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Schools for Health in Europe

SHE Assembly Meeting, 21-22 June 2019

Meeting summary

Venue:

The University of Iceland, Reykjavík, Iceland.

Participants at the SHE Assembly Meeting:

Coordinators: Tineke van Steenkiste (Belgium), Anina Chileva (Bulgaria), Børge Koch (Denmark), Jens Aagaard-Hansen (Denmark), Alice Haav (Estonia), Päivi Nykyri (Finland), Electra Bada (Greece), Ingibjörk Guðmundsdóttir (Iceland), Catriona O'Toole (Ireland), Irit Livne (Israel), Veronica Velasco (Italy/Lombardia), Zarina Keruyenova (Kazakhstan), Sanda Terela (Latvia), Elena Kosevska (North Macedonia), Nina Viig (Norway), José Carlos Sousa (Portugal), Marina Polenova (Russia), Svetlana Sokolova (Russia), Suzanne Hargreaves (Scotland), Mojca Bevc (Slovenia), Marije van Koperen (The Netherlands), Mary-Ann McKibben (UK, Wales), Gemma Cox (UK Wales).

Observers on one or both days:

Martin Weber (WHO), Vivian Barnekow (WHO), Tina Kiær (WHO), Kevin Dadaczynski (SHE Research Group Chair, Germany), Marjorita Sormunen (SHE Research Group Chair, Finland), Marilena Di Stasi (CHAFFA), Simon Murphy (HBSC, UK), Joanna Inchley (HBSC, UK).

Participants from the SHE secretariat:

Anette Schulz (Denmark), Ulla Pedersen (Denmark).

Thursday 20 June 2019

1. Welcome to SHE Assembly Meeting

After a short presentation of participants, Nina Viig (national coordinator, Norway) was elected as chairperson and Ulla Pedersen (consultant in the SHE secretariat) was elected to record the minutes.

2. International coordinators report / presentation of SHE workplan 2019

Presenters: Anette Schulz (SHE manager) & Ulla Pedersen (SHE secretariat)

Participants were reminded that SHE is referred to in WHO's Paris Declaration from 2016: *"Support and expand the Schools for Health in Europe network which in this framework would include proposing Europe-wide standards for early childhood development"*. This gives SHE an important and valuable starting point in its mission: Making every school a health promoting school.



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SHE's has had a new and restructured organizational form for approximately one year (began July 2018). The external evaluation of SHE from 2018 concluded in its 2018 Periodic Technical Report that *“Overall, this is a satisfactory achievement bearing in mind the short time span (6 months). It is the impression that the key players within the SHE have made a strong effort to kick-start the activities and move in the right direction”*.

The 2019 workplan deliverables are on schedule and include:

- This SHE Assembly meeting in Iceland in June
- SHE RG meeting in Iceland in June
- SHE presence at international conferences (Ireland in June, Moscow in November)
- Consultancy visits (Italy & Croatia – an additional country still required)
- SHE Board meeting in December in Copenhagen
- Development of teacher material
- Development of standards and indicators for Health Promoting School (HPS)
- Development of a new SHE school manual
- HPS mapping
- Development of the SHE factsheet - ‘State of the Art’ school health promotion
- An animated video of the SHE factsheet .
- SHE online glossary
- Support for scientific publications from the SHE Research Group
- SHE Academy in Lyon 4-6 November 2019
- SHE newsletter with 973 subscribers (objective by 31.12.2019 is 1300 followers)
- Social media with 1172 followers (objective by 31.12.2019 is 2000 followers)

With respect to the last two workplan deliverables listed above, the SHE secretariat asked for help from the national coordinators in promoting the SHE Newsletter (subscribe here: <https://www.schoolsforhealth.org/newsroom/subscribe>) and SHE's social media platforms including Facebook, LinkedIn and Twitter (the addresses can be found through the icons at the bottom of [schoolsforhealth.org](https://www.schoolsforhealth.org)). Subscribing to these platforms is an essential way everyone can empower and endorse SHE.

Although it is not written into a formal workplan, SHE's involvement in country missions in cooperation with WHO and SHE Branch Office in Moscow is equally important. In 2019, country missions will take place in Kazakhstan, Uzbekistan, Kyrgyzstan and Tajikistan.

