



Základní škola a Mateřská škola při Thomayerově nemocnici



Vídeňská 800, 146 00 Praha

# Summer Holidays in ES and KG by Thomayerova nemocnice 2019



## Summer Holidays in Thomayerova nemocnice

- Even though during the holiday season no classes are going on, ES and KG by Thomayerova nemocnice provide a varied program to many hospitalized children.
- All thanks to the foundation of Prague Peak Education Fund, which this year donated 40000 CZK.
- These financial funds were used to pay the lecturers during the holiday seasons and for the costs that came up with it, they were also used for other needs during the holiday season and refreshments.
- 7 lecturers were involved this year, they took care of 69 children of a variety of age.
- This year lecturers were used in two different wards – in the children psychiatry and the children neurology.
- Everyone involved was trying to find the right activity for each kid so the kids would enjoy the stay in the hospital.



Holiday Time on the children psychiatry  
Thomayerova nemocnice, Krč

As every year both of the weeks, in which I've spent with kids on the psychiatry ward, we started the program in the ward itself, so we could immediately take care of the children, who just came to the ward. Thanks to the experience from past years, I can say that the Monday program is getting better every year, and even during the afternoon when many kids already arrived in the ward. There are always nurses or lecturers available, so every kid has something to do and has the attention of an adult.

Twice we went with the kids to the Badminton arena Skalka. During both weeks we had many children, but thanks to the rental of two badminton courts, everyone involved had reaped the full benefits of badminton.

Outside of sport, kids had in program strolls in the surroundings of the hospital, playing in many outside playgrounds or even a farm. But thanks to the weather all-time favorite activity was a playground with water jets near Pankrác or Spořilov park.

*Petra*



## Two weeks on the ward

As last year I had an opportunity to be a part of a wonderful team on the children psychiatry in Thomayerova nemocnice. With experience from last year, I knew what I will experience so I prepared properly.

The first week in July (i.e. from 15.7. to 19.7.) was on the first sight kind of tentative and slow, as kids and even I were getting familiar with the hospital environment and each other. Fortunately, I saw some familiar faces from last year and the adaptation was smooth. Kids enjoyed mostly playing foosball and sports morning organized by me with the help of the nurses in the space of a hospital gym. The everyday routine was refreshed by strolls and with trips outside the hospital.

The second week in August (i.e. 12.8. do 16.8.) was something else as we had a variety of kids. Particularly in age, while we had many kids from each age category. To my surprise, we created some kind of symbiosis and older kids helped smaller ones. On Tuesday we went to the amusement park Toboga, where kids enjoyed climbing frames and monkey bars of many types. From activities on the ward kids enjoyed mostly foosball, ping-pong, and board games.

From these two weeks, I gained a lot of experience, but it was fun. Kids were great, they always tried to cooperate and the atmosphere was great.

*Honzá*



## Holiday on children neurology

Composition of the patients was very varied, meaning age-wise and even duration-wise. Some of the kids were spending there just a couple of days, but we could find some, who practically spent the whole summer here. Some of the kids were here for the first time, but I could see some well-known patients. From the first shock that we are going to learn, kids were wonderful and they got easily involved in the activities.

The weather was great, so we could go on strolls with the kids, whose medical state was good enough. Our go-to was a school playground, forest, little pond and refreshment stand in the hospital area. We've observed squirrels, swans, fish, and local attraction mouflons. The kids, who couldn't go out, spent time with us on the ward terrace. But we had situations where kids had to lay in beds, so we tried to brighten up their days by reading or talking with them.

On the ward, we played loads of board games. The favorites were Duha, Logic, Uno, Dobble, pairs and card games. We've folded tangrami and puzzles and played with building sets.

We've drawn a lot; painted loads of pictures and we've tried to be creative. During these activities the atmosphere was great and kids had a lot of fun. Usually, when the kids were leaving the ward, they wanted to take their creations home so the decoration of the class was changing a lot.

One of the most interesting activity was a discussion with the students. During their illness, they were grateful for any interaction. They spoke a lot about their problems and we tried to give the solution to their problems and make them think about something else.

Nurses were grateful for our help when there was a little boy, which required special and constant care. Even though the fear that it will be really difficult for all of us, we've had a lot of fun with this boy and with other patients.

For kids, their parents, for nurses, for doctors and of course from me I want to give a thousand thanks to PPEF for the opportunity to sweeten the stay for the kids in the hospital.

*Saša*



I've worked on the children psychiatry one week at the end of June

On Monday, the first day of my stay, I've stayed with the kids on the ward, because there was a patient intake going on, so the personnel of the ward were really busy. In the morning kids had a session with doctors, during this session kids told doctors their experience from last week. After this, we played board games and ping-pong. Some of the kids were lucky enough that the nurse took them on a short stroll in the Krč forest.

On the second day, nurses planned a trip to amusement park Mirákulum in Milovice. Patients usually go there pretty often. They have an opportunity there to enjoy loads of attractions, climbing frames, and swings. They can also enjoy themselves in the water park there. That usually comes in handy during the hot summer days. This trip is very popular with the kids.

On Wednesday after breakfast, we went to Central Park on Pankrác. Also, there was a small water park so kids could cool down there. Central park also offers three playgrounds. On Thursday we went to the playground on Lísek. On the way there, nurses bought ice-cream for the children. After we came back to the ward, we played board games and did other creative stuff. On Friday some of the kids were leaving the ward. Because of that, we stayed again on the ward. After breakfast, there was again a session with doctors. During this session, kids were trying to concentrate and listen to each other by the form of a game. Doctors were nice enough so I could see one of the sessions with them. As I knew the kids from this week, it was a surprise to me that some of the kids were nimble, but some could focus for a minute. For the rest of the morning, we've played board games.

The group of the kids I had the honor to be with this year was very lively. There was a bigger number of older girls comparing to other years. They've built a group and they held aloof from others. Often, they even rejected the program. Boys and smaller girls usually enjoyed the program and were energetic. Some of the kids required special attention and usually wanted to talk a lot. Some of the kids languished from lack of attention and physical contact, which they searched by the personal. Despite these imperfections, I had the impression that the kids enjoyed the program.

*Belinda*

#### Holiday on children neurology

Like last year I've taken part during the holiday season as a lector. Collaboration with the hospital personal and with the parents was great. Parents welcomed the specification of the stay of the kids. I've tried, in today's over technologic time, to motivate kids to not to spent time with their phones, computers and to communicate with each other without these gadgets. I think I've succeeded. We've played board games; we went on strolls in the area of the hospital. Kids were decorating their classrooms and the ward itself.

I'm grateful that I can make their stay at least a bit better during the holidays.

*Paola*



## Children psychiatry

I want to thank by the name of the children psychiatry for the opportunity to cooperate with the lectors, who create a program for the kids every summer. Since we usually have mostly hyperactive kids, which require more attention than the others, we are very grateful for the help, that lectors offer to us. It is mostly it, that they spent time with the kids, they make activities for the kids, no matter the weather. That's why we want to thank them again and we are looking forward to furthering cooperation.

*Sestřička Dáša*

