



THE SLOVENIAN NETWORK OF HEALTH PROMOTING SCHOOLS - SNHPS SLOVENSKA MREŽA ZDRAVIH ŠOL - SMZŠ

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The National Institute of Public Health (NIJZ)

SHE Assembly, 20.-21. June 2019

THE SLOVENIAN NETWORK OF HEALTH PROMOTING SCHOOLS - SNHPS



- Start in the year 1993 - 12 pilot schools
- Support of Ministry of Health in Ministry of Education
- National Institute of Public (NIJZ) - national supportive centre and national coordinator
- 9 Regional Institutes of Public Health (NIJZ OE) - regional coordinators – from the year 2008

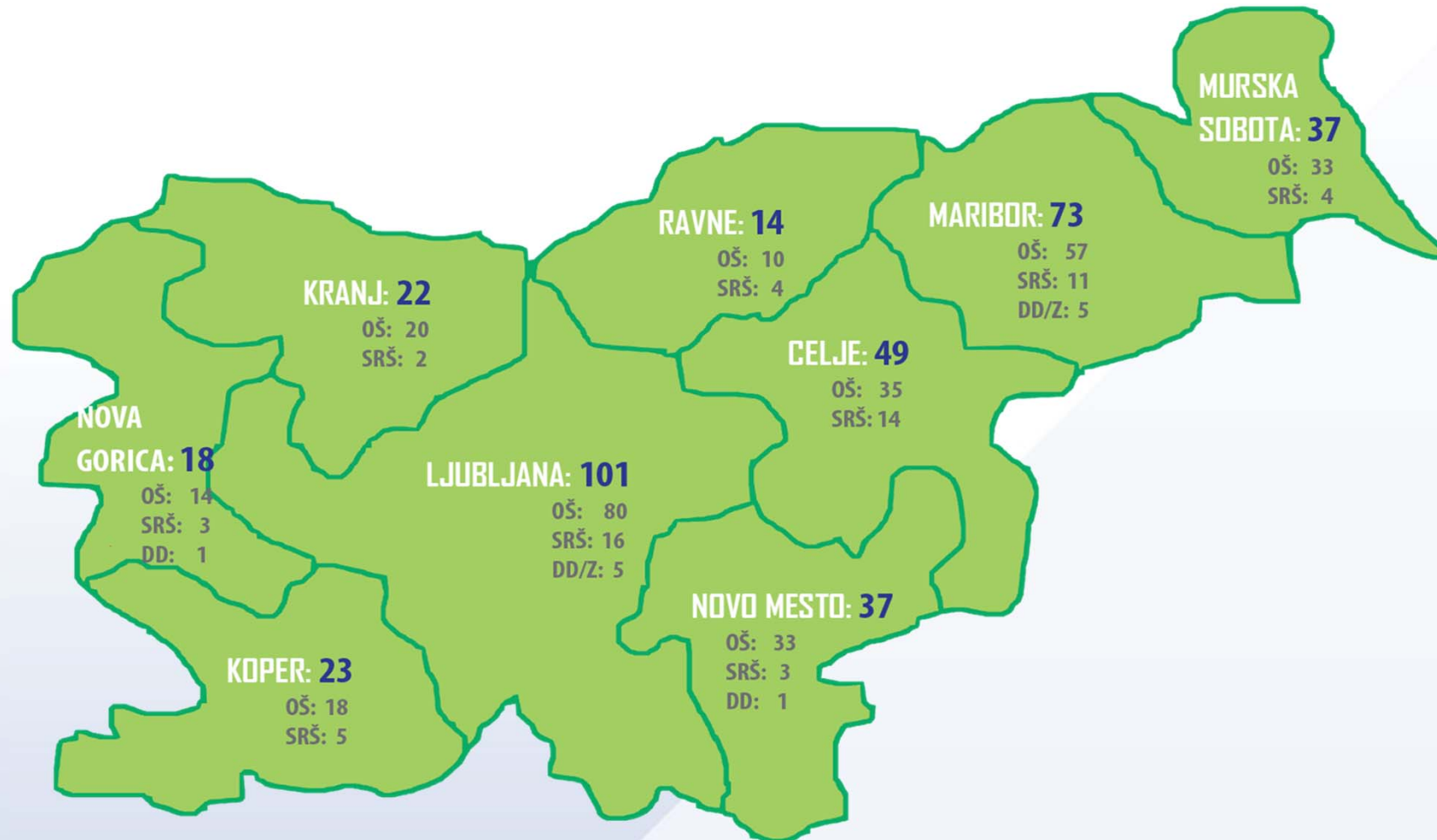
Disseminations



SNHPS 1993 - 2019



398 schools (61 % of all PS and SS): 323 PS (71 %); 62 SS (34 %); 10 D (28%), 3 Institutions





THE CHARACTERISTICS OF SNHPS

- In-service trainings of HP/HE for teachers
- School team at every HPS (headmaster, teacher, student, parent, local community, health sector)
- Systematically planning and evaluation, following the goals of SHE and national guidance
- Education at regional meetings with school leaders – 3 times/year (a unified program for all regions)
- The leading theme for school year
- National Meeting of SNHPS: Festival of Good Practices – (7th of November 2018); <https://www.nijz.si/sl/nacionalni-posvet-zdravih-sol-zrece-711-2018>

Tools and materials for HP



English material (all translated):

Open Society Institute (manuals: Alcohol, Tobacco, Healthy Eating, Physical activities, Sex Education), 1995, workshops, seminars

Promoting Mental and Emotional health in the European Network of Health promoting Schools (manual, translation 1995 and 2005), workshops 1995-2016 at regional meetings and in schools

Promotion of Health of young people (1994, translation 1998)

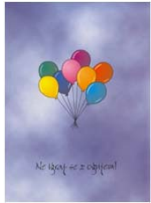
SHE Online School Manual, SHE School Action Planner, SHE Rapid Assessment Tool – Criterias for HPS (more detailed and adapted to our situation), translation 2015, workshops at regional meetings, action plan relating to different topics

SHE Factsheets 1-3, other materials, 2010-2017, Newsletters 2018-2019, <https://www.schoolsforhealth.org/>, promoted and disseminated to SNHPS

Tools and materials for HP



Some of Slovene materials:



A lot of **seminars** (mental health, better communication between teachers-children- parents, non-bullying, mediation, healthy eating, physical activities, healthy life-style...).

