

ЗАРАВЈЕТО ПРЕА СЕ



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Издавач: ООУ „Св. Климент Охридски“ – Битола

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Лектура: Соња Бандевска, наставник по Македонски јазик

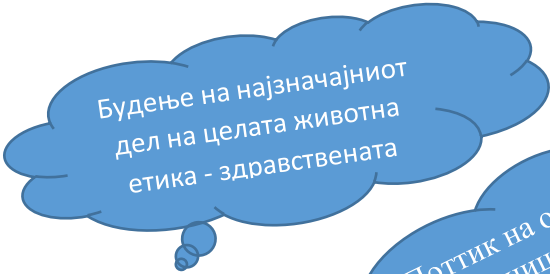
Компјутерска обработка: Дарко Аврамоски, наставник по Техничко образование и Иновации

Дизајн на корица: Ленче Крстеска, наставник по Ликовно образование

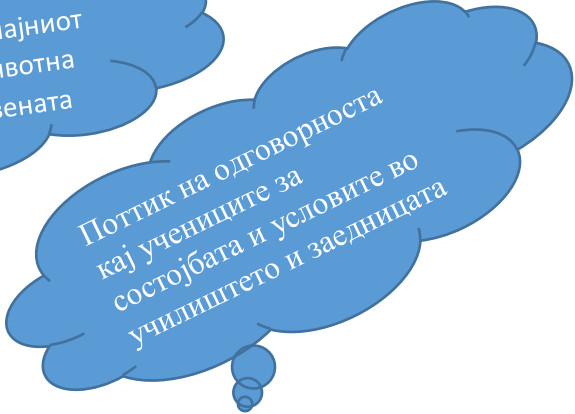
Ликовните творби ги изработија учениците од ликовната секција на VI, VII, VIII и IX одд. од ООУ „Св.Климент Охридски“-Битола, под менторство на наставниците Ленче Крстеска и Стевче Тодоровски.

Литературните творби ги изработија учениците од VI, VII, VIII и IX одд. од ООУ „Св.Климент Охридски“-Битола, под менторство на наставниците: Соња Петровска, Маргарита Поповска, Оливера Илиевска, Мирјана Стојановска и Соња Бандевска (Македонски јазик).

Изработките по странски јазици ги изработија учениците од IV, V, VI, VII, VIII и IX одд. од ООУ „Св.Климент Охридски“- Битола, под менторство на наставниците: Евдокија Галовска (Германски јазик), Виолета Поповска, Снежана Ѓеорѓиевска, Љупка Петкова, Марија Крстевска и Марија Дранго Имами (Англиски јазик).

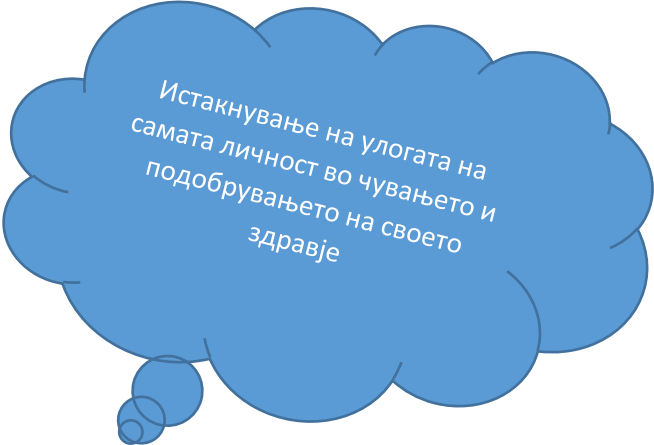


Будење на најзначајниот
дел на целата животна
етика - здравствената

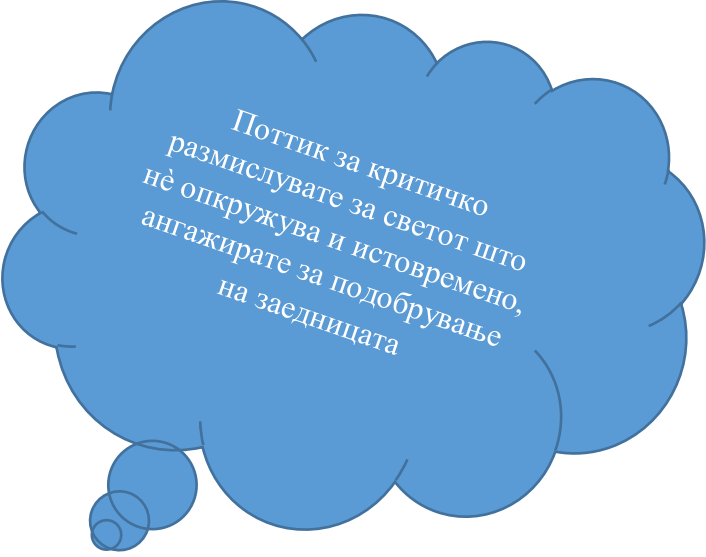


Поттик на одговорноста
кај учениците за
состојбата и условите во
училиштето и заедницата

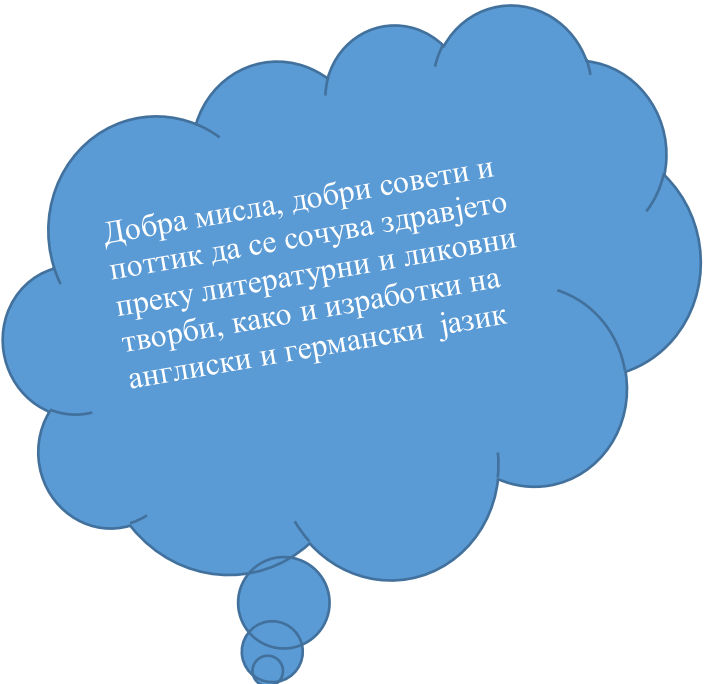
ООУ „Св. Климент Охридски“-Битола, под раководство на директор Гордана Анастасова, го одбележува Денот на Граѓанското образование со цел:



Истакнување на улогата на
самата личност во чувањето и
подобрувањето на своето
здравје



Поттик за критичко
размислување за светот што
не опкружува и истовремено,
ангажира за подобрување
на заедницата



Добра мисла, добри совети и
поттик да се сочува здравјето
преку литературни и ликовни
творби, како и изработки на
англиски и германски јазик

Здравјето пред сè

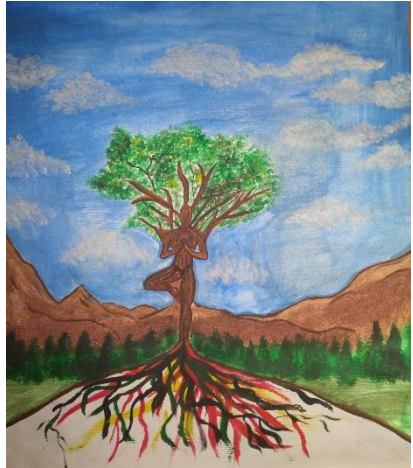
Сите луѓе на оваа планета,
во овој миг на тага и болка
веруваат само во една мисла,
мисла на сплотеност
која ни стана толку блиска.