Twinning is a new SHE activity. Twinning links one class to another and makes it possible to share ideas, good practice or develop collaborative projects. The entire school can twin or alternatively two classes or two teachers. SHE's objective is to have 20 schools twinning with 6 SHE coordinators involved before January 2020. Currently, there are only two SHE coordinators and 2 coordinators involved in twinning. It is essential if this workplan deliverable is to be reached that the national coordinators advertise classes/schools/teachers to join twinning. Coordinators are requested to make twinning matches within the twinning program without involving the SHE secretariat. However, help from the secretariat is available if required. A short questionnaire for twinning partners has been developed and can be requested from the SHE secretariat. The new twinning leaflet can be downloaded from <https://www.schoolsforhealth.org/resources/twinning>. The benefits of twinning can be seen in a video presenting a Danish school twinning with a Spanish school <https://www.youtube.com/watch?v=2DjPd-aHfgo&feature=youtu.be&fbclid=IwAR2yTwshYG-cUL6wAPIZcXegDI9FcQz-GdGa->



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[EpPAvXMoXU9KfBY3X8vZw](#) (Please note: the clip names “E-twinning” as a platform. This is not necessary to use).

Discussion points: What is the best approach to schools in relation to twinning? Should the Ministry of Education be involved? Should we start by asking schools already active in HPS?

Conclusion: Start a pilot on a smaller scale with a few schools/classes that have skills to handle the task in order to obtain favourable stories to disseminate in other countries/schools/classes.

A new SHE communication strategy has been completed. It offers a guide to SHE for consistent and useful communication. See:

https://www.schoolsforhealth.org/sites/default/files/editor/she_communication_strategy_2019.pdf

SHE is often contacted by international partners who would like to work collaboratively. A small range of international projects is currently being established and as these are not part of SHE’s official workplan require external funding. For example, WHO has requested SHE to join a working group with the theme of using HBSC (Health Behaviour in Schools-aged Children, WHO Collaborative cross-national survey) in school-based health promotion. This pilot project was completed successfully and will be upscaled at a later date. Ask WHO or a representative from the participating countries for more information.

SHE’s workload is increasing and therefore the secretariat has employed Caroline Moos from August 2019. Caroline will overtake responsibilities for communication tasks.

Many of the 2020 SHE workplan items are already in progress and these include:

- SHE Assembly Meeting Finland 2020
- SHE RG meeting Finland 2020
- SHE School Manual translation into Finnish, Polish, Greek and Danish
- New teacher material on inequality in health and translation into Spanish and Slovenian
- Addition of Moldova and Armenia in relation to country missions
- The piloting of HPS standards and indicators
- Development of a design for monitoring of HPS

The custom of subcontracting tasks to members of the RG-group and national coordinators throughout 2019 will continue. The theme of the factsheet 2020 is yet to be decided.

3. Presentation of work performed by the SHE Research Group (RG)

Presenters: Marjorita Sormunen (University of Eastern Finland, chair RG)& Kevin Dadaczynski (University of Applied Science in Fulda, Germany, co-chair RG)

The RG started its annual meeting yesterday and would like to highlight that the joint workshop this morning with Assembly participants was unprecedented in SHE’s history.

The annual workplan 2019 for the RG was presented with tasks including.

- A position paper (including the purpose of the RG, its organizational structure, work mode and criteria for becoming a member of the RG) is currently being revised and will be ready for approval by the next SHE Board meeting
- SHE factsheet 2019
- SHE Academy in Lyon
- Mapping the interest areas of research from the research members
- The 5th conference on Health promoting schools in Moscow



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- Information dissemination via the SHE newsletter

Everyone is welcome at the conference in Moscow 10-22 November 2019 and please consider abstracts and participation. See website: www.sheconference2019.org.

Discussion: At the 4th European Conference in Odense, Denmark, young people participated. The invitation to students added value to the conference and was an important signal to send. Why is this not the case in Moscow?

Conclusion: The short timeline in arranging the Moscow conference has been a major limiting factor. Participation of young people ought to be taken into consideration for the 6th conference. Consider submitting abstracts to the 5th conference with the following theme: How to work with participation of young people.

4. News from CHAFAEA

Presenter: Marilena Di Stasi (Policy Analyst, CHAFAEA)

CHAFAEA is based in Luxembourg and acts under powers delegated by the EU Commission. The organization manages and monitors EU funds, including the funding of SHE. CHAFAEA establishes rules and structure in projects in order to be able to evaluate if the EU funding is being correctly managed according to the agreements and processes.

Marilena highlighted CHAFAEA's expertise and where to find information about relevant EU-projects with possibility for funding. The annual health work program was highlighted as a interesting future possibility for HPS. Anette is invited as SHE-manager to join the conference in September 2019, hosted by CHAFAEA which will focus on best practices for nutrition. Joint action on implementation of validated best practices.

