



Report: SHE assembly meeting

Tallinn, Estonia

8-10 October 2014



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Title

Report: SHE assembly meeting
Tallinn, Estonia, 8-10 October 2014

Organised by

CBO, SHE secretariat

Rapporteur

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Financed by

This publication arises from the CBO_FY2014 operating grant which has received funding from the European Union, in the framework of the Health Programme. Neither the European Commission nor any person working on it's behalf is liable for the contents of this publication.

Publication date

November 2014

This report is available on the SHE network website: www.schoolsforhealth.eu

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1. Preface

This report is a summary of the SHE assembly meeting 2014 in Tallinn, Estonia. There were 28 participants, including SHE national coordinators, SHE regional coordinators, SHE planning committee members, SHE research group members, staff from the local organizer and CBO. The meeting was chaired by Goof Buijs (CBO, manager SHE network) and Vivian Barnekow (WHO/Europe¹, member SHE international advisory board).

The meeting consisted of the annual SHE assembly, combined with two capacity building workshops: one workshop on the SHE online school manual including a school visit and a combined workshop on social media and school mental health promotion.

First the report of the SHE assembly meeting will be given, followed by the two workshops.



¹ Until 1 September 2014

2. General SHE assembly meeting

Tallinn, Estonia 9 October 2014

The aim of the general SHE assembly meeting was to inform the members of the SHE network about the work carried out in 2014 by CBO (SHE secretariat) and future plans; about the recent developments in the SHE research group; to discuss national experiences in the field of school health promotion; to discuss SHE factsheet 3; and to discuss and exchange relevant information related to school health promotion.

Opening session and welcome to all participants

Vivian Barnekow was the chair of the meeting and welcomed everybody. She retired from WHO/Europe from 1 September 2014.

For this meeting there are two press releases, one from CBO and one from Estonia about the SHE assembly and the launch of the SHE promotional video. The meeting started with a round of introduction, where people said their name, country and their link with the SHE network.

Goof Buijs introduced Dominique Berger, representing the group of University Blaise Pascal, as external evaluator as part of the operating grant. The external evaluation is done every year based on a call for tender among members of the SHE research group. The overall aim is to analyse the correlation between implementation, strategies and intended objectives set in the SHE workplan 2014, against achievements and actions undertaken. The final report will be available in January 2015 on the SHE website.

Launch promotional video

The SHE promotional video: 'How to become a health promoting school' is part of the operating grant.

After showing the 8 minutes video, accessible on the SHE website, a student from the participating school in Estonia gave her impression. She found it professional and enjoyed watching it. She explained how she developed the video in her school with the help of teachers and other students.

Update SHE secretariat

Goof provided the update on the SHE secretariat

- SHE online school manual
- Innovative practice book
- Summer school 2014 in Limerick, Ireland. There were 18 participants. The report can be downloaded on the website
- There are now 5 regional SHE networks
- SHE glossary with definitions and descriptions of key terms in school health promotion.
- Support EECA (Eastern European and Central Asian) countries: the SHE branch office in Moscow was launched this year, recognised by WHO/Europe and the Russian Ministry of Health. There will be an EECA workshop in Moscow 2-4 December 2014.

Future plans and election SHE planning committee

There is a vacancy in the SHE planning committee, because David Pattison has retired. There are no candidates for his vacancy but it would be good to have Southern Europe represented. The current SHE planning committee is reelected by the SHE assembly.

Future plan SHE secretariat 2015 – 2017

CBO has submitted a proposal to the European Commission for the SHE secretariat for the period 2015 – 2017. Overall the proposal is a continuation of the current activities.

1. Support SHE network
 - Newsletters, website, helpdesk, social media, school twinning tool
2. Capacity building
 - Workshop for coordinators, SHE online school manual, e-learning tool, summer school, country visits
3. Advocacy
 - SHE factsheets, glossary, presenting SHE at conferences
4. Support research
 - meeting SHE research group, workshop SHE research group, new research publication

Vivian presented the new WHO publication on children and adolescent health. There is a focus on inequality. A new position paper on health and education relating to Health 2020 was developed recently as well. There is a strong realisation that education has a great impact on health and the other way around.