Мечтаеме за љубов,
Мечтаеме за среќа,
сите заедно да ја победеме
оваа пандемија и да ја исфрлеме
како една вреќа.

Во овој миг најважен збор е здравје,
здравје на сите нас со добра мисла
заедно да победеме и испливаме
на правиот пат.

Со оваа пандемија,
Научивме многу работи
Како да го цениме здравјето,
А сè друго да ставиме во неважни работи .

Арон Ристевски VII-1



Теодора Јованоска VIII-3

Здрави како дрен

Љубов, богатство, пријатели
можете да имате сè,
но без здравје
залудно е.

Здравјето нека ви биде
на прво место,
здрава храна
да се јаде често.

Овошје и зеленчук
јадете секој ден,
за да бидете
здрави како дрен.

Лео Созовски VII – 5



Бојана Мајсторовска VIII-3

Со здрави навики за добро здравје

Здравјето е важно за сите нас,
тоа нема цена.

Треба да го чуваме добро,
за здравјето нема смена.

Бактерии, болести, вируси лоши
денес не се чудо,
насекаде ги има
во ова време лудо.

Да се храниме здраво
со овошје, зеленчук и вода,
телото и духот да ги чуваме,
здрави навики да негуваме.

Со раце миење и хигиена често
за паника не би постоело место.
Да, здравјето пред сè!
Со позитивни мисли, разум и слух
во нас ќе завладее спортски дух.

Марко Ристески VII-1



Анелија Костофски VIII-2

Здравјето –насмевка што царува

Што е најдрагоцено на овој свет?
Како птицата желна за својот лет,
како пчелата за својот расцутен цвет,
така детето за здравјето во својот свет.

Нема поскапоцено нешто што се дарува
на здраво дете исполнето со спокој,
со радост, со здравје, со среќа
и со насмевка на детето што царува.

Затоа треба здраво да се храниме,
за со нашата насмевка радост да дариме,
затоа треба правилно да се однесуваме
за во денешниот чуден свет здравјето да го сочуваме.

Сара Спировска VII-1



Мелани Пурдевска VI-2

Здравјето пред сè

Здравјето ни е право, здравјето ни е обврска
здравјето ни е една среќа во вреќа.

Треба добро да ја чуваш да не ти падне,
да ја негуваш нешто да не ја снајде.

Биди среќен, играј, учи
сè додека си здрав скокај, бучи.

Капи се, заби триј,
биди чист, мирно спиј.

Со сапун и вода добро да триеш
за потоа да можеш убаво да спиеш.

И раце редовно да миеш
секогаш пред јајца да биеш.

Кога сакаш можеш да
постигнеш сè
само измиј заби и насмеј се.
Одржувај хигиена секој ден
и потоа ќе бидеш здрав како
дрен.

Антониа Стојковски VI-3



Нина Тасевска VI-3

Здравје

За здравје е потребно добар сон,
и убави мисли тешки еден тон.
Здравјето значи добро да се храниш,
но исто така и вежби да правиш.

Ќе бидеш здрав ако се дружиш
и ако секому љубов пружиш.
Здравје се добива ако си чист,
во спротивно би бил ко свенат лист.

Здравјето ни треба и зиме и лете,
здравјето се чува уште од дете,
здравјето ѝ стои на секоја младост,
без здравје нема ни среќа ни радост.

Кога си здрав, си силен ко стена,
здравјето навистина нема цена.
Да се здрави луѓето од целиот свет,
весели да бидат ко мајски цвет.

Ана Митревска
VIII-3



Јана Маурдева VI-3

Здравјето низ светот

Денес, кога на стотици луѓе им е потребна вода,
денес кога многу луѓе патат за парче леб,
денес кога многу молат за здравје...
да бидеме хумани и да им подадеме рака,
на оние кои имаат мака.

Денес не е како во минатото,
денес стотици луѓе можеме
да сретнеме на улица беспомошни, со маски,
оддалечени од сè.

Доколку не се храниме здраво,
И доколку не се грижиме за себе,
И за своето тело, тогаш кој друг,
освен ние себеси ќе се грижи?!

Затоа како една целина, во денешниот свет,
помогни му на оној кому му е потребна помош,
подари му насмевка на оној кој нема,
нахрани го оној кој пати,
излекувај го оној на кого му е потребно здравје.
Така нашиот свет ќе биде подобар за сите нас.

Анелија Костофски VIII-2



Василија Недановска VI-1

Здравјето пред сè

Здравјето најважно било,
биди здраво дете мило,
јади овошје и зеленчук секој ден.
Ќе бидеш здраво како дрен.

Работи во градина,
шетај низ планина.
Пиј многу вода чиста,
иднината ќе ти блиска.

Мартина
Павловска VI-3



Веда Мавровска VIII-1

Здравјето пред сè

Кога во рано утро, муграта се руди,
нов ден се буди,
каде сонцето од иста страна изгрева,
каде зракот надеж ни влева.

Кога првата капка роса на тревата паѓа,
нова желба за подобро утре се раѓа,
убавата мисла насекаде да вивне,
секоја болест околу нас да стивне.
Кога денот пред нас сè уште трае,
само за верба и љубов да знае.
- Луѓето се среќни!- ќе речат
и бистрите извори ќе протечат.

Кога сонцето на иста страна заоѓа,
добар и мирен сон за секого наоѓа,
планината со гората се радува
и чист воздух за здравје ни
подарува.

Кога ноќта е покриена со темен
мрак,
длабоко во срцето се крие светол
зрак,

насмевката и погледот кажуваат сè:
Здравјето е пред сè!

Кога месечината е утеха за сите,
среќно и весело да минат дните,
и последната ѕвезда тивко ќе згасне,
за секого здравјето низ песна да расне.
А како за крај, би викала на сиот глас:
-Здравје да има за сите нас!

Ива Лазаревска VI-2



Марија Димова VI-1

Здравјето пред сè

Велат здравјето е богатство!

Вистината е таа... Нашето тело и дух се единствените места каде што ние живееме. Среќата е највисоката форма на здравје. А среќата не постои без добро здравје. Комплетната хармонија се состои од силата на нашето тело, ум и нашиот дух.

Смеата, добриот сон и здравата исхрана се најдобриот лек за сè. Истрајноста и упорноста со физичка активност надополнуваат да се чувствуваме здраво и во добро расположение. Не е потребно да сме совршени, доволно е да сме подобри од вчера. Да не посакуваме совршен живот, доволно е да се стремиме кон здрав живот. Вака сме го постигнале нашето „совршенство“. Цел без план е само желба.

