



Schools4Health

Promoting whole-school approaches
to health and wellbeing:

The Schools4Health initiative

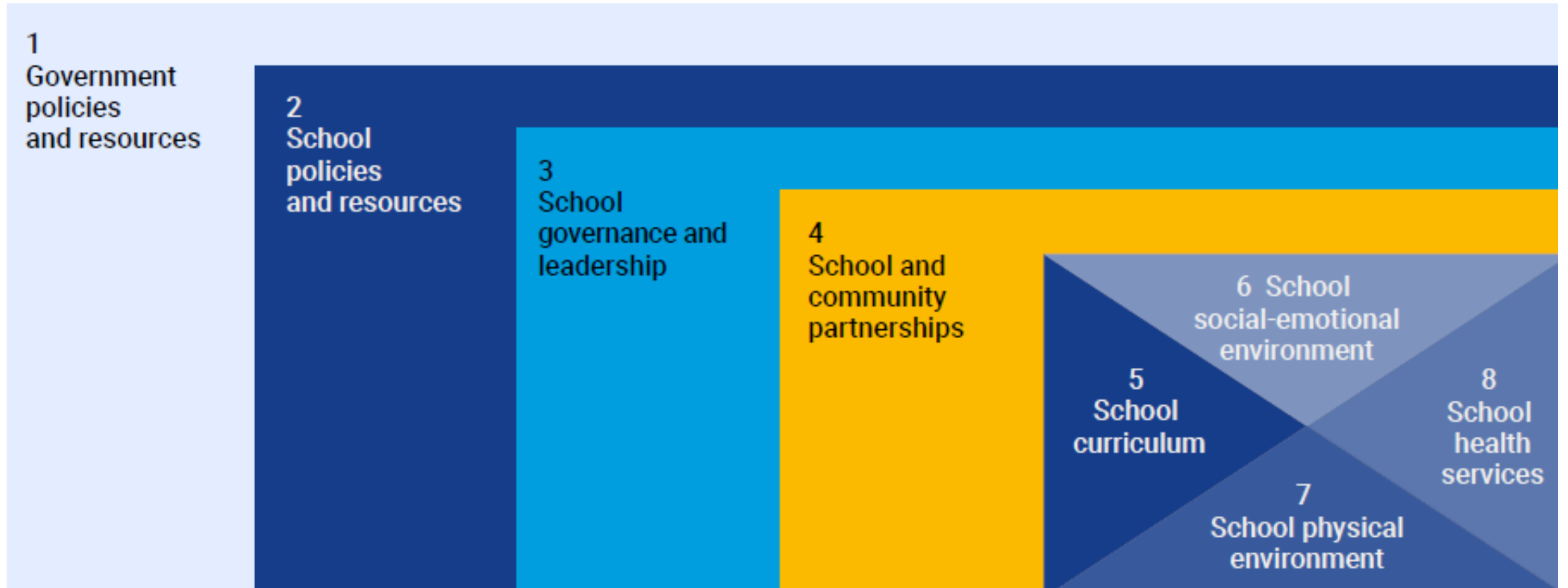
EuroHealthNet
European partnership for health, equity & wellbeing



The Health Promoting School approach



The Health Promoting School approach



Schools4Health – Key pillars

Practice

Applying a **participatory approach**, the project worked with **16 schools** and their communities to transfer and implement practices on good nutrition, physical activity and mental health, and the underpinning health promoting school approach

Policy

Understanding the **broad policy context on health promotion in school settings**, bringing together key stakeholders, through policy rapid situation analysis, national roundtables in partner countries and today's seminar

Engagement

- **Online information campaign** on the value of the HPS approach
- Concise **toolkit for policymakers**
- **Guidelines** for health practitioners
- Knowledge exchange among partners through thematic working groups / “communities of practice”
- Discussions on possible **Schools4Health accreditation process**



Online Hub live on
schools4health.eu







**Schools
4Health**

***KEY PRACTICE
OUTCOMES***

Latvia
Emotional health

Slovenia & Hungary
Joy in daily habits

Romania
Resilience & movement

Spain
Healthy snacks

Greece
Social-emotional skills

Together for student wellbeing across Europe



Our call: To make every school a health promoting school





From policy to practice

Renewing momentum around the Health Promoting School approach through the Schools4Health initiative

Torsten Bollweg, Denise Renninger, Orkan Okan
Technical University of Munich



3 years of Schools4Health

6 countries

16 schools

>1700 students served





132 teachers

16 regional and local
governments





CC0 Public Domain. Jane Trang Doan. Pexels.com



CC0 Public Domain. Rawpixel.com



CC0 Public Domain. KoolShooters. Pexels.com

Advancing the Health Promoting Schools approach

Raising **awareness**

- Schools, communities
- Stakeholders
- Professionals



Advancing the Health Promoting Schools approach

Building **capacity**

- **Training and consultation**
(Interventions and HPS)



