

Future plans

- In 2010 an open, active participatory community website will be available
- From 2010 SHE will coordinate a summer school on school health promotion
- SHE will provide ongoing technical support and facilitate integration processes
- SHE will focus on using the school setting to work towards reducing health inequalities
- SHE will support schools in creating a health promoting workplace
- SHE will give a new impulse for professional capacity building



HEPS project: a SHE initiative

The HEPS (Healthy Eating and Physical Activity) project is a SHE initiative. It has been developed to support the SHE National Coordinators with initiating and supporting the development of a national school policy on healthy eating and physical activity.

Across member states there are many practical initiatives reducing the number of children who are overweight. However, currently no member state has an effective national school policy in operation. HEPS aims to cross this gap by being a policy development project on a national level across Europe. HEPS helps to implement these programmes in a sustainable way at school level. For more information on the HEPS project visit www.hepseurope.eu.

How to link with SHE

Anyone with an interest in school health promotion is invited to link with the SHE Network.

Professionals with an interest in school health promotion can visit the SHE website www.schoolsforhealth.eu. There is access to relevant information about school health promotion in Europe and links to related national and international networks via the SHE website. You can subscribe to the SHE newsletter and contact the SHE helpdesk via the SHE website. The website is an open, active and participatory community where everyone can share information about school health promotion.

SHE National Coordinators

The SHE Network is represented in 43 countries in the European region by

National Coordinators who are recognised by their Ministries of Health and Ministries of Education. They meet once a year for the SHE Assembly.

SHE Research Group

The SHE Research Group is a consortium of researchers and research institutions from the SHE member countries in Europe. The SHE Research Group aims to support the development of school health promotion in Europe by stimulating, facilitating and coordinating different types of research. Membership is open to anyone with a research background and an interest in school health promotion.

Further information

To find out more about the SHE Network please visit our website www.schoolsforhealth.eu or contact the SHE Secretariat:

P.O. Box 500
3440 AM Woerden
The Netherlands

Tel: +31 (0) 348 437 615
Fax: +31 (0) 348 437 666
Email: she@nigz.nl



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*We all care about our children;
they are the future of Europe.*

*Every child in Europe has the right to
education, health and security.*

*Every child should have the
opportunity to be educated in a
health promoting school.*



Who are we?

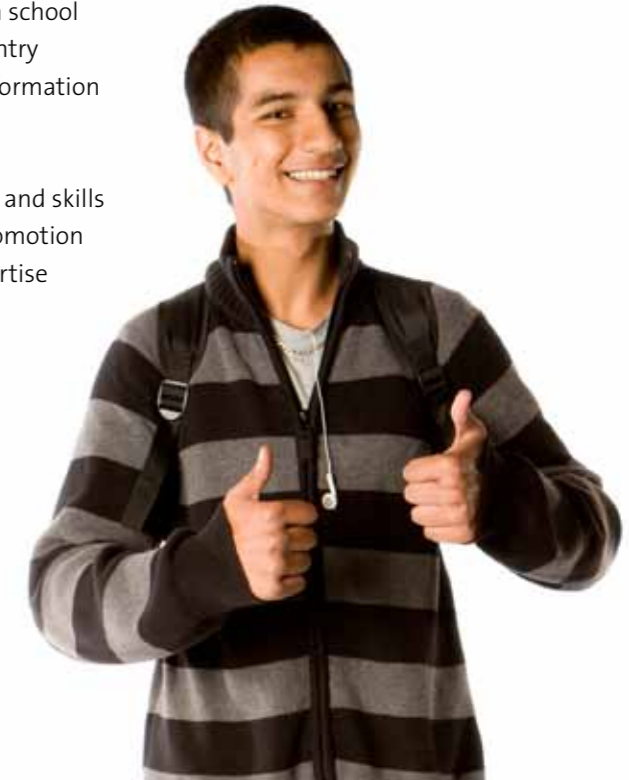
- A network of National Coordinators from 43 countries in the European region
- Focused on making school health promotion an integral part of policy development in the European Education and Health sectors
- Supported by three international organisations: WHO Regional Office for Europe, Council of Europe and the European Commission
- The platform for professionals in Europe with an interest in school health promotion
- Recognised as one of the leading international networks on school health promotion

How do we work?

- SHE uses the health promoting school approach as an evidence-based and comprehensive way of developing school health policy
- SHE uses a positive concept of health and well-being and acknowledges the UN Convention on the Rights of the Child
- SHE encourages the Health and Education sectors to work together more efficiently
- SHE contributes to making schools in Europe a better place for learning, health and living
- SHE builds on the experience of the former European Network of Health Promoting Schools (ENHPS)

What do we do?

- Support organisations and professionals to further develop and sustain school health promotion in each country
- Identify and share relevant information on school health
- Encourage research
- Share good practice, expertise and skills
- Advocate for school health promotion
- Provide a link to national expertise



The health promoting school approach

The SHE Network has agreed core values and underlying principles they call pillars, which are:

SHE core values

- **Equity.** Equal access for all to education and health
- **Sustainability.** Health, education and development are linked. Activities are implemented in a systematic way over a prolonged period
- **Inclusion.** Diversity is celebrated. Schools are communities of learning, where all feel trusted and respected
- **Empowerment.** All members of the school community are actively involved
- **Democracy.** Health promoting schools are based on democratic values

SHE pillars

- **Whole school approach to health.** Combining health education in the classroom with development of school policies, the school environment, life competencies and involving the whole school community
- **Participation.** A sense of ownership by student, staff and parent
- **School quality.** Health promoting schools create better teaching and learning processes and outcomes. Healthy pupils learn better, healthy teachers work better
- **Evidence.** Development of new approaches and practice based on existing and emerging research
- **Schools and communities.** Active collaboration between school and community