Грижата за самиот себе е моќта која ја имаме во нас за да бидеме силни и здрави. Верувам дека најдобриот подарок што можеме да го подариме на нашето семејство е сознанието за нашата среќа и здравјето пред сè.

Пред да мислиме дека можеме да ги усреќиме другите, да почнеме од себе.

Почитувај го своето тело!

Напојувај го своето тело!

Предизвикај го своето тело!

А најмногу од сè ...

Сакај го своето тело.

Тоа е храмот во кој секојдневно живееме.

Кога се менуваме ние, се менува и светот околу нас.

Да се храниме здраво за да живееме, а не да живееме за да се храниме.

Хигиената е половина здравје, велат. Остатокот е наш. Да се сакаме себеси е доволно, за да живееме здраво. Не секогаш здравјето значи медицина. Понекогаш значи свесност, грижа за себе, мир во душа, насмевки и љубов. Ако имаме здравје, имаме надеж. Ако имаме надеж, имаме сè. Тогаш и во најмрачните моменти ќе можеме да ја видиме светлината пред нас. Живот без здравје е како река без вода.

Стојановска Лела VIII-3

Здравјето пред сè

Сите желби кои во нас се збрале,
негувај ги како најубав дар!
Различни се и искрени,
но заедно сочинуваат една боја-
бојата на љубовта!

Сите прегратки кои ги чуваме во срцето,
негувај ги како пеперутки на цвет!
Топли се и весели,
заедно сочинуваат една боја-
бојата на другарството!

Сите копнежи кои ги носиме во душата
негувај ги како светол зрак!
Трајни се и скромни,
но заедно сочинуваат една боја-
бојата на добрината!

Сета љубов и другарување,
добрина и помагање,
здрави навики и спортување,
добар сон и исхранување,
креативност и дарување
заедно сочинуваат една боја-
бојата на здравјето!

Бојана Мајсторовска VIII-3



Георгина Стојковиќ VI-3

Здравјето пред сè

Нè нападна еден непријател зол
кој ни нанесе бол.
Нашето здравје почна да броди
како растурен чун во немирни води.

Вирусот има голема моќ
од денот наеднаш ни направи ноќ.

Во незаштитеното тело влегува лесно
и веднаш почнува да ровари бесно.
Дали за него има прав лек
кој нема да му даде долг век?

Ако сакаме нашето здравје да има плима
на трпезата секогаш овошје треба да има.
Не го оставајте зеленчукот настрана-лесно,
мора да го јадеме многу често.

Во медот се крие голема сила
за нашето здравје слатка идила.
Здравата храна витамини твори
за нашето тело со секој да се бори.

Луѓето наместо алкохол да пијат
со него треба раце да мијат.
Растојание со секој мора да има
за силата негова да почне да се клима.

Ставете маска
што устата и носот од вирусот ги дели,
тоа е она
што секој доктор го вели.

Дали треба да останеме така,
бидејќи нема среќа за нас вака,
и тука јас
морам да кренам глас!

-НЕ! -е мојот одлучен одговор
и тука нема никаков договор.
Ова не смее долго да трае и
прегратката топла во нас да чмае.

Играта на сите многу ни фали
нашите срце секогаш ги гали.
Здравјето наше се чувствува болно
кога срцето не ни е со слобода полно.

На убавата мисла дајте ѝ крилја
за нашето здравје да има сила.

И уште нешто на крај ко да ми фали,
одеднаш вистинска мисла ми се пали:
Здравјето наше без љубов не е цело
кога неа ја има тогаш е вистинско дело.

Илијана Најдовска VII-5



Јана Танчевска VI-3

Здравјето пред сè

Сите посакуваме да се врати старата дружба
во кафичите повторно да се појави гужва,
смеата да го исполни школскиот час
од ходниците повторно да извира детскиот глас.

Пред материјалните добра
кои лакомо ги посакуваме,
здравјето- најголемо богатство
треба како очите да го чуваме.

Здравјето е непресушен извор на сили,
мотив за подобро утро,
но во спротивно ги руши
посакуваните желби,
па затоа да се грижиме за нас и за
нашите најмили.

Огнот на вирусот ќе згасне
и среќата во нас пак ќе порасне.
Вирусот еднаш засекогаш ќе си оди
и утро без страв
повторно ќе се роди.

Ѓорѓи Гајтановски IX-1



Ива Лазаревска VI-2

Здравјето пред сè

Кога имаме здравје,
имаме богатство
значајно и важно.
Но кога ќе го изгубиме
здравјето,
Желбата на глас вика
тажно.

Без здравје ништо не се
може,
би се дало сè,
само да се има здравје
и долго да трае.



Анелија Костофски VIII-2

Кога имаме многу нешта, но не и здравје,
тогаш во нас само една желба врие,
која се плаши и крие...
Мокна е и силна што одговор чека,
за здравје и сила пека.

Здравјето треба да се става прво,
без паднати гранки и суви лисја,
да стои цврсто како дрво.

Здравјето пред сè треба да го има,
Во пролет, лето, есен, а најмногу во зима!

Сара Наумовска VII-2

Здравјето пред сè

Кога зимата пристигна,
и годината ни пројде,
вирусот за жал
ни дојде.

Вирусот ја опкружи
целата планета,
нас луѓето,
ни нанесе голема штета.

Знам, ова време за сите е
тажно,
но здравјето наше и на
нашите блиски,
сега е многу важно.

Чувајте се! Секој за
здравјето,
мора да се грижи,
така ќе го победиме
вирусот
и секој ќе може слободно
да се движи.

Дезинфекција, носење маски,
соодветно растојание, тоа мора секој да го знае ,
сè зависи од нас, да направиме
вирусот пократко да трае.

Христина Шанговска VII-3



Емилија Илковска VI-1

Здравјето пред сè

Многу нешта ни се важни нас,
без разлика дали е ден,
без разлика дали е ноќ,
дали е лето или надвор има мраз.

Љубовта кон домот и семејството
светат во срцата наши,
ни недостига пријателството,
ми недостигате другари каде и да сте.

Но времето се промени сега,
потешко е од порано
и секој од некого бега.

Седиме дома,
за дружба тагуваме,
но пред сè мораме
здравјето да го зачуваме.

Здравјето да го
купиме- не можеме,
затоа за него треба
да се грижиме.

Здравјето е
богатство вредно
мораме да го
сочуваме,
затоа што здравјето
е едно.



Симона Иваноска VI-1

Елена Тунтеvsка VII-2

Здравјето пред сè

Другарство - буди спомени од детството.
Љубов – дава причина за живот.
Среќа – го оживува од тага човекот.
Здравје - го гради темелот на животот.

Другарството, љубовта, среќата се многу важни,
но понекогаш знаат да бидат и страшни.
Да ни направат длабока болка,
па да станеме многу тажни.

Но, зошто не го спомнавме здравјето?
Здравјето не се докажува,
тоа во секој од нас се покажува,
за него секој ден се зборува,
пераскажува,
само човек што е здрав може за него да кажува.

Ех, кога би било сè така лесно,
сите да сме здрави и среќни,
тогаш слога и мир ќе царува,
од срцата наши љубов ќе се дарува.

Кога би можеле на пандемијата да ѝ ставиме крај,
па слободно да шетаме како во рај.
Здравјето да се врати на животот стар,
верувајте- тоа е најголемиот дар.