The Framework Partnership agreement (FPA) 2019-2021, concerning SHE's three specific objectives were presented. See CHAFAEA's website to learn more: http://ec.europa.eu/chafea/index_en.htm.

5. SHE and HBSC collaboration: The potential for data driven health improvement

Presenters: Simon Murphy (Cardiff University, Wales) & Joanna Inchley (University of Glasgow, Scotland).

HBSC is an international alliance of over 400 child health experts based in 50 countries who collaborate to develop and execute the HBSC survey. Every four years, the HBSC research network collects data on 11-, 13- and 15-year olds' health and well-being, social environments and health behaviours. Data is directly comparable as the questions are identical in all countries. There is not yet full coverage of the European region. See website: <http://www.hbsc.org/> and identify the HBSC team in your country.

The school health research network in Wales was presented as an example of the benefits of using HBSC. The pilot started with 61 HPS schools and from 2013 -2017 there was an implementation in 212 secondary schools. There is a future ambition to involve all schools including those as the primary school level.

A Welsh school health research network is established (strategic partnership). Interested researchers can ask to be part of the network.



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Student health and wellbeing reports are made for each participating school to plan and monitor action. In addition, there are regional and national reports. The individual reports give the schools a possibility to share good practice and start data-driven action which is a real benefit. The researchers can produce academic papers and explain to schools what the research involves.

Questions/discussion:

- How do we achieve teachers' ownership? In Wales schools are grouped together and identify best practice. This gives a possibility to learn from each other. The HBSC schools are followed every two years and extended, adapted questions exist for all ages (not only HBSC ages).
- What about young peoples' ownership? Young people are interested in data-comparing with other schools and other children. They reflect on their own behaviour and this self-reflection provides ownership.
- How do the teachers pick up interventions – is it possible to see that the actions are implemented? If schools have a special interest in being monitored on their interventions, they can be part of research as a pilot school.

Elena Kosevska (Republic of North Macedonia) gave a presentation about implementation of the pilot project “A study for health behaviour in school-aged children – schools for health in Europe”. The pilot was carried out from December 2018 to February 2019. The main goal was to evaluate the effectiveness of the national data of the HBSC study and SHE tools that should contribute to the assessment of health and well-being in schools. The material (e.g. SHE's Rapid Assessment Tool) was translated into Macedonian. Data analysis of the SHE Rapid Assessment Tool showed that students prioritize areas such as health policy and the school physical environment. The goals and objectives of the Macedonian project were fully realized, confirming the usefulness of the application of the HBSC data, SHE tools and the Evaluation Framework for assessment of health promotion in schools.

6. Closing

Anette Schulz closed the meeting of the day, thanking all participants for an active participation. She introduced the programme for day 2.



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7. Approval of Articles of Association (AoA)

Anette Schulz outlined the changes in the new version of the AoA. The changes are based on the comments given last year to the Assembly meeting (Copenhagen 2018) and board member suggestions.

One of the changes recommends that national/regional coordinators are appointed by each country's Ministry of Education and Ministry of Health. If both ministries are actively involved in appointing a coordinator it will give the coordinator a better working position. Note: the AoA states this is a recommendation but is not mandatory. SHE has a pragmatic approach to the appointment of coordinators and believes it is important to have a coordinator working with HPS regardless of how the work is organised.

The Assembly approved the revised AoA with no further comments. See approved AoA:

<https://www.schoolsforhealth.org/about-us/articles-association>.

8. Approval of the financial statement for the past year of SHE and budget for the coming year

Nina Grieg Viig is a financial auditor elected by the SHE board. The main financial documents were sent to all coordinators before the meeting with no additional comments.

The Assembly approved the financial statement for 2018 and budget for 2019.

Additional comments:

- In 2020, SHE has requested 80% funding from the EU (as in 2019)
- It is an ongoing task for the board to find the additional funding. Good ideas are always welcome and can be given to Anette Schulz or any member of the board.
- The AoA states that the agenda of the SHE Assembly Meeting must contain approval of the financial statement for the past year of SHE and budget for the coming year. This was queried as there are several non-EU members at the Assembly. To alter this, the AoA must be revised and this process could be initiated by a suggestion from one of the non-EU members. This change is not recommended by the SHE management, as EU funding is the basis of the majority of SHE-activities and therefore a summary of the economic position is important. The SHE secretariat will make an illustration on the website outlining the parties involved in SHE's funding

9. Election of a substitute SHE Board member for a 1-year period

Suzanne Hargreaves, national coordinator in Scotland was elected as a substitute member of the SHE Board at the SHE Assembly Meeting in 2018. According to the AoA, a substitute member must be elected each year.

