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***Organizing methodical work based on the principles of maintaining teachers'
good professional health in preschool educational institutions***

At the present stage of the development of preschool education in Ukraine, the problem of teachers' professionalism remains relevant, as the level of their professional activity should comply with the modern social and economic demand. The quality of teachers' work depends primarily on their professional competence, the level of their pedagogical and psychological training as well as national consciousness, as the teaching staff should become the key factor to create a qualitatively new national education system.

It should be noted that methodical work in preschool educational institutions is a system of interrelated activities aimed at improving the teachers' professional and cultural levels, their readiness to learn new programs, technologies and techniques, as well as the results of the advanced pedagogical experience. The aforementioned work is also an important factor in training a new generation of teachers and one of the main ways to reform preschool education in accordance with such normative documents as the State National Program "Education" ("Ukraine of the XXI century"), the laws of Ukraine "On Education", "On Preschool Education", the Basic component of preschool education in Ukraine and some others.

Effective implementation of the system of methodical work among pedagogical staff in preschool educational institutions will result in the higher educational and cultural level of children.

The purpose of the article is to scientifically substantiate the problem of organizing methodical work in preschool educational institution, its impact on the teachers' professional competence and maintaining their professional health by means of analyzing the basic categories.

It is important to substantiate the concept of methodical work in modern terms and analyze its essence. There are several definitions of the term "*methodical work*" (Yu. Babanskyi, V. Bondar, I. Zhernosek, L. Zankov, L. Naboka, M. Potashnyk, V. Putsov, V. Symonov and H. Shchedrovytskyi).

A detailed analysis of scientific works on the issue in question shows that methodical work is a system of interrelated activities (professional training, improving pedagogical skills of the teachers; providing the pedagogical staff with practical assistance in the implementation of educational techniques; overcoming certain difficulties in organizing educational process, etc.), aimed at connecting the entire system of educational work into a single unit, and resulted in higher educational and cultural level of children in preschool educational institutions. The researchers have also identified such essential features of methodical work as the connection between science and practice, professional training courses, self-education, tutorials, study of pedagogical experience and certification.

The collected and analyzed material allows us to generalize and define the main functions of methodical work in preschool educational institutions, namely: organizational, diagnostic, restorative-compensatory, corrective, prognostic, modeling, expert, facilitative and controlling ones, the effective implementation of these functions exerts influence on teachers' professional competence.

It should be emphasized that such researchers as V. Anishchenko, O. Aleksyuk, M. Vasylieva, N. Dementiev, I. Ziaziun, V. Kuzmin, A. Markova, A. Mykhailychenko, O. Ovcharuk, V. Slastionin and some others have singled out the important components of the teachers' professional competence, namely:

- personal maturity (personal component);
- professional competence of the teacher (informational and theoretical component);
- general pedagogical skills and abilities (activity component);
- the effectiveness of pedagogical activities (productive component);
- workplace culture.

It should be emphasized that the teachers' professional activity is associated with such factors as high emotional tension, potential nervous breakdown, the presence of a large number of risk and stress factors which negatively affect their well-being and the quality of their professional activity, so in this context, one of the extremely important functions of methodical work should be a health-maintaining one, namely the maintaining of teachers' good professional health in preschool educational institutions. The modern teachers have to consider their own health as the most important value and the necessary condition for the quality professional activity as well as clearly realize their personal responsibility and active role in maintaining their good health, developing self-discipline and obtaining information about specific pedagogical activity and the influence of professional factors on their health.

According to aforementioned information it is necessary to focus on the concept of "health" as a person's willingness to maintain, strengthen and restore their own health as well as maintain normal indicators of all health components (physical, mental, spiritual, social) in the process of the health maintaining activity, including a recreational one. Recreation is a process of restoring the physical, spiritual and psychological human abilities by means of certain measures carried out in spare time.

The analysis of the problem in question emphasizes the need to develop a special model of methodical work aimed at maintaining teachers' good professional and personal health, protecting them from professional stress through a system of fundamentally new approaches and measures, in particular:

- scientific and methodological explanation of the problem of maintaining teachers' good professional health;
- development of the methodical work model aimed at developing the teachers' readiness for recreational activity as one of the relevant pedagogical conditions;
- implementation of the health maintaining techniques based on leisure activities of the pedagogical staff.

Thus, based on the analysis of the scientific, psychological and pedagogical works on the problem in question, it should be stated that creative methodical work with teachers contributes to the development of their professional competence, growth of their professional skills as well as stimulates the effective use of the professional knowledge in educational activities.

The important function of the methodical work, in particular a health maintaining one, is emphasized in the article.

The prospects for further research on the problem of maintaining teachers' good professional health is to develop an effective model of methodical work in preschool educational institutions by realizing the relevance of the health maintaining issue as the subject for our further research.