Дарко Каревски IX-4



Ана Јуруковска VI-5

My healthy life

I get up
early at 5:00
and everything is
easy as a flower.

I wash my hand
teeth and face.

I eat a healthy lunch
to be healthy and straight.

Going out boldly to preserve
nature is a good deed.

Ana Gakova V-3



Дона Димческа VI-3



Тамара Милошевска VI-5

What is a disease?

Disease is a disorder of the normal functions of the body.

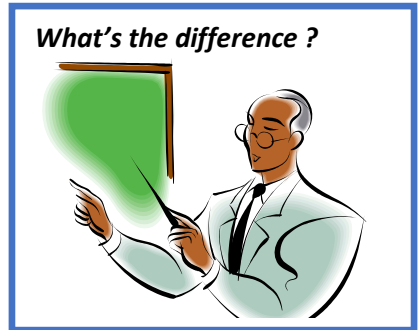
What is health?

Health is a state of physical, mental and social condition

What is infectious disease?

It is an infectious disease of humans and animals caused by:

- viruses
- bacteria



Why are they called infectious diseases?

They are called infectious diseases because of their ability to transfer from sick man to healthy man.

Transmission can be through:

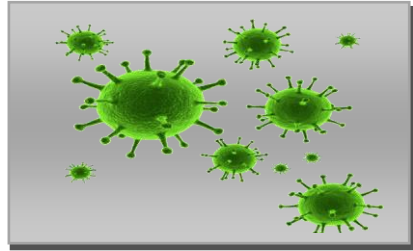
Food
Insects

Air



What are infectious diseases?

Varicella,
Corona virus
Smallpox vera
Mumps
Lyme disease



How to protect yourself from infectious diseases?

Nowadays, people can protect themselves by getting the right vaccine, drinking water that is not contaminated, washing fruits and vegetables, limiting contact with insects, using personal hygiene items, and washing them very often.



Health above all

Health is important
Who has no health
It feels sad.

I understand that now
When I came back from the hospital.
I saw sad people
Wet eyes with tears.

Let us all beware
Health is important
Nobody in the world
Do not feel sad.



Viktorija Petkovska V-5

Health above all

Eat fruits and vegetables it is healthy practice having the right body, sleep is important for our health and a nice, loud bell will ring

We need to eat fruits and vegetables regularly to be healthy, eat only healthy food and not consume unhealthy food, because a healthy food is rich in vitamins and minerals that our body needs.

In addition to a healthy diet, physical activity is also important, how often we exercise

We need to take care and nurture our health because our health is in our hands



Ana Josevska V-2

Health is Wealth

"Health is Wealth" means that good health is the real treasure.

Health is a state of physical, mental, and social well-being and is very important for survival and success.

Even the person's mood and emotions are reflected in a person's health.

No matter the hard times we come across, life is meant to be positive and happy.

To enjoy and appreciate the beautiful things of life all we need is positive energy. This can happen only when the body is healthy enough.

In order to maintain good health we need balanced food, daily exercises, fresh air, clean water, enough sleep and rest...

We must maintain our mental health by being positive and meditating.

One of the greatest ways to have a healthy mind is to be peaceful. The mind will find its peaceful place and it will totally make you feel relaxed.

A healthy life means happiness and life changer.



**BE ENCOURAGED. LIGHT
ALWAYS FINDS ITS WAY, EVEN
THROUGH DARKNESS**

Simona Makrievska VII-1

Positivity is the strongest power

Suddenly a virus came that scared us all. We were all locked up at home, we were not going anywhere. Because we all want this virus to disappear one day, we should wear masks and distance ourselves. We just need to think positively and everything will be fine. Now, when the schools are closed we learn from home we can even do that great, because team work makes the dream work! If we spread more love and positivity we can be stronger than the virus. In days like these positivity is the strongest power. Also don't forget to wash your hands and stay home and stay healthy!

Lessons:

Just be positive!

One apple a day
keeps the doctor
away!

Team work makes
the dream work!

Together we fight!

Let's stay 6 feet away, spread no viruses today!

This storm might be forever but the virus doesn't last forever!

Smile like you've never cried, fight like you've never lost, love like you've never been hurt, and live like there's no tomorrow!



Lina Dimovska VII-1

Health

Wise men once said
You can't enjoy wealth
If you don't have good health.
Stay well, by good thoughts be led.

Wise men once said
Never spend your health,
To gain that wealth.
Don't be torn to shred.

Wise men once said
Never spend your wealth,
To regain your health.
Use wisdom instead.

Wise men once said
Go to bed early,
So you can early rise.
It can make you healthy, strong and wise.

Wise men once said
Take care of yourself,
Your body is your shrine.
It will thank you later, it will redefine.

Wise men once said
Nothing looks as good,
As healthy feels.
Nothing makes the youth as perfect as appeals.

Wise men once said
We have to eat right,
Live a life that is bright,
Be as joyful as much as it might.



Тамара Павловска VI-1

Lela Stojanovska VIII-3

Health comes before anything else

Health is the most important thing in our lives. People these days don't value health until sickness comes and then they understand the value of health. Let's face it, without it, we won't be happy, and we won't be wealthy in terms. Material things come and go, but our health is number one out of everything else. A diseased millionaire will not be able to enjoy half as much as healthy laborer. We



Евгенија Димчевска VII-4



Јана Тунтевска VII-2

can all agree that health is great treasure. But we also know that it is very challenging to maintain health in the modern times. Increasing levels of pollution, growing propensity to fast-food, lack of good sports and games facilities, ever increasing stress, tension and worry make keeping ourselves healthy quite challenging. But

we should try our hardest to keep fit and healthy. If I had to choose between the material things in life or the health achievements of recent years I'd choose my health in a heartbeat.

Teodora Jovanovska VIII-3

Health comes first

In December 2019, the World Health Organization (WHO) announced that in the province of Hubei, City of Wuhan – China, a new virus is spreading. They named it SARS-CoV-2 or Covid-19. Some people call it the corona virus, but corona viruses are a family of RNA viruses. Examples of corona viruses are: the Severe Acute Respiratory Syndrome (SARS) which resulted in an epidemic outbreak in 2002-2004, and the Middle East Respiratory Syndrome (MERS) which was detected in Jeddah – Saudi Arabia in 2012 from camels. But this time is much worse. On the 11th of March the WHO declared a pandemic. Much worse than than the SARS and MERS, and less worse than the Plague and Ebola.



Ивона Димовска VII-1

On the 23rd of January, China issued a quarantine for Wuhan. In just 2 days 300 people were infected and 13 died. In Europe and the rest of the world began to screen in airports and increase safety measures. On the 24th the first case in Europe was confirmed in France. It began to spread further and further. It was like a rabble and wildfire. On the 26th it showed up in Macedonia. Everyone was in panic, going to the supermarkets and buying groceries for an upcoming quarantine. On the 10th of March, kids were told that they would have a break from school for 14 days, and that still lasts for almost a year. On the 21st a curfew was issued beginning from 9 PM to 6

AM. The same week we were told that we will have online classes. Things were getting out of hand so much, that on weekends and on Easter we had a 3 day curfew. Me and my brother didn't go out, didn't see our grandparents, didn't visit friends for 4 months. In quarantine we

had boring and fun times. The boring times were not going out in the warm days and the fun times were playing and watching movies with my family. I tried to eat as healthy as possible, and on daily basis I ate fruits and vegetables. At the end of May I got out after 4 months, and it felt like „breathing” again. I visited my grandparents, got out with my friends and school ended. On the 14th of June I celebrated my birthday with my grandparents, on the 16th with my cousins and on the 17th with my friends. It was great celebrating my birthday for 3 days, mostly because of Covid.