An election was completed: Suzanne was re-elected for 1 year until the next SHE Assembly Meeting.



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10. News from WHO

Presenter: Martin Weber (Programme manager, WHO, Regional office for Europe)

Martin highlighted two of WHO's 17 sustainable development goals that are particularly important for SHE: Goal no. 3: Health and Goal no. 4: Education. The work of SHE also fits into the framework of the European strategy for child and adolescent health.

WHO is monitoring the implementation of the European CAH (Child and Adolescent Health) strategy. A map illustrating: "Do you have a national strategy on health promoting schools?" was shown. This gave an intense discussion with Assembly delegates as some were opposed to their country's status on the map. The results of this survey are often dependent upon the knowledge of the person responding to it and this can be problematic as these answers don't necessarily reflect regional differences. For example, the United Kingdom government has been answering the questionnaire on behalf of all countries in the UK which does not allow regional differences to be seen. A similar problem can be seen in Italy and Germany.

WHO has made a global overview of school health services (data from 102 countries) and the future strategy is to promote a new model of school health services: This involves replacing screening and paper work with easy access to relevant children's services providing individual counselling based on confidentiality.

The EU Teach was presented: Training in adolescent health competencies. See the WHO website.

The presentation was concluded by the reiteration that schools for health and school health services are an important work component of WHO and they see SHE as a key partner in school health collaboration.

11. National coordinators presentations

Each national and regional coordinator at the SHE Assembly Meeting presented one or more national/regional experiences related to school health promotion. To ensure all presentations had adequate time they were organised in three parallel sessions with the following themes:

- Tools and materials for school health promotion
- Good practices and themes
- Implementation and evaluation of school health promotion

Each presentation was followed by questions and discussion. Below is the list with themes of the presentations.

Tools and materials for school health promotion

a) Sanda Terela, Latvia

Tools and instruments provided for schools by Centre for Disease Prevention and Control was introduced and the following was discussed: Development of materials – who, why and how? Criteria used to select topics? Topics covered?

b) Mojca Bevc, Slovenia

Health promotion tools implementation and evaluation in Slovenia.

Discussion centered around: How do we work with teacher's education? Cooperation with health workers, teachers and partners

c) Svetlana Sokolova, Russia



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"Schools health promotion in Russia: the principles and organization of work. Monitoring and efficiency"

This website www.school-forhealth.ru functions as the central point to disseminate HPS.

d) Veronica Velasco, Italy – Lombardia

The HPS tools, instruments and programs are available for schools in Italy and how do we work with them?

e) Alice Haav, Estonia

Assessment tools and methodological materials for schools and kindergartens - Evidence-based programs in Estonia

f) Suzanne Hargreaves, Scotland

Closing the Poverty-Related Attainment Gap. Poverty in Scotland – what are the gaps?

g) Electra Bada, Greece

Greek tools and materials for school health promotion. Educational materials for primary and secondary school pupils. Criteria for the programme's successful implementation in the classroom.

Good practices and themes

h) Gemma Cox, UK Wales

The Walsh Network of Healthy Schools Schemes – Public Health Wales: Framework guidance, Evidence and Assessment and the National Quality Award

i) Päivi Nykyri, Finland

How can HPS action be part of Wellbeing Economy? - included introduction to concept of Wellbeing Economy

j) Marije van Koperen, The Netherlands

The Netherlands – Good practices and themes – What is the Healthy school program, Different types of Healthy school themes according to type of education, Assessment framework for themes, the Healthy school coordinator and the Healthy school advisor

k) Nina Viig, Norway

Physically active learning

l) Anina Chileva, Bulgaria

Comprehensive Sexuality Education (CSE) for 5 - 8 grades "Alphabet for you and for me" - including manual for teachers, book for parents and individual tasks work for students.

Implementation and evaluation of school health promotion

m) Ingibjörg Guðmundsdóttir, Iceland

Health promoting schools in Health promoting communities - principles, collaboration, implementation, health determinants, evaluation, barriers and success

n) Elena Kosevska, Macedonia

Health of adolescents in North Macedonia and perspective concept of SHE - Are both the Ministry of Education and the Ministry of health involved in school health promotion – how and why (not)?

o) Tineke van Steenkiste, Belgium

Healthy school – Implementation in Flanders. Collaboration with the Ministry of Education and the Ministry of health involved in school health promotion – how and why? Partners in implementation; Barriers and plans for the future; Implementation channels; Monitoring.