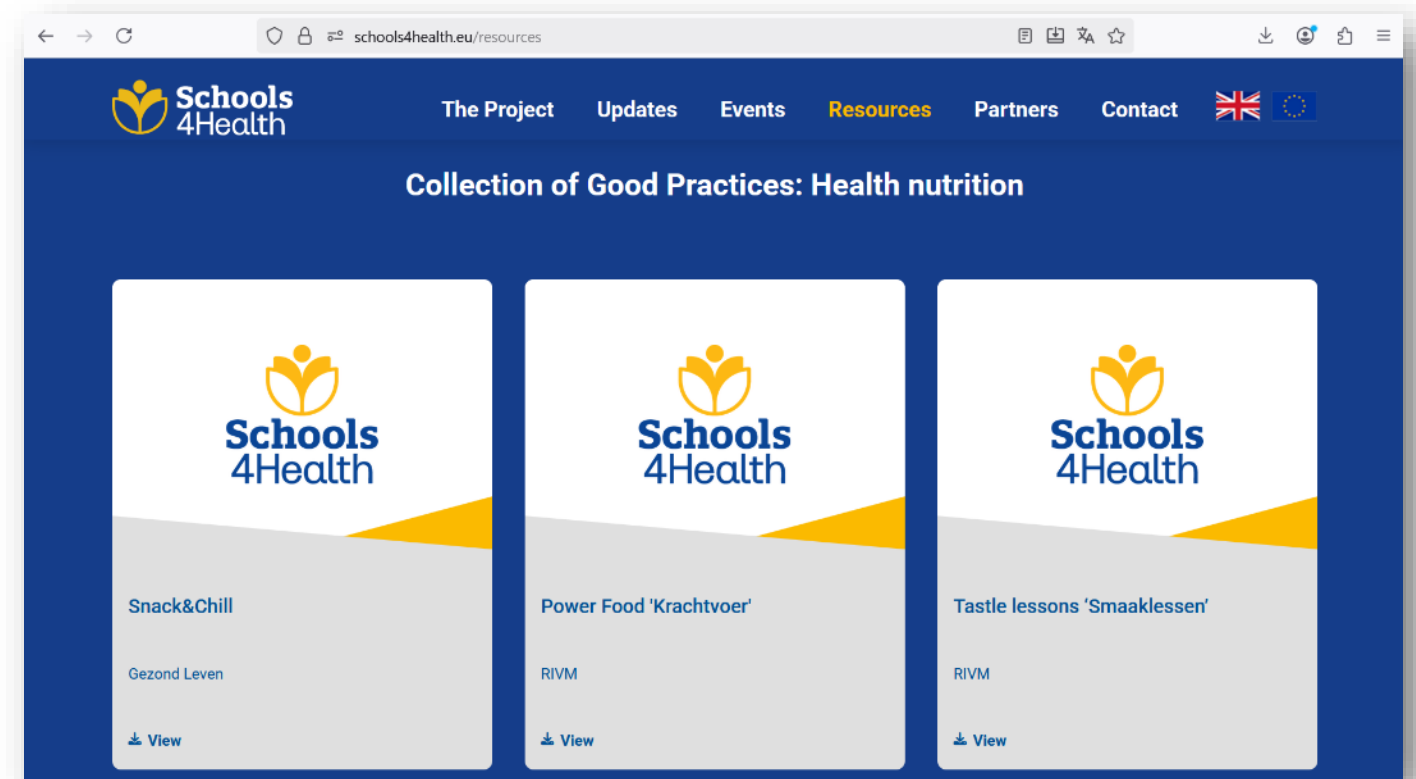
CC0 Public Domain. Pavel Danilyuk. Pexels.com



Advancing the Health Promoting Schools approach

Building **capacity**

- Training and consultation
(Interventions and HPS)
- Offering resources



Advancing the Health Promoting Schools approach



Initiating **change**

- Fostering commitment
- Institutional development
- Promoting national networks and policies



Planting the seed



Planting the seed



- + Commitment
- + Training & Funding
- + Cooperation
- + HPS Network



Planting the seed



- + No priority
- + Lack of resources
- + Lack of expertise
- + Lack of support





School staff

- Stronger understanding of HPS approach
- Confidence in delivery
- Practical tools
- Increased motivation
- Health promotion integrated into school life





Pupils

- Deepened understanding of and responsibility for health
- Improved emotional awareness
- Active participation in class
- Greater confidence discussing emotions





External stakeholders

- Stronger school-community collaboration
- Interest in programme expansion
- Momentum for scaling
- Increased backing for well-being and HPS policies



What we can learn

- Start small – **but start** (incremental change)
- Face realities – **solve problems** (schools need to see benefit)
- No progress without **resources** (training, time, staff, resources)





From policy to practice

Renewing momentum around the Health Promoting School approach through the Schools4Health initiative

Torsten Bollweg, Denise Renninger, Orkan Okan
Technical University of Munich