The start of the school year was prolonged for a month and we started in October. Everyone got used to the situation and weren't that afraid. Until at the end of November and the beginning of December, we had a record number of infected. Each next day the numbers were decreasing. In December it was announced by a Russian company that they made a vaccine for Covid-19.

In the event of a pandemic, there are three strategies of how it can end:

1. Race through it
2. Delay and vaccinate
3. Coordinate and crush

In the first strategy, governments and people do nothing to prevent further spreading and expose them to the virus as quickly as possible. Doctors don't know a lot about the virus and the hospitals will reach peak capacity and people from 10

million to 100 million and more will die, either because of the virus itself or bad hospital capacity. And by that way the virus isn't able to find a host, because most of the people have immunity to it.

The second strategy is by slowing the virus, giving doctors and researchers the time they need to produce a vaccine. This means more testing, isolating sick people and social distancing. Even with this



Кристијан Мичиќ VII-4

measures the virus slowly spreads, and after months we can have a vaccine or multiple vaccines thanks to our efforts. And if 40 – 90% of the population gets vaccinated, herd immunity will be made and the pandemic will stop.

The final strategy is to simultaneously „starve” the virus, from a combination of quarantine, social distancing, masks and restricting travel. And if coordinated properly the pandemic might end in a few months with low loss of life.

This pandemics end is sealed – Delay and vaccinate.



Лина Волчевски VII-3

We already delayed the virus and now we have the vaccines for it. Companies and countries that produce are: Pfizer, BioNTech (Multinational) Moderna (USA) BARDA (UK) Center of virology and Biotechnology (Russia) Sinovac (China)

Bhart Biotech (India)

The vaccines are being distributed around the world, some sooner, some later.

Till today, 21st of February 2021, we have 111 million infected, 62.7 million recovered and 2,46 million dead.

I really wish that this year we will take our masks and get back to normal. From this pandemic we learned to love and enjoy every moment with our friends and family, to save money and to be united as one race – the **Human** race.

Luka Velkovski VIII-5

Health first

For breakfast apple
For lunch fresh fruit juice,
For dinner fresh vegetables.

I swim
I ride a bike
I ride a scooter.

And finally
a teaspoon of honey
and so on.

.

Barbara Vasilevska V-5



Марија Спировска VII-1

Stay safe

Today in the world there are thousands of dangerous viruses, but there is one witch for me is the most frightening one of all. That virus is the CORONA virus. Why that virus? Hospitals are full of patients, every day the minister tells us sad news. Our number is falling. So many people die of that virus and it attacks them without even knowing. I am afraid that one day it will come to my family. So I have one message to share with you.

STAY SAFE, STAY HOME, STAY HEALTHY AND DO NOT LET THE VIRUSES ATTACK YOU!!!!!!



Jovana Strazovski V-4

Health first

Health is the greatest treasure of every human being and that is why we should keep it. However, the average person catches a cold or flu about twice a year - which is caused by viruses and bacteria, usually in the spring and winter. If you want your body to be resistant to colds, you need to have strong immunity, and you can easily achieve that with a healthy diet! Here are some tips to help you start eating healthy:

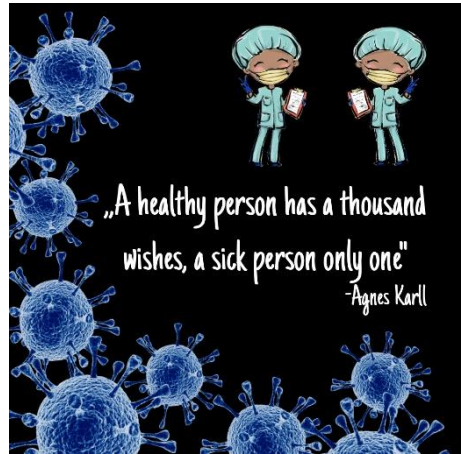
- eat 3 main meals and snack between them (can be fruit or vegetables)
- Plan what you will eat throughout the day and try to stick to the plan
- eat soup as an appetizer
- consume large amounts of fresh vegetables
- Replace fruit juices with fresh fruit
- drink plenty of water and other fluids

When we think of healthy food, it automatically associates us with salads.

In addition to a healthy diet, for good health we also recommend physical activity, which does not have to be anything special but walking or running. You do not have to exercise every day, 2-3 drops a week is enough.

We are all human beings, so no matter how much we want and try to eat healthy, we can sometimes afford a meal of our choice.

Дамир Демиров V-1



Сапа Чагоровска IX-5

Our health is our fortune

The world we live in, is full with surprises, more negative than positive ones. Our life moves fast and we are running out of time.

But, we have to stop and think for a second. What happens to our health if we continue to live in a such a way? We need to be fit, full with energy and strength. That is why we have to select our food and eat on time. Vegetables and fruit are very important for our body. But also meat and milkproducts. If we start to look after ourselves everything will be better and we will make progress and success in our life.

Everyone has to know that our health is our fortune.



Marko Risteski VII-1

Protect yourself and others from COVID-19

If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work.

What to do to keep yourself and others safe from COVID-19

Maintain at least a 1-metre distance between yourself and others to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance

VISITING FAMILY IN A LONG-TERM CARE FACILITY

Life has to continue even where COVID-19 is spreading. Here's how to stay safe.

- 1 IF UNWELL**
Cancel your visit if you feel unwell or have had contact with someone diagnosed with or suspected of having COVID-19. Talk to facility administrators if there are unusual circumstances, such as a gravity ill family member.
- 2 CHECK IN ADVANCE**
Ask about the time and conditions of visits, such as required testing, mask and hygiene advice.
- 3 STAY SAFE DURING YOUR VISIT**
Wear a mask. Use sanitizer or the facility's hand hygiene stations. Keep at least 1 metre from others.
- 4 EXPLAIN**
Use sanitizer or the facility's hand hygiene stations. Help your family members understand any changes or procedures, such as restrictions for influenza and COVID-19, or why wearing a mask or isolation may be needed.
- 5 STAY IN TOUCH**
Continue to keep in touch by phone or video calls, especially if your visit is postponed.

REMEMBER, IT'S ALWAYS SAFER TO KNOW YOUR RISK, LOWER YOUR RISK.

World Health Organization

when indoors. The further away, the better.

Make wearing a mask a normal part of being around other people. The appropriate use, storage and cleaning or disposal are essential to make masks as effective as possible.

Here are the basics of how to wear a mask:

Clean your hands before you put your mask on, as well as before

3 FACTORS TO HELP YOU MAKE SAFER CHOICES

WHEN YOU'RE IN AN AREA OF WIDESPREAD COVID-19 TRANSMISSION

- LOCATION**
Open air spaces safer than enclosed spaces
- PROXIMITY**
Farther away from others safer than close together
- TIME**
Shorter time periods with others are safer

REMEMBER, IT'S ALWAYS SAFER TO KNOW YOUR RISK, LOWER YOUR RISK.

