

THE ROLE OF FAMILY AND SCHOOL EDUCATION IN SHAPING HEALTHY HABITS AND TOLERANCE

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Annotation: the article examines the role of family and school in fostering tolerant attitudes towards children and instilling healthy habits. It emphasizes the importance of collaboration between parents and teachers to create a unified system of upbringing aimed at strengthening the physical and moral well-being of young people. Practical recommendations and examples are provided to support the development of a culture of health and respect among children.

Keywords: family, school, tolerance, healthy habits, health, upbringing, children, Uzbekistan, collaboration

РОЛЬ СЕМЕЙНОГО И ШКОЛЬНОГО ВОСПИТАНИЯ В ФОРМИРОВАНИИ ЗДОРОВЫХ ПРИВЫЧЕК И ТОЛЕРАНТНОСТИ

Аннотация: в статье рассматривается роль семьи и школы в формировании толерантного отношения к детям и привитии здоровых привычек. Подчеркивается важность взаимодействия родителей и учителей для создания единой системы воспитания, направленной на укрепление физического и морального здоровья молодежи. Представлены практические рекомендации и примеры, направленные на развитие культуры здоровья и уважения у детей.

Ключевые слова: семья, школа, толерантность, здоровые привычки, здоровье, воспитание, дети, Узбекистан, сотрудничество

OILA VA MAKTAB TARBIYASINING SOG'LOM ODATLAR VA BAG'RIKENGLIKNI SHAKLLANTIRISHDAGI O'RNI

Annotatsiya: maqolada oilaning va maktabning bolalarda bag'rikenglik munosabatini shakllantirish va sog'lom turmush tarzini singdirishdagi o'rni ko'rib chiqiladi. Unda ota-onalar va o'qituvchilar o'rtasidagi hamkorlik orqali yoshlarning jismoniy va ma'naviy sog'lomligini mustahkamlashga qaratilgan yagona tarbiya tizimini yaratish

zarurligi ta'kidlanadi. Bolalar orasida sog'lomlik va hurmat madaniyatini rivojlantirishga qaratilgan amaliy tavsiyalar va misollar keltirilgan.

Kalit soʻzlar: oila, maktab, bagʻrikenlik, sogʻlom odatlar, sogʻliq, tarbiya, bolalar, Oʻzbekiston, hamkorlik

ВВЕДЕНИЕ (INTRODUCTION)

Modern society sets high demands for children's upbringing, focusing on their physical, moral, and psychological well-being. The President of the Republic of Uzbekistan, Shavkat Mirziyoyev, has repeatedly emphasized that "Protecting and strengthening public health is a crucial task of paramount importance for any state and society. Peace and health are the greatest and truly invaluable blessings for every individual and our entire nation. We all clearly understand that only a healthy person and a healthy nation are capable of achieving great accomplishments" [1].

In the context of globalization, where children and adolescents are influenced by numerous factors, including harmful habits, it is extremely important to cultivate a culture of health from an early age. Educational institutions and families must work together not only to teach children healthy habits but also to foster their tolerance and respect for themselves and others. As an Uzbek proverb says, "Cleanliness begins with the soul," emphasizing that health is not just a physical condition but also a moral foundation of a person.

METHODS

To study the issue of fostering tolerance and instilling healthy habits, various research methods were employed, including the analysis of scientific literature, sociological surveys conducted among parents, teachers, and students, as well as practical observations of educational programs in schools. Additionally, folk proverbs and sayings reflecting traditional approaches to upbringing were examined.

RESULTS

A tolerant attitude toward children and the development of healthy habits play a crucial role in raising a well-rounded individual. It is essential to emphasize that the formation of tolerance and a health-conscious culture begins within the family and is reinforced by the school. In this regard, the proverb "Upbringing begins in the cradle" highlights the significance of family values and the role of parents.

The family and school have a unique opportunity to shape children's values together. Parents serve as a child's first mentors, while teachers continue and expand upon the knowledge and cultural foundation laid at home. For instance, parents can instill habits such as morning exercise or healthy eating, while school programs reinforce these practices. In this context, the phrase "A sound mind in a sound body" symbolizes the importance of a holistic approach to upbringing. The collaboration between parents and schools helps create a unified approach that strengthens the values of a healthy lifestyle and fosters a tolerant worldview.

