Miossion: Preventing and Fighting COVID

By Egle Lavickiene

The coronavirus COVID-19 pandemic is the defining global health crisis of our time and the greatest challenge we have faced since World War Two. Since its appearance in Asia last year, the virus has spread to every continent except for Antarctica.

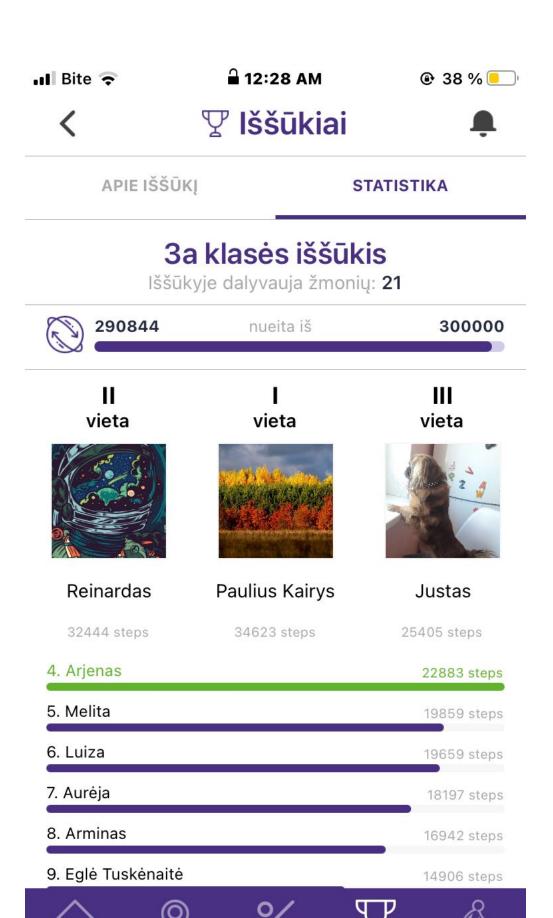
We have now reached the tragic milestone of one million deaths, and the human family is suffering under an almost intolerable burden of loss... Realizing the gravity of the situation people try to struggle. We all understand how important it is for the mankind to find the way out... Everybody needs to act immediately to prepare, respond, recover and make personal impact.

Following the situation in Lithuania and in the world, we asked our school's community an important question- WHAT CAN WE DO TO PREVENT the spread of COVID, to keep healthy and to support our families and friends?

As a result, some bright ideas were born-

 Encourage our students, their parents and family members to spend more time in the fresh air walking and monitoring the results with the help of the walking App. Those making the most of it would be awarded. Today, the majority of every class group have welcomed the initiative and started walking regularly;





2. During the Science lessons, class hours and after talking to the teachers and parents it was decided to study the plants, helping to fight the Influenza or any other viruses. After all information had been collected, another initiative was born- start using the herbs for making healthy tea. We see it as a simple domestic way to keep healthy and fight the viruses in the way everybody can afford.

Parents and students were asked to take pictures of the process. The photos will be used to share on Facebook page or via Messenger groups to spread the idea;





- Moreover, by doing this we aimed to awake students and parents'
  curiosity, unite the community, encourage to do something
  important together, make people believe that even staying at
  home, we can act and make changes, at least to our personal
  lives.
- 4. Even though some sceptics might disagree with the idea, we still believe that as long as we believe in what we are doing, as long as people support our initiative, all together we can overcome the difficulties, stress, self-isolation, frustration and thus, in our way, we can resist and fight COVID.