World Health Organization

and after you take it off, and after you touch it at any time.
Make sure it covers both your nose, mouth and chin.
When you take off a mask, store it in a clean plastic bag, and every day either wash it if it's a fabric mask, or dispose of a medical mask in a trash bin.
Don't use masks with valves.



Jovan Dinevski V-4

Мартина Силјановска VII-5



Михаела Палензовски VII-3

Health first

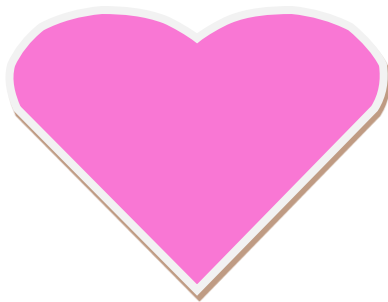
One of the most important things in every person's life is their health.

Like all people, I try to maintain and improve my health.

In order to have good health, I sleep irregularly, eat healthily, play with my friends.

Ode to dance Im listen to the advice of dad, mom and teacher because we need to do to live a healthy life.

To keep our health because it is the most important thing for all os us.



Sofija Gakova V-3



Мила Гугучевска VII-1

We keep clean

Kids should practice good hygiene,
Kids should practice good hygiene to keep us clean.

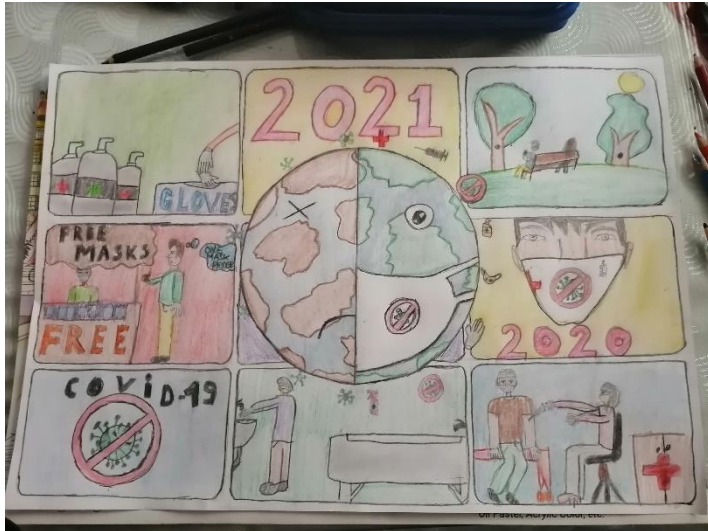
Everyday we need to brush,
Everyday we need to brush our teeth and hair.

Wash your body head to toe,
Wash your body head to toe, and your clothes.

You also need to wash your hands,
You also need to wash your hands to keep germs away.

We keep clean with good hygiene,
We keep clean with good hygiene everyday.

Mila Lozanovska V-5



Михаил Милошевски IX-3

Health first

Health is very important for a person, the person has to eat health, exerctse and have a good personal hugene. To eat health means to eat vegetebles and fruts, to walk excersise and to be clean.

Teodor Mitrevski V-1



Милош Гугучевски IX-1



Стефан Петровски IX-3



Сара Спировска VII-1



Eva Dimovska IX-3



Health above all

We walk through life taking so many things for granted. Now in this pandemic time we grasp the full meaning of the proverb „Health is wealth”. It is now that we have come to understand that our health is our biggest treasure.

But what does health really mean? It is not just physical health, it is also good mental health and physical health means having a balanced diet, eating enough fruits, vegetables and drinking a sufficient amount of water. It's easier said than done you say? Well yes, not everyone can eat healthy because how can you say “no” to sweets, burgers, fries? For that you need mental health, enough positivity and character. Now you ask how I can build my character? You need to have discipline and a healthy mind that also means having a good social life. Friends and family can give you motivation because with a healthy lifestyle not only you have a longer lifespan, you also have a better image of yourself and you decrease the chance of getting ill or getting a disease.

If you're healthy you can also motivate other people to be healthy too because they look up to you. I am aware that the road to being healthy is hard but with enough discipline and motivation you will achieve your goal.

To maintain one's good health it is not essential to only have a good diet, but also physical activity. You can do home workouts, go out jogging, play a sport. These ingredients build up your character. Don't lie to yourself thinking if you have good discipline that you're missing out on something. Your good health will award you with a long, happy, joyful life.

This world pandemic has sent us a strong message that proves my point. The less healthier we are the harder is to fight the virus. A lot of people have lost their loved ones just because their frail health couldn't beat the virus. Now more than ever we fully understand that health is our wealth.

Илијана Најдовска VII-5

Health is on first place

Our health is the most important thing,
It should be our number one priority.
Even if it means being locked up in four walls,
But that's until they find us a cure.

Even though it brings our self-esteem down,
We are going to work on ourselves,
And after it ends,
We'll have fun.

Please stay at home
So you can be safe and sound,
Do that for your own good
And for everyone else you love.

Wear a mask!
Don't go outside!
Stay healthy!

Viktorija Trajkovska
VIII-3



Симона Макријевска VII-1

Health above all

We can't buy health, but we can provide it. A lot of people die nowadays because of Deadly diseases which are result of the Unhealthy way of living.

People must eat healthy food, not fast food and they must do some sports activities, or simply take some walks in the parks or nature.

People should also consume a lot of fruit and vegetables and to drink clean and fresh water.

If people don't do this, they can suffer diseases and it costs time, patience, spending time in hospitals, buying expensive cures or there aren't any medicines at all and people die. People lose their loved ones.

So let's change this!

Don't be nervous, smile, walk, run, feel the air, feel the sea water ,love your family and friends, care less smile more, at least while you are young!

Be a good,honest person,take care of yourself as you can and health will be fine.

Јована Стерјоска VII-3 одд.



Стефан Ефремов VII-5

Health above all!!!

We are amidst a global pandemic, there have been over 110 million Covid-19 cases worldwide, and over 2 and a half million patients have lost their lives. So, it is critical that everyone is staying safe. It is crucial that you: wash your hands and take extra good care of your personal hygiene, always wear a mask when going out, practice social distancing and work from home if possible. If you are experiencing any of the Covid-19 symptoms be sure to see a medical professional as soon as possible.

However, remember that mental health is just as important as physical health. A lot of people are suffering from extreme loneliness and depression due to the isolation during the pandemic.

Remember to stay in contact with friends and loved ones (from a distance). If the mental health problems are overwhelming, please consult a mental health professional. On the bright side, this is the perfect time to discover some new interests or try out new hobbies!

Stay safe!

Vasil Jolevski VII-3



Стефанија Талевска IX-1

Health is on first place

Hello my name is Pavel and today I'm going to tell you how important it is to keep our health in first place. I'm so sorry to say how sad I am about this pandemic (Covid-19) because it's killing the whole world, but we can still beat it if we stay healthy and strong. Now let's talk about how to stay healthy.