The family is the first and most significant social unit where a child begins to acquire fundamental life principles and skills. Parents serve as role models, and their behavior, habits, and values inevitably influence a child's views and behavioral patterns[4]. The importance of parental example cannot be overstated, as children naturally mimic the actions of their parents and immediate surroundings from an early age.

Folk sayings emphasize the role of the family as the primary source of early life lessons and highlight the significance of the example parents set for their children. For example, "The apple does not fall far from the tree" suggests that children often inherit their parents' habits, behaviors, and values, absorbing them from an early age. When a family promotes healthy habits and respect for others, children adopt these qualities, which become the foundation of their behavior.

Another proverb, "You reap what you sow," illustrates the lasting impact of instilling the right values from early childhood. The principles parents teach their children shape their personalities and future actions. Therefore, adults should always remember that their efforts will be reflected in their child's future.

"Do not teach your son; instead, learn yourself how to live honestly and take care of your health" – This proverb emphasizes the importance of leading by example. Parents who not only talk about healthy habits and tolerance but also demonstrate these values through their own behavior teach children essential life principles through their actions[10].

These proverbs highlight that folk wisdom has long recognized the significance of family upbringing and the power of example. Parents who instill in their children

the value of health, respect, and tolerance create a solid foundation for the development of strong and positive habits that will stay with them for a lifetime.

When parents maintain a healthy lifestyle, engage in sports, follow a balanced diet, undergo regular medical check-ups, and exhibit a positive attitude toward life, these behaviors naturally influence their child.

However, in the process of upbringing, it is essential to consider the individual characteristics of each child. For instance, if a child has specific health limitations, parents should show understanding and adapt healthy habits to meet their needs. It is also crucial to avoid imposing personal views on a healthy lifestyle, as this may lead to resistance. A tolerant approach requires respecting the child's choices and preferences, gradually fostering an informed understanding of the benefits of healthy habits rather than enforcing them.

A family where both parents actively participate in sports can offer their child various physical activities to help them find the most appealing one. For example, if parents are passionate about running but their child prefers swimming, it is important to support their choice and provide opportunities for them to engage in their preferred sport.

DISCUSSION

School is a social institution that plays a significant role in shaping a child's personality. Within the school environment, children develop social skills, expand their interactions with others, and encounter, often for the first time, the principles of social equality, respect, and acceptance[2].

For the successful cultivation of healthy habits and a tolerant attitude toward oneself and others, it is essential to create a supportive school environment. Teachers and school staff play a crucial role in modeling tolerant behavior, respecting diverse perspectives, and establishing conditions conducive to learning. At the same time, it is important to ensure opportunities for physical activity for all children, including those with health limitations or special needs.

Schools can implement a system of physical education lessons that allow children to choose activities based on their physical abilities. Providing such

flexibility ensures that every student can participate in physical activity in a way that benefits their health and well-being.

The effective development of healthy habits and tolerance is only possible through close collaboration between families and schools. Regular parent-teacher meetings and consultations should be held, allowing educators and parents to share experiences, discuss educational approaches, and consider each child's unique needs.

Another crucial aspect is the importance of instilling healthy eating habits from an early age. Proper nutrition is a key factor in a student's overall health, significantly influencing their growth, development, and academic performance. According to nutritionists, modern schoolchildren should eat at least four times a day. Moreover, breakfast, lunch, and dinner should include a hot meal, providing the necessary nutrients and energy to support their daily activities[2].

For a growing body, it is essential to include foods rich in calcium and protein, such as milk, cottage cheese, cheese, and fermented dairy products. Calcium and phosphorus, which are crucial for strengthening bones and teeth, can also be obtained from fish-based meals.

There are specific daily caloric intake recommendations for different age groups of schoolchildren:

- 7–11 years old – approximately 2,400 kcal per day
- 12–17 years old – 2,600–3,000 kcal per day, depending on age and physical activity levels.

If a child is engaged in sports, an additional 300–500 kcal per day is recommended to support high activity levels and recovery after physical exertion.