Update SHE research group

Nina Grieg Viig presented the update of the SHE research group on behalf of Venka Simovska.

- New springer book: Schools for Health and Sustainability, Theory, Research and Practice by Venka Simovska and Patricia Mannix McNamara. The book contains 19 chapters and 400 pages by members of the research group. The book will be released soon.
- ECER 2014 – Porto, Portugal: about 50 papers were reviewed and accepted. Own programme at the ECER conference.
 - Peter asked if there are other countries to use a conference like this as entry point.
 - There need to be taken steps to be accepted as a group. It is difficult to get involved in educational research in own country.
- Special issue of Health Education (on sexuality education) finalized and will be published early in 2015.
- The SHE research group meeting will take place in Utrecht on 26-27 November 2014.

All participants are encouraged to advocate for membership of the SHE research group to their national research community.

Using the Odense statement in your work

The participants were asked to reflect and discuss how they have used or intend to use the 2013 Odense statement. Most found it a very clear and powerful statement. It is also complete and helps to prioritise. Some countries, including Slovenia, Italy and Poland have translated the statement and sent it to relevant stakeholders, including ministries. Taking care of good terminology when translating is very important. The statement is also useful for advocacy both on national and regional level. Some suggested to make the statement more visual, so it needs less reading. On the school level it can be a good document to reflect upon and could be used for capacity building and common understanding. The overall conclusion was that the Odense statement has been very useful so far, it

provides common language and helps support health promoting school development on both national and regional level.

Draft text SHE factsheet 3: effective networking

The topic of the third SHE factsheet was chosen based on discussions with the planning committee, who also discussed and agreed on the outline of the document. Ian Young was commissioned to write the text, with input from Goof Buijs and Aldona Jociute. A discussion took place on what participants liked about the draft text and what could be improved.

Good points

- Provides a good overview and is a promotion for SHE
- Useful for discussion with regional coordinators
- Source of activation
- Useful if you want to involve teachers more in schools
- Can be used as reference
- It can facilitate discussion

Points to be improved

- More distinction could be made among the different types of networks
- Reasons for people to join networks could be more included
- The term 'networks' is maybe a bit old fashioned, 'partnerships' is better and more formal
- Networking is not equal to partnerships
- It is more suitable for policy makers than for schools
- More networking examples of schools could be added
- Sharper focus, is it about SHE or schools?
- Identify data need and data sources

In Belgium they already evaluate school policy every three years. Olaf Moens stated that survey is the strongest argument for advocacy. In Portugal they have an external evaluator, done by universities. Overall, the draft text was regarded very positively and participants look forward to the final version that will be available by the end of 2014.



Presentations members SHE network

Members of the SHE network were invited to present their work in short presentations followed by a discussion.

1. Youth impulse in the Netherlands

Wanda Bemelmans, SHE national coordinator from the Netherlands, presented the national programme 'youth impulse'. The principles of this project are to enhance cooperation between schools and health professionals and to enhance implementation of existing health promoting school activities. Schools can choose activities they want to focus on or get extra support: financial, tailored advice from the Municipal Health Service, or reimbursement of task hours of own employees.

2. Health promoting schools network in Lombardia Region (Italy)

Danilo Cereda, SHE regional coordinator from Italy, presented the development of the health promoting schools network in Lombardia Region. The network was founded in 2012 and in 2013, 192 school boards had joined the network. The network consists of 12 provincial workgroups, which are coordinated through a regional group. Danilo explained that they developed the Iseo chart: a guideline for best practices at school about healthy nutrition, physical activity and smoking prevention.

3. Developments in Iceland

Ingibjörg Guðmundsdóttir, acting SHE national coordinator from Iceland, showed their national website with a manual for health promoting schools: www.landlaeknir.is/hgs. Schools can choose themes and for example can concentrate on staff. On the website, schools can retain the results for several years and it is visible for the coordinating team to monitor what the schools are doing.