First: We always have to wash our hands

Second: We always have to shower and stay clean

Third: We must never ever eat with dirty hands

Fourth: We always have to brush our teeth

Fifth: It's very important to go to bed early on a school day because we need to save up more energy for the next day

Sixth: We must also eat fruit and vegetables

Seventh: We must also play sports and practice every day

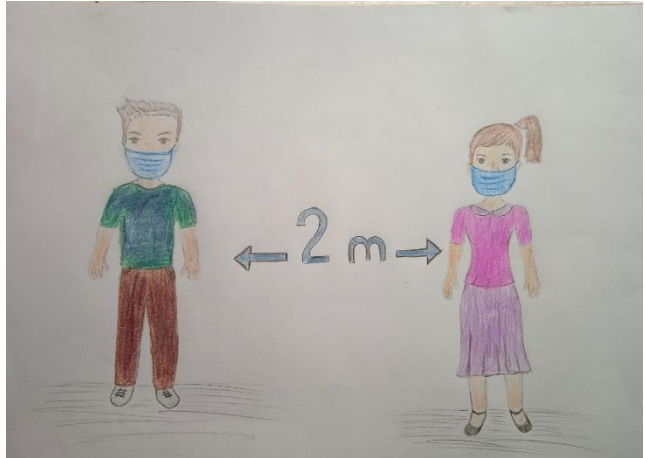
As we say: Health is the most valuable treasure that a person can have.



Pavel Karanfilovski V-5

Health above all

Health is the most important thing in life. It's the thing that makes us alive. When we are healthy we are happy, joyful, and excited for new adventures. But when we get sick, or catch a cold we are sad because we aren't outside playing and having fun with our friends. Besides the love and care that we are receiving from the people we love the better way is to stay safe and to keep everybody around us healthy. Wear mask and wash your hands to be happy, stay safe...stay alive.



Елена Тунтевска VII-2

Lina Volcevski VII-3



Vor allem Gesundheit

Gesundheitsschutz, ein ausreichendes Einkommen, angemessene Wohnverhältnisse sowie Möglichkeiten der Selbstverwirklichung und vor allem Gesundheit.

Das oberste Gebot einer gesunden Ernährung ist und bleibt: Abwechslungsreich essen und dabei überwiegend pflanzliche Lebensmittel verzehren. Je abwechslungsreicher die Ernährung, desto geringer ist das Risiko von

Mangelercheinungen.

Vollkorn ist die beste Wahl

In den aktuellen Empfehlungen empfiehlt die DGE, bei

Getreideprodukten stets die Vollkornvariante zu wählen. Diese würden länger sättigen und enthielten mehr

Nährstoffe als

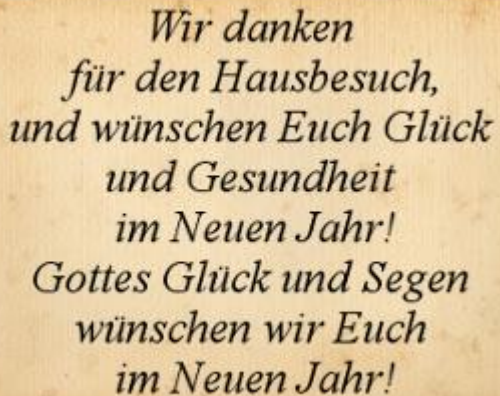
Weißmehlprodukte. Zudem senkten Vollkornprodukte das Risiko für "Diabetes mellitus Typ 2, Fettstoffwechselstörungen, Dickdarmkrebs und Herz-Kreislauf-Erkrankungen", so die Deutsche Gesellschaft für Ernährung e.V.

Gehen Sie nicht ohne Maske aus, Gesundheit sollte an erster Stelle stehen.

Waschen Sie Ihre Hände oft, entfernen Sie Bakterien.

Wer Gesundheit hat, hat Hoffnung; und wer Hoffnung hat, hat alles.

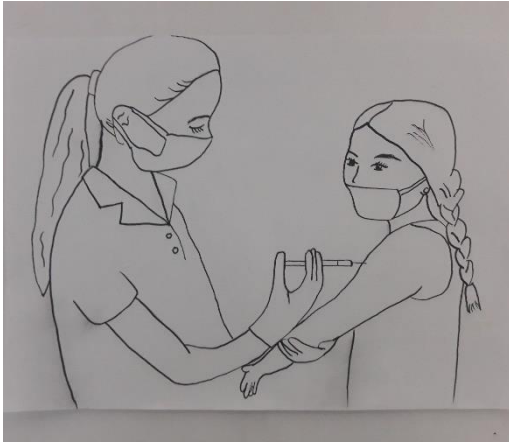
Gute Gesundheit können wir nicht kaufen. Es kann jedoch ein äußerst wertvolles Sparkonto sein.



*Wir danken
für den Hausbesuch,
und wünschen Euch Glück
und Gesundheit
im Neuen Jahr!
Gottes Glück und Segen
wünschen wir Euch
im Neuen Jahr!*

Lesen Sie mehr unter

Mein Ziel ist es, bei guter Gesundheit zu bleiben, und jeden Tag wache ich auf und bete, dass ich es tue.



Христина Шанговска VII-3

Es ist die Gesundheit, die den wahren Reichtum ausmacht, und nicht Gold- und Silberstücke.

Gesundheit ist ein Zustand völligen geistigen, sozialen und körperlichen Wohlbefindens, nicht nur das Fehlen von Krankheiten oder Gebrechen.

Es gibt nichts Wichtigeres als unsere gute Gesundheit – das

ist unsere Hauptkapitalanlage.

Du kannst all die Reichtümer und Erfolge der Welt haben, aber wenn Du nicht gesund bist, hast Du nichts.

Den Körper in guter Gesundheit zu erhalten ist eine Pflicht...



Христијан Заровски IX-1

andernfalls können wir unseren Geist nicht stark und klar halten.“

VII-5

Gesundheit

Gesundheit ist die Basis des menschlichen Lebens. Es hängt von vielen Faktoren ab, wie zum Beispiel: der Luft, die wir atmen, den Menschen, mit denen wir Zeit verbringen, der Ernährung und so weiter. Gesundheit



Фросина Јованчевска IX-1

ist der größte Schatz eines jeden Menschen und deshalb sollten wir ihn behalten. Die durchschnittliche Person erkrankt jedoch etwa zweimal im Jahr an einer Erkältung oder Grippe, die normalerweise im Frühjahr und Winter durch Viren und Bakterien verursacht wird. Wenn Sie möchten, dass Ihr Körper gegen Erkältungen resistent ist, müssen Sie eine starke Immunität haben, und

das können Sie mit einer gesunden Ernährung leicht erreichen!
Stefan Efremov VII-5



Стефан Талевски IX-3



Стефаниа Талева IX-1



Стефаниа Талева IX-1



Health above all

What is the most important thing in life?

All of us race with time, criticize those around us, search for the impossible, look for answers to unnecessary questions...

We seem like some little puppets or programmed robots who have forgotten the most important thing in life, and that is our own health!

I think we learned to take care of our own health last year when something came up that we did not think would change the course of our lives in any way. It is the corona virus.

Something unexpected, something new that entered our lives as a great fear and became everyday conversation.

Something that separates us from our loved ones and took away our freedom. It was a great lesson for people. We have learned that freedom is the most precious thing; free

contacts with people- the greatest treasure. Doctors and nurses have become our heroes and our hopes our guiding star.

We realized that at the end of the day it does not matter who we are and what we are. We learned that if we are healthy we can conquer every mountain and break down the barriers built between us; we learned that health should always come first!