A school-aged child's diet should include:

- ✓ Dairy and fermented dairy drinks (milk, yogurt, kefir);
- ✓ Cottage cheese and cheese as sources of protein and calcium;
- ✓ Fish and meat products, which provide proteins and healthy fats;
- ✓ Eggs, which serve as an important source of vitamins and minerals.

As side dishes, it is preferable to choose stewed or boiled vegetables (cabbage, beets, onions, carrots, legumes, garlic), as they are rich in essential vitamins,

minerals, and fiber. The frequent consumption of potatoes and pasta as primary side dishes should be limited.

Schoolchildren should drink at least 1–1.5 liters of fluid per day, preferably non-carbonated beverages, such as water, natural fruit, or vegetable juices. Milk and fermented dairy drinks can also be a beneficial addition to their daily diet.

To determine whether a schoolchild follows the principles of a healthy lifestyle, it is useful to implement test-based assessments[9]. These questions help evaluate how well a child adheres to a healthy lifestyle and identify areas for improvement in their diet.

Example Questions for Such a Test:

- How many times a day do you eat?
- Do you have breakfast at home before going to school?
- What would you choose for a quick breakfast from the school cafeteria?
- Do you regularly eat fresh vegetables?
- How often do you consume fruits?
- Do you consume dairy and fermented dairy products?

These questions encourage schoolchildren to develop a conscious approach to their diet and help teachers and parents assess the child's awareness of the importance of healthy eating and habits.

To address the promotion of tolerance among children and the development of healthy habits, a methodological approach based on:

- Family-school collaboration,
- Support for children's individual needs, and
- Encouragement of a healthy lifestyle through interactive activities and programs can be applied.

One significant step would be to introduce a "Healthy Lifestyle and Tolerance" course into the school curriculum, reinforcing these values from an early age.

The course can include interactive lessons, role-playing games, tests, and discussions [6]. These activities cover topics such as healthy nutrition, physical activity, stress management, and interpersonal communication skills, which

contribute to the development of tolerant attitudes toward different perspectives and habits.

By incorporating engaging and practical exercises, the course helps students not only understand but also apply these principles in their daily lives. Encouraging open discussions and teamwork further reinforces the importance of mutual respect, empathy, and a holistic approach to health and well-being.

It is also beneficial to create a school health corner, where recommendations on nutrition, physical activity, and self-care will be displayed [4]. The board can feature proverbs about family values and respect, promoting the development of a tolerant attitude among students.

Introducing a health diary, in which students record their physical activity, diet, sleep schedule, mood, and other health-related aspects, can help develop mindful awareness of their lifestyle choices.

Additionally, organizing joint events for students, parents, and teachers—such as sports festivals, healthy eating workshops, and outdoor training sessions—can reinforce healthy habits and foster respect for each individual's uniqueness. These activities will provide opportunities for experience exchange between parents and children, further strengthening mutual understanding and respect.

Practical applications of these methods include organizing a "Health Day" for the entire family and school community. The school can host an event where parents and children participate in healthy eating workshops, sports activities, yoga sessions, and joint cooking classes. Each activity can be adapted for children with different physical abilities, ensuring inclusive participation through alternative options.

As part of the "Family Traditions and Health" program, teachers and parents can hold monthly meetings to discuss healthy lifestyles, exchange experiences, and share best practices for instilling healthy habits in children [3]. During these meetings, children can share their achievements, fostering self-awareness and a sense of responsibility for their well-being.

It is also beneficial to adapt physical education lessons to meet students' needs by introducing specialized sections where they can choose exercises that match their

physical abilities. This approach fosters support, encourages self-respect, and promotes respect for others.

Such activities help children see how families and schools work together, reinforcing their confidence and increasing their interest in a healthy lifestyle. These initiatives also cultivate a sense of belonging, which is a key element of a tolerant approach [7][8].

CONCLUSION

Instilling tolerant attitudes while promoting a healthy lifestyle is a complex and gradual process that requires coordinated efforts from both families and schools [7]. Parents and educators who act with tolerance can create an environment where children develop strong and lasting healthy habits, taking into account their individual characteristics. This approach will enable children to make conscious health choices, respect themselves and others, and lay the foundation for a harmoniously developed and socially adapted personality.

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