promotion of educational, methodological and information materials, technologies on the problem of formation of a healthy and safe lifestyle proved to be effective.

3. The professional level of teachers and employees of educational organizations through the introduction of modern methods in the educational process, on the basis of seminars, open lessons and master classes, updating the database of methodological and didactic materials was upgraded.

4. The system of monitoring the level of health of school-children and the level of formation of motivation for a healthy lifestyle was improved and implemented.

At the level of educational organizations, innovative activities contributed to:

- improvement of the health-oriented infrastructure and subject-spatial environment, ensuring the reduction of school risk factors for the health of school-children;

- the formation of the health-oriented educational process, which was more effective towards promoting the health of school-children;

- a decrease (in the percentage) of school-children belonging to the special medical group for health reasons and an increase (in the percentage) of children belonging to the first health group;

- an increase in the potential of teachers on the problem of maintaining health and forming a healthy lifestyle of school-children;

- coordination of interrelated health-oriented activities of teachers and school services (social, psychological, medical);

- creation of optimal conditions for the widespread introduction and use of health-saving technologies in the educational process [7, 10, 11].

In the process of implementation of the regional innovation platform, the activities of educational organizations were supplemented with aspects of inclusive education, creation of a health-oriented environment for children with disabilities, which was an additional result of the regional innovation platform. In schools-participants of the regional innovation platform the educational process is fully provided with educational literature, programs on the subjects of the curriculum, educational and methodological complex for teachers and school-children, didactic and illustrative visual material, laboratory equipment, which allows to create conditions for the quality of educational services, to ensure the possibility of inclusive education.

The educational institutions have accumulated the necessary material for the implementation of inclusive practice in the following areas:

- methodological support of implementation of technologies of psychological and pedagogical support of inclusive educational process;

- design of special educational conditions for school-children with disabilities;

- expertise of special educational conditions for school-children with disabilities (training of specialists in the procedures of expertise);

- development of recommendations for adaptation of educational programs;

- involvement of children with disabilities and their parents in activities to promote a culture of healthy lifestyles.

As a problematic issue in the course of the project, there was revealed the absence of a modern health training program adapted to new educational conditions, although the programs of this orientation are implemented in each educational organization. The solution to this problem is seen in the review of existing programs of educational organizations, the synthesis of materials and the development of an exemplary regional program for training in healthy lifestyles.

The program of monitoring of innovative activity included the following evaluation criteria results: the quantity criterion; the criterion of quality of educational institutions for the education of culture of health of school-children [12].

From the point of view of the criterion of quantity of their dynamics, multiplicity on indicators was estimated: the quantity of products of dissemination of innovative activity; positive dynamics of actions for dissemination of experience of formation of a healthy lifestyle. According to the indicator "the number of products of innovation dissemination", the planned values were achieved:

Table 1

The number of products of innovation dissemination

Таблица 1

Количество продуктов инновационной деятельности

period	2015	2015	2017
Collections "The experience of work"	–	2	7
Video-library	1	3	9
Banks of lesson plans and activities	7	10	10
Healthy lifestyle education programs	5	7	7

In terms of "Positive dynamics of measures to disseminate the experience of healthy living" the following values were achieved:

- 14 regional seminars were held on the basis of educational organizations participating in the project;
- 24 master classes were held in the framework of training courses;
- the experience of 15 teachers was summarized;
- 30 teachers took part in scientific and practical conferences of regional, national and international levels;
- 56 teachers became winners and laureates of regional and all-Russian competitions of health-oriented orientation.

In addition, in 2015-2017, the educational organizations participating in the project held 32 municipal and 10 cluster seminars on the problem of forming a healthy lifestyle of school-children.

According to the quality criterion, the following indicators were monitored: the degree of subject activity of the project participants; updating the forms and methods of work of the teaching staff to form a healthy lifestyle of school-children. Positive dynamics was recorded according to these indicators. The indicator "The degree of subjective activity of project participants" was recorded in educational institutions by Deputy Principals for each member of the teaching staff. To track the results, the members of the project's methodological Council developed evaluation sheets.

Table 2

Assessment of the teacher's subject activity on the formation of a healthy lifestyle

Таблица 2

Оценка деятельности педагога по формированию здорового образа жизни

(Name, subject)	
№п/п	Participation in events
1	passed courses of improvement of qualification (<i>specify name and date</i>)
2	the experience on this issue is generalized (<i>specify the level, subject, number of the order or certificate</i>)
3	actively distributes her/ his experience in the formation of a healthy and safe way of life of school-children (master class, open lesson) (<i>specify the date and name</i>)
4	is a member of the Methodological Association, a creative problem group, innovation, etc. in the field of health education (<i>specify the name of the direction</i>)
5	conducts classes on a healthy lifestyle training (<i>specify the author of the program, class</i>)
6	she/ he is a author of a textbook (<i>specify the title, place and date of publication</i>), the author's program, elective course, etc. (<i>specify by whom and when approved</i>)

7	is a winner of an all-Russian or regional competition in the field of health and a healthy lifestyle of school-children (<i>specify the name of the event and the date</i>)
8	is a tutor of a student-winner of the all-Russian or regional competition in the field of health and a healthy lifestyle of school-children (<i>specify the name of the event and the date</i>)
9	takes part in seminars, conferences and other events on health-oriented pedagogy (<i>specify the name of the event and the date, the degree of participation-presence, presentation, publication of the article, etc.</i>).

According to the analysis of the data provided by the educational institutions, there was recorded a 77% increase in the number of teachers included in health activity. The share of primary school teachers was 93%.

The indicator "Updating of the forms and methods of work of teaching staff on formation of a healthy lifestyle" was fixed at the level of the educational organization, municipal level, and regional level. With the introduction of the Federal state educational standard in all educational institutions, there were implemented programs for the formation of a healthy and safe lifestyle, which have objectively led to the renewal and expansion of the range of forms and methods of work on the formation of a healthy lifestyle as teachers and teaching staff. Traditional forms, such as competitions, propaganda teams, discussions, debates, sports events, were supplemented with new forms of research and project activities of school-children, the implementation of school health-oriented projects, environmental teams quests, flash mobs, and health cafes.

Conclusions. The following indicators show the effectiveness of the innovation platform program:

- availability of the Regional Bank of methodological, didactic, information materials on the problem of formation of a healthy lifestyle of school-children;
- an increase in the level of teachers' competence and effectiveness of their activities in the formation of a healthy lifestyle of school-children;
- improvement of the efficiency of management of the process of forming a healthy lifestyle of school-children;
- satisfaction of participants of educational organizations participating in the region-

al innovation platform with the activity on dissemination of experience;

- improvement of the level of health and formation of healthy lifestyle skills of school-children.

A positive criterion for the regional innovation platform is also the demand for innovative products. The objectives of the regional innovation platform were fulfilled. As an important result of the regional innovation platform "The formation of a healthy lifestyle of school-children by means of the educational process" can be considered the creation in the Belgorod region of advanced development zones for the implementation of health-oriented areas of work in educational institutions, which were implemented using the interaction within the municipalities between the management bodies, schools, project participants and other educational organizations.

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