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SANITARY AND HYGIENIC CONDITIONS FOR THE ORGANIZATIONOF WRITING LESSONS IN PRIMARY SCHOOL

САНІТАРНО-ГІГІЄНІЧНІ УМОВИ ДО ОРГАНІЗАЦІЇ УРОКІВ ПИСЬМА У ПОЧАТКОВІЙ ШКОЛІ

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Summary. *The article examines sanitary and hygienic conditions for the organization of writing lessons in primary school. The tasks facing the teacher in the context of forming students' graphic and technical writing skills and preserving their health has been characterized.*

Key words: *writing, writing lessons, teaching writing, primary school, first graders, graphic and technical writing skills, sanitary and hygienic conditions for organizing writing lessons.*

Learning to write is one of the most important and responsible periods in the school life of first graders. The problem of teaching writing to primary school students is devoted to the scientific works of Ukrainian method scientists V. Bader, N. Bodnar, N. Budna, M. Vashulenko, S. Dubovyk, A. Zaika, I. Kyrei, L. Kondratenko, M. Kubynskyi, O. Prishchepa, V. Trunova, I. Tsepova, M. Chabayovska, N. Yanko, and others. Scientists are unanimous in the fact that writing is a new and rather difficult activity for first-graders and the correct formation graphic and technical writing skills is an important stage in their education. The quality of the formation of these skills depends on the sanitary and hygienic conditions in which this process takes place.

The sanitary and hygienic conditions of the pedagogical process in primary school, in particular the process of forming writing skills, are determined by the

modern educational regulatory framework – "State sanitary rules and norms for the establishment, maintenance of general educational institutions and the organization of the educational process" (2001), the provision on "Organization of the educational process in the 1st grade" [2].

Creation of sanitary and hygienic conditions is provided by: high-quality lighting of the classroom, the correct furniture selection, the correct posture when writing, the correct selection of writing accessories (notebooks, pens), the duration of continuous writing, the organization of short breaks during the lesson.

In the process of organizing writing lessons, the classroom's lighting has an extremely important effect on students' health and learning. Lack of quality light can lead to eye strain; fatigue; headaches and even cause eye diseases such as astigmatism and myopia. A poorly lit room can create problems for students, especially when doing written work that requires attention and precision. High-quality light helps to increase students' concentration of attention, stimulates positive emotions. The norm of lighting is considered to be such that a student with normal vision can freely read what is written on the blackboard from any place in the classroom.

Correctly selected writing equipment (ballpoint pen and writing notebooks) has a positive effect on the health of a first-grader. When choosing a ballpoint pen, it is important to consider that the optimal diameter of the pen should be 8 mm, and the length should be 15 cm. It is appropriate that there should be a rubber insert in the lower part of the pen at a distance of 10-15 mm from the edge of the pen, which prevents the fingers from sliding down. A ballpoint pen with the correct shape and size allows children to avoid straining their hands and wrists, better concentrate on educational tasks without unnecessary discomfort; contributes to the development of fine motor skills of the hand and muscle tone.

A correctly selected notebook not only contributes to the development of writing skills, but also ensures a healthy physical and mental state of the child while studying. The quality of writing, of course, depends on the quality of the paper in the notebook and the clarity of the lines in it. The sheets should be slightly yellowish, which helps to avoid excessive strain on the eyes and helps to preserve the visual function properly.

The teacher needs to teach the first graders the correct placement of the notebook. It should be placed on the table diagonally to the left so that the lower left corner of the page is in the middle of the student's chest. This position of the notebook affects the quality of writing and maintaining the correct position of the student's body.

For educational work, it is necessary to use notebooks of domestic production only, as they meet the educational standards in Ukraine.

Classroom furniture has a significant impact on students' health. They must be specially designed with ergonomics in mind to ensure the correct position of the student's body while sitting. The wrong position can cause pain in the back, neck and other parts of the body; contributes to the development of myopia, impaired blood circulation, spinal deformity, lung disease in children, etc. In order to avoid these problems, it is important for the teacher to teach first-graders the posture at the desk and regularly monitor them. Correct posture while writing includes several important aspects:

1. The student should sit straight so that the shoulders are at the same level (horizontal);

2. The head should be kept at a distance of 30-35 centimeters from the desk;

3. The distance between the desk and the chest should be 5-8 cm.

4. The hands should lie so that the elbows protrude slightly beyond the edges of the desk, so that when raising the hand, the calluses on the elbows are not rubbed, and both forearms are at a right angle to each other;

5. The back should rest against the back of the desk or chair;

6. The legs should be bent at the knees at a right angle.

Separately, I would like to emphasize that you should not overload children with writing, because first-graders get tired quickly, so you should adhere to the following norms of continuous writing: 1st grade – 2 min 40 s (beginning of the lesson), 1 min 45 s (end of the lesson), 2nd grade – 7 -8 minutes, 3rd grade – 12 minutes, 4th grade – 15 minutes [1].

In the intervals between the completion of written tasks, the teacher needs to conduct various exercises that bring some relief to the stressful educational process. It

can be visual gymnastics [3, p. 15], which includes exercises for: improving visual coordination (moving the eyes up, down, left and right, focusing and moving the gaze from near and far objects) , strengthening the eye muscles (circular eye movements, closing and opening the eyes), relieving eye fatigue (light massage of the pectoral muscles, applying warm palms to the eyes), relaxing vision, exercises to improve blood circulation.

Finger gymnastics also has a positive effect on the health of first-graders. Finger massage and kneading help to improve blood circulation in the vessels of the fingers, stimulate the nervous system, relieve tension and anxiety that may arise during writing exercises. Each exercise of finger gymnastics should be performed several times alternately with both hands. It is advisable to combine two or three exercises into a small complex (remember the previous ones or those that you liked the most). They can be performed either before the beginning, in the middle, or at the end of the lesson [4].

2-3 minutes breaks during the lesson (physical activity minutes, physical education breaks) are the guarantee of not only physical, but also psychological health of students. They contribute to the improvement of the brain functioning, restore the muscles tone that support correct posture, relieve tension from the organs of vision and hearing, and from fingers tired from writing. These can be: complexes of physical exercises, kinesiology exercises, imitation (poetic) exercises, game exercises.

Therefore, compliance with the sanitary and hygienic conditions described above in the process of teaching writing to first-graders contributes not only to the formation of graphic and technical writing skills, but also positively affects the preservation of their health in the process of learning.

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Анотація. *У статті розглядаються санітарно-гігієнічні умови до організації уроків письма в початковій школі. З'ясовано, що створення санітарно-гігієнічних умов на уроках письма передбачає: якісне освітлення класного приміщення, правильний добір меблів, правильну поставу під час письма, правильний добір письмового приладдя (зошита, ручки), певну тривалість безперервного письма, організацію короткотривалих перерв під час уроку. Схарактеризовано завдання, що стоять перед учителем у контексті формування графічних та технічних навичок письма учнів та збереження їхнього здоров'я.*

Ключові слова: *письмо, уроки письма, початкова школа, навчання письма, першокласники, графічні та технічні навички письма, санітарно-гігієнічні умови до організації уроків письма.*

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