4. Cantabrian Health Promoting Schools Network

Mikel Echeita Blanco, SHE regional coordinator from Cantabria, Spain, presented the Cantabrian Health Promoting Schools Network and explained their objectives. Mikel also explained the school commitments and commitments of the management. Also, he mentioned the Cantabria health promoting school action plan and showed his blog and a video clip.

5. Introducing the good behaviour game in Estonia

Tiia Pertel, SHE national coordinator from Estonia presented the proven effective mental health promotion programme: 'good behaviour game', see www.goodbehaviorgame.org. They have translated this game in Estonian. Tiia also mentioned that in Estonia they have a general guideline for one health promoting topic in schools.

6. SHE branch office in Moscow

Vladislav Kuchma, SHE national coordinator from the Russian Federation, presented the SHE Moscow branch office. In February and May Goof has visited Moscow and St Petersburg to discuss the tasks and responsibilities of the centre, focusing on supporting the EECA member states The roles and responsibilities of the Moscow SHE branch office are:

- To support the implementation of the SHE strategic plan in the EECA countries
- To develop the annual workplan for the Moscow SHE branch office

- To develop and disseminate SHE newsletters in Russian, based on the SHE electronic newsletter
- To translate deliverables resulting from the SHE operating grant into the Russian language, make cultural adaptations and support dissemination of the Russian versions into the EECA countries
- To set up a SHE research group for the Russian speaking research community, linked to the Scientific Health Promoting School journal of the Centre
- To organise the annual capacity building workshop for EECA SHE national coordinators in cooperation and with input from the SHE secretariat
- To maintain a helpdesk for the Russian speaking countries
- To provide country specific support by organising two country visits per year with the support and input from the SHE secretariat
- To make an annual midterm progress report and final evaluation report of the workplan of the Moscow branch office to the SHE planning committee;
- To support and take initiative in resource mobilization.

7. New national centre on healthy eating and physical activity in Norway

Nina Grieg Viig, SHE national coordinator from Norway, talked about how education and health are operating separate from each other in Norway. But on one issue there is collaboration, which is on promoting healthy eating and physical activity. A brand new national centre on healthy eating and physical activity was opened in Bergen. They are very interested in SHE, HEPS documents and the HEPCOM project.

8. Health promoting schools in Belgium (Flanders)

Olaf Moens, SHE national coordinator from Belgium (Flanders), showed the Flemish website for health promoting schools: www.gezondeschool.be. He showed the health matrix, the quality circle to make health policy and the spider web that can be used to prioritise.

9 Health and wellbeing as part of the new curriculum in Scotland

Suzanne Hargreaves, SHE national coordinator from UK Scotland, showed the poster material that they are using in Scotland. In all schools there is the new 'Curriculum for Excellence' with 'Health and well-being' as one of the six key components.

Suggestions for factsheets

Participants were also asked to come with suggestions for future SHE factsheets. The following suggestions were made:

- Health literacy. Although some had their doubts since there is no clear definition and that it is difficult to translate into different languages
- Focus on other approaches instead of physical activity and healthy eating, like mental health/wellbeing
- Linkage between school and community and gender differences between boys/girls. We often talk about 'the students'
- Inclusion, how to deal with people with physical or mental handicaps
- Health inequalities
- Development and use of indicators.

Other issues

All participants are encouraged to update their country webpage and to make links with their national and regional website.

The assembly meeting was closed by thanking Vivian Barnekow for all her important work on health promoting schools. She was presented the first copy of the innovative practice book which is dedicated to Vivian. Also words of thanks were given by several SHE national coordinators and the planning committee.



3. Workshop on the SHE online school manual

Tallinn, Estonia, 8 October 2014

The aim of the workshop on the SHE online school manual was to know what the SHE online school manual is; to experience how the SHE online school manual and its companion documents works; to see in practice how the SHE online school manual can be used by visiting an Estonian health promoting school; to reflect on the impact of the SHE online school manual for your own work; and to describe three action points to the implementation of the SHE online school manual in your country.

Welcome

Goof started the workshop with a word of welcome. Goof asked each participant to introduce themselves with their name, country and their link with the SHE network.

