

SHE



Schools for Health in Europe

Every child has the right
be educated in a
health promoting school



Acting for better schools, leading to better lives

Session

Educational settings and learning

- From 0 up to 30 years old!
- There is no education without mental health and well-being, there is no mental health without education
- The whole school approach has shown to be effective specially in the school setting

Response to suggested framework

- Curricular programmes (social emotional learning, skills for life) are the core
- Active involvement of school heads or leadership team is essential

Response to suggested framework

- Participation and empowerment of children and parents essential
- Linking education settings with family policy, welfare and community development
- Health as an input factor (not as cost but as investment)
- Implementation is important (p.e. trained teachers)

Policy priorities

- Mental health in educational policies
- Develop national action plan for mental health promotion in schools
- Democratic rules on participation of pupils and teachers
- Easily accessible psycho-social services for students
- Support and training for teachers and non-teaching staff

Activities presented

- Lithuania
 - High prevalence of bullying in schools
 - Task force for action plan in 2007 to prevent violence in schools
 - Anti-bullying programme in Lithuanian schools, including Olweus programme and Zippy's friends
- Inclusive education: international perspective
 - Special needs education with a focus on inclusive education
 - Promotes the feeling of belonging to a group, so promoting their well-being
 - What is good for pupils with special needs is good for all pupils (cooperative teaching, heterogenous grouping)

Activities presented

School heads association

- Focus on proactive focus for school managers
- Play very important role in school mental health
- SEAL: Social and emotional aspects of learning programme in England; positive research outcomes (skills and strategies)
- Integrating policy into practice
 - Encouraging healthy schools programmes
 - Incentives for schools, including 'duty of care' arrangements
 - Workforce professional development for all
- Swedish programme 7-20
 - Education for professionals and a guide for adolescents
 - Method for building relationships between professionals and young people
 - Focus on solution-focused approach
 - Be happy with small steps, and reduce your speed

Activities presented

What do I think of my school when it comes to health?

- Lack of values and attention while growing up, young people are lost. Parents too busy with their work, so task for school
- Schools have to take students situation into account
- school should not overload students
- school is young people's second home, it has to be a place where the child feels safe
- charity love we forget, for the ones surrounding us
- implement programs to improve self esteem
- parents should not stop their childrens' dreams.
- Schools should offer enormous varieties beyond the academical ones

Discussion on priorities

- add: relevance of physical environment (size of class room, ICT facilities, heating, etc)
- Wellbeing is main goal for mental health promotion in schools
- Learning can be fun

summary

- Pupil is in the centre, not the schools.
Start with their needs, school has to adapt to the child.
- Not only look at results, but also at processes! (Finland example)
- Health promotion supports you as school, with putting wellbeing in the centre

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