Eva Josifovska IX-5



good food good mood

healthy body + healthy mind = happy life

Your body is a finely tuned vehicle, give it good fuel and it will take you places.

Life is a beautiful ride.

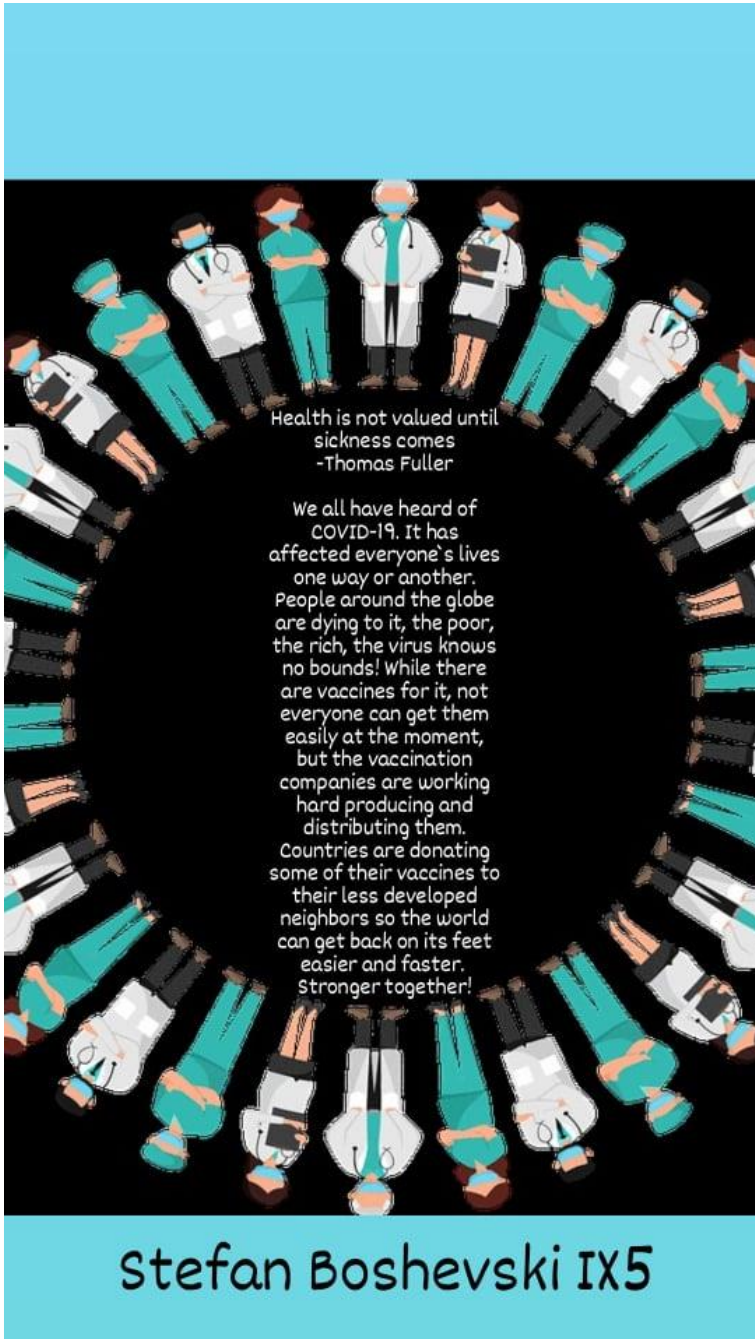
You're Cool

TAKE CARE OF YOUR BODY It is the only PLACE YOU HAVE to LIVE in

HEALTHY lifestyle

Loving Essential Oils

Monique/Paul Talents



Health is not valued until
sickness comes
-Thomas Fuller

We all have heard of
COVID-19. It has
affected everyone's lives
one way or another.
People around the globe
are dying to it, the poor,
the rich, the virus knows
no bounds! While there
are vaccines for it, not
everyone can get them
easily at the moment,
but the vaccination
companies are working
hard producing and
distributing them.
Countries are donating
some of their vaccines to
their less developed
neighbors so the world
can get back on its feet
easier and faster.
Stronger together!

Stefan Boshevski IX5

Health above all

Health is the greatest treasure of every human being and that is why we should keep it. It is important how we eat. We need to eat healthy so that we do not get infected with certain diseases such as the flu. Healthy food are fruits, vegetables, dairy products, vitamins, minerals ...



In healthy body healthy spirit

Sport is a great way to maintain the physical condition and shape of people, it is a healthy lifestyle, gaining a sense of respect for others and underestimating increasing self-confidence and gaining new friendships. I think that sport is very important for building complete and healthy person.



Antonija Gajtanovska V-2

Health above all

Only maintaining good hygiene and frequent hand washing with warm soapy water will protect you from spreading infectious infections of any kind. During the days of ecology, we need to remember to protect the environment and save water so that while we are washing hands with soap, we need to stop the water from flowing unnecessarily. But we do not only need to maintain hygiene to be healthy, we also need to eat healthy and exercise. Healthy food refers to foods that contain the right amount of nutrients to keep our body in shape. We need healthy food to stay in shape. Examples of healthy foods are meat, fruits, vegetables and more...



Мариа Пауновска 5-2

Health above all!!

Eat healthy,
to grow right.
Start a nice day,
by eating honey.

You should not become addicted to unhealthy foods.
You know that health is very important!
We should always maintain hygiene!?

You must play someone sport... As: Football, basketball, tennis, rugby, ping pong, bowling...

Stefanija Bakalovska V-2

Health above all



In order to be fresher during the day, we need to have a peaceful sleep for at least 7-9 hours.

Hygiene is a science and a group of measures to maintain health.



In a healthy spirit, a healthy body, but in order to maintain that healthy body, we need to eat healthily, maintain personal hygiene and exercise.

For children to know how to eat properly it is necessary to know that tasty food is not healthy.

In a healthy body a healthy spirit as you already know but in order to maintain that healthy spirit we need to nurture our knowledge and our energy

It is not nice to eat the same food every day so we need to eat a variety of foods.



Tea Popovska V-2



Io ho colorato la mia mano
NERA per il sostegno dei
bambini con malattie rare. Il
mio messaggio è:
LA SALUTE, PRIMA DI TUTTO!

ANDREJ NAUMOVSKI, VII-4



Io ho colorato la mia mano **BLU** per il
sostegno dei bambini rari. Il mio
messaggio è:
**SIAMO TANTI, SIAMO FORTI, SIAMO
RARI!**

MATEJ GJUROVSKI, VII-3



Io ho colorato la mia mano
ROSSA per il sostegno dei
bambini con malattie rare.
Il mio messaggio è:
**Ogni bambino ha diritto di essere
sano.**

MIA GJORGIEVSKA, VII-4





J'ai colorié ma main en **JAUNE** pour soutenir les enfants rares. Mon message c'est :
Rêver seul ne reste qu'un rêve !
Rêver ensemble devient la réalité !

JANA TANCHEVSKA, VI-3



J'ai colorié ma main en **JAUNE** pour soutenir les enfants rares. Mon message c'est : La santé, avant tout!

MARKO DIMOVSKI, VI-1



J'ai colorié ma main en **BLEU** pour soutenir les enfants rares. Mon message c'est :
Qui est en bonne santé, est riche sans le savoir.

MIHAIL KAJTEZ, VI-2