Introduction SHE online school manual

Goof presented the purpose and background of the SHE online school manual. In 2014 new translations in five new EU languages are being developed and a pilot study about the use of the manual in three countries is carried out.

Aviva Nethe (CBO) facilitated the workshop. She asked the participants to discuss the action planner, the SHE rapid assessment tool or the SHE online school manual in small groups. They were asked to write down and discuss good points and points for improvement. The results are presented in annex 1.



School visit

In small groups participants prepared their visit to the Gustav Adolphi Gümnaasium in Tallinn. The school does not use the SHE online school manual but is a health promoting school. It is a comprehensive school for pupils from 6 years old to 16 years old.

Tiia presented the health policy in Estonia; children's and young people's health is one of the five priorities in the National Health Plan 2009-2020. In Estonia there is a Health Promoting Schools network and a Health Promoting Kindergartens network. The national website has links with the SHE website.

The SHE online schools manual was translated in Estonian in 2013 and will now be introduced. Estonia participates in the pilot test carried out by CBO to assess how schools and regional school coordinators value the online manual. It is scheduled that regional coordinators will use the SHE online school manual in everyday work and training will be provided to schools by them.

After the school visit, participants were asked to give their first impressions. The participants found that they were very welcome and that there was a pleasant atmosphere at the school. Students seemed to be heard and were very proud of their school. It was not really visible that the school was a health promoting school. Participants expected more information about health promoting activities and programmes.

Finally, participants were asked to describe action points related to the implementation of the SHE online school manual in their own country. The results are presented in annex 2.

4. Workshop on social media and school health promotion

Tallinn, Estonia, 10 October 2014

The aim of the workshop on social media was to know what the most important social media channels are and their aims; to be informed about the importance of social media for the SHE network; to be informed about the role of the SHE secretariat on the SHE social media accounts; and to experience what the role of the members of the SHE network can be on social media in promoting health promoting schools.

The workshop on social media was led by Aviva Nethe. Aviva asked everybody to explain their experience with social media. The participants were also asked what they think social media are. Aviva explained that social media are not media. It is a key to listen, engage and build relationships. A reaction from the participants was what a relationship means. Aviva mentioned that there is an ongoing discussion, even on social media, to what extent it is a real relationship.

It is important to know the purpose when using social media. For SHE the purpose is to inform, to provide service (answer questions) and to promote (be more visible).

LinkedIn does not need many posts. In this group there are mostly people we know. With Facebook the followers are mostly people we do not know.

What should be posted is also a relevant issue. People are doing more interesting things than they are aware of. Also, if followers do not think it is interesting, they will not follow you. Some participants use the SHE social media in their country. But is still to be encouraged.

The workshop on social media was very useful and will most likely be offered again. It takes time for members of the SHE network to get really involved and make optimal use of new media.

5. Workshop on school mental health promotion

Tallinn, Estonia, 10 October 2014

The aim of the workshop on school mental health promotion was to know the main results of the Joint Action on Mental Health so far and to discuss how the recommendations could be disseminated and implemented into national policy processes.

The workshop on the EU Joint Action on mental health concerning WP7 Mental Health and Schools was led by Peter Paulus. Peter represents the SHE planning committee in the Joint Action on Mental Health. He showed different documents about school mental health promotion and explained that the EU Compass is a tool for sharing information on mental health situations and activities across the European Union.

The joint action aims to strengthen the cooperation between health, social and educational sectors and consists of seven draft policy recommendations. He explained that there are differences in policies among the countries, if mental health is mentioned at all. Intersectoral collaboration is important. The draft policy recommendations will be finalised and presented at an EU conference on school mental health, to be held sometime in 2015.

Peter asked for a response from the participants on the draft policy recommendations.

- Mental health is not a specific health theme it is one of the 3 dimensions of health in all themes
- Mental health and wellbeing covers a very broad range of activities
- Different countries and cultures
- Prepare teachers
- Part of legislation is good, it cannot be ignored
- They seem an advanced attempt to be inclusive

Participants appreciated the presentation on the Joint Action recommendations very much and look forward to receive the final version.