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p) Børge Koch, Denmark

Health promotion in the Danish Educational System - problems with implementation of school health promotion according to recently published evaluation report in Denmark.

q) Irit Livne, Israel

The Israel National Program for Active and Healthy Living, a joint national effort led by the Ministry of Health, the Ministry of Education, and the Ministry of Culture & Sport was presented expanding on how to create an environment that enables the choice of a healthy diet and regular physical activity by expanding the commitment of government institutions and stakeholders.

r) José Carlos Sousa, Portugal

The National education strategy for citizenship and Health promotion and sexual Education in Portugal was presented. The collaboration between the Ministry of Health, Ministry of Education, Local Health Services and Schools was discussed.

s) Zarina Keruyenova, Kazakhstan

Health Promoting Schools in Kazakhstan - The process of implementation and evaluation of HPS in Kazakhstan. The barriers and possibilities.

t) Annamaria Somhegyi, Hungary was not able to attend the Assembly Meeting but gave her presentation in writing to make it published on the SHE website with the other presentations. Her presentation was titled Hungary - Implementation and evaluation of school health promotion

AOB

A wide range of subjects were discussed. No conclusions were made to the items and they stand as a brainstorm of different opinions.

a) Sincere thanks were given to the following with a feeling of overall satisfaction with the assembly meeting 2019:

- The SHE secretariat for preparing the content of the meeting and keeping minutes
- Nina Griig for leading the meeting
- Ingibjörk Guðmundsdóttir for arranging the meeting
- All participants for creating an atmosphere for good discussion
- All presenters for interesting and enlightening presentations

b) Comments and suggestions on the presentations from the coordinators:

- Too much time for each presentation. It would have been suitable with 10 minutes for each presentation and 10 minutes of discussion
- Excellent to have so much time for discussion.
- Suggestion was made to record presentations to make it possible to hear them regardless of Assembly attendance
- Suggestion was made to let the meeting last until 18 o'clock on the first day
- Suggestion was made to divide the presentations over two days to make it easier to give all presentations the required attention

c) Comments on shared capacity building workshop on day 1:

- Not enough time to discuss the four tasks – there wasn't much benefit
- It was valuable to get to know each other better
- Combine the capacity building with webinars – then we don't have to wait until next year to meet again



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- Knowing each other makes it easier for us to keep in touch
- It would have been valuable to have more contact before the workshop – e.g. to find common areas in which cooperation is wanted. Make for example a template with areas of interest. Then it's easier for coordinators and researchers to connect during the meeting and to be more concrete.

d) Other ideas

- Suggestion was made to make a school visit available during the Assembly
- Add more physical activity to the meeting. For example, use standing tables in the room to be able to change between standing and sitting and have small physical exercises throughout the day
- Add more group work
- Create a document/script about the practical requirements to remember when hosting the Assembly
- Make it a 3-days program (comments on this: Anette informed that there was a budget limit in SHEs partnership agreement but no time limit. If it's possible to get funding from the participants' institutions for an extra day, 3-days meetings can easily be arranged.
- Alternating between northern and southern countries hosting the Assembly or choosing countries in the centre of Europe to host the Assembly would help minimise travelling time
- Creation of a closed electronic platform for coordinators to share material would be useful. The SHE secretariat will make such a platform available during the latter part of 2019 and inform the coordinators when it is ready
- The working groups have selected a task force and a reading group – is it possible to make the reading groups broader than today?
- There was a recommendation to strengthen the contact with world-wide health promoting school organisations
- Creation of SHE webinars on specific subjects

e) Theme for the factsheet in 2020

- Anette suggested a 2020-factsheet about health literacy as there is general interest in this subject and it would complement WHO's work on this (road map). HBSC is also working on creating additional questions to their survey incorporating questions about health literacy
- The SHE glossary was offered as a possible theme for the factsheet. However, this glossary already exists and will be expanded in the autumn 2019 as part of the objectives in the partnership agreement.
- Conclusion: Anette will expand on health literacy as a theme in writing and will distribute it for comments.

f) The 5th European Conference on Health Promoting Schools in Moscow

- The conference will be held on November 20 - 22, 2019
- Conference website: <http://sheconference2019.org/>
- Apply for visa the sooner the better (and before October 1st.). Download visa form here: <http://sheconference2019.org/moscow-hotels-and-travel/visa-to-russia/> and send it to Dr.Olga Komarova (see instructions on the conference website), who will give you a special invite that helps you manage your way through the visa system. Advice: Do not try to do this on your own.

Closing



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Anette and Nina closed the meeting and look forward to seeing participants at the Moscow conference in November 2019 and again in Helsinki in Finland for the SHE Assembly Meeting 2020.