Annex 1. SHE online school manual: good points and points for improvement

Action planner

Good points

- Content easy to understand
- The example in the school action planner is good. More examples could be included, but there is the danger that these are copied

Points for improvement

- The document is very long with many explanations
- Keep the long version, but also make a short version, an summary text with diagrams and bullet points
- The active role of students in the action planner should be better emphasized. The action planner is more like a project management tool
- Include more hyperlinks in the document
- Better to focus on the action plan only and not to repeat the phases of the SHE online school manual

Rapid assessment tool

Good points

- The interactive possibilities are good
- It provides starting points
- Questions are universal and applicable and it provides the option to compare results annually

Points for improvement

- Comparing and sharing the results could be easier, for example by being able to save the results in a school profile
- There is no option to download the completed forms and chart
- Questions should be adapted for different target groups like school staff, pupils, teachers and parents
- Include in each phase of the management cycle how you can use the rapid assessment tool
- Already existing assessment tools, for example in Estonia, could maybe be linked with the SHE rapid assessment tool
- The tool is not very useful for schools that are already health promoting schools
- Make visible the differences between process and outcome indicators. Process indicators do not need to be assessed every year.

In Spain Cantabria there are seven different versions of the questionnaire

SHE online school manual

Good points

- Easy to access and usable in different levels and situations
- Can be used in teacher training courses
- Good basis, but needs cultural adaptation

Points for improvement

- Target groups for the school manual should be broader. The manual is for local, regional and national coordinators
- Make a shorter text, key messages and then a link to the full text
- Make short text boxes, using more colour and visuals
- Better use the word 'ethos' rather than 'atmosphere'
- More useful for new schools, school leaders
- There should be two parts, one for schools that want to become a health promoting school and one for already existing health promoting schools
- Include a PowerPoint that national coordinators and school contact persons can use

Annex 2. SHE online school manual: action points for implementation

France

- Include social aspect in a new definition of health
- Adaptation
- Implementation of teacher training in health education
- Adaptation to diversity of pupils
- Implement evidence based research

Lithuania

- Translation and cultural adaptation
- Make links with national instrument
- Pilot project with regional coordinators of schools

Spain

- Try to adapt to special characteristics
- After adaptation, present it to school coordinators
- Apply manual in the school
- Present manual to school director
- School director helps to adapt the manual
- Implement the manual

Latvia, Denmark, Belgium

- Evaluate existing national tools
- Find a model to coordinate all the systems, identify common points
- Introduce in teacher training
- Motivate teachers to start or restart

Finland

- They already have a guide, similar to the SHE manual
- Integrate and adapt with the SHE online school manual
- Find pilot schools who are not so familiar

Slovenia

- They are in the process of translating the manual
- Present the manual to regional coordinators
- Put on next month agenda of regional meetings with schools
- Find 2 or 3 pilot schools
- Next year planning to disseminate in network and apply new schools

Poland

- Translate and adopt next year
- After translation discuss it with regional coordinators
- Integrate the manual with own materials, element of a bigger manual

- Pilot test
- Disseminate the information to all schools through regional coordinators

Netherlands

- Already have a healthy school approach advocated by national website and local coordinators
- Introduce manual in meetings with regional coordinators
- Make link to European approach

Scotland

- Health is part of the curriculum
- Legacy for health promoting schools shifting from promotion to embedding
- Everyone is responsible. All policies are linked. Policy moves quicker, because everybody has to do it
- Manual can support schools that are at a tipping point

Portugal

- Portugal is in the process of translating the manual
- Cultural adaptation in partnership with University of Minho
- Beginning of December pilot test in 8-10 schools, in different regions of the country, urban and rural
- In collaboration with health services
- Next year use of manual in in-service teacher training

Iceland

- Have integrated health promoting school in the curriculum since 2011
- Used HEPS materials, but made own online materials
- They will not translate the manual, but integrate parts
- Focus group in spring, getting feedback
- Put the network online

Estonia

- Pilot school SHE online school manual
- Coordinator most important in school, trainings for the coordinator is important
- Students are involved
- Try to reach outside the school also to the community