Let's Promote Non-smoking – a manual and worksheets (4th-9th grade), 2000, seminars for teachers

Alcohol? Parents Have Influence! – a manual and booklet for parents, 2001, seminars for teachers

<https://www.nijz.si/sl/publikacije/alkohol-starsi-lahko-vplivamo>



Program To sem jaz! (That's Me! I Believe to Myself- a manual for teachers, a book for students -10 steps to better self-esteem, 2010 - 2015, workshops at regional meetings and in schools;

<http://www.tosemjaz.net/> - online counselling)

Coping With Stress - When Stress Stressed Teacher and Student (chapter Mindfulness), 2010 - 2015, a manual, workshops at regional meetings;

https://www.nijz.si/files/publikacije-datoteke/ko_ucenca_strese_stres_2015.pdf



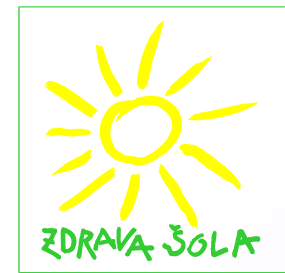
The Model of Healthy Life-Style, 2008-2013, 60 pilot lessons related to curriculum,

www.zdravjevsoli.si

Health Through Art (a manual for teachers, guidelines how to talk with youngsters in classrooms about: mental health, healthy eating, eating disorders, sex education, physical activities, prevention of tobacco, alcohol and drug consumptions), 2016-2017, lectures at regional meetings.

<https://www.nijz.si/sl/oznake/zdravje-skozi-umetnost>





Who is involved in the development of material, why and how?

Slovene experts who are working at NIJZ on the field of health and HP with other related experts (also from Faculties, Institutes, NGO, ...). Materials are tested at target population and then disseminated to SLO schools (at first to HPS).

Which criteria's do you use when selecting HPS tools, instruments, programs and why?

Programs have to be linked to current **public health issues** for children and adolescents (WHO, SHE, national guidelines, HBSC research, other research, evaluated programs ...).

Consultation with schools (contents, ideas, needs ...).

Experts who carry out education for teachers – for free of charge.

Evaluations of participants after each realisation of the seminar.

Good practices and themes



Which themes and how these themes decided?

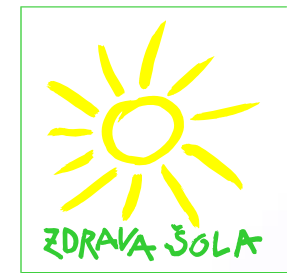
Every year we choose the leading theme.

It has to be linked to current **public health issues** for children and adolescents (international and national guidelines), mostly related to mental health, healthy eating, physical activities, healthy life-style...

Proposed by **national and regional coordinators** (National Advisory Board), discussed with leaders of HPS (at schools: 1 task/per year should be related to the leading theme).

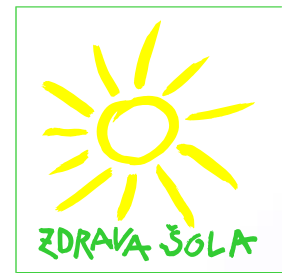
Schools choose also their **own tasks** related to health - depends of the school situation (needs, problems...).

The leading themes ...



THE LEADING THEMES

- 2000/01: Youth and Alcohol (The Message in The Bottle)
- 2001/02: Mental Health
- 2002/03: Physical Activity and Healthy Eating
- 2003/04: Physical Activity and Healthy Eating, Interpersonal Relations
- 2004/05: Intensive Work with Parents
- 2005/06: Quality of Leisure Time
- 2006/07: Mental Health, Physical Activity and Healthy Eating
- 2007/08: Healthy Life-Style
- 2008/09: Healthy under the Sun
- 2009/10: In Relationship to... (others, yourself, environment, life-style, health, living ...)



THE LEADING THEMES

2010/11: In Relationship to...(continuation)

2011/12: In Relationship to... (continuation)

2012/13: Values

2013/14: Intergenerational Cooperation (NGO Simbioza)

2014/15: Mental Health (implementation of programmes:
Promotion of MH, That's me! Coping with Stress)

2015/16: Mental Health (continuation)

2016/17: Mental Health, Healthy Eating, Physical Activities
(support for National Program for healthy eating and physical activities; manual for teachers Health Through Art)

2017/18: Mental Health, Healthy Eating, Physical Activities (continuation)

2018/19: Mental Health, Healthy Eating, Physical Activities (continuation)

2019/2020: * Raising and Education for the Real and Digital World;
* School's Approaches in Solving Problems with Psychoactive Substances

Teacher's education and implementation

How do you work with implementation of school HP (channels, who is involved)?

In-service trainings of HP/HE **for teachers** (for free, 3-days, 8 h, 4h), also materials, manuals. They get certificates for progression in the school system.

Seminars for **regional coordinators** – education of educators.

Regular educational meetings with school leaders and regional coordinators (3-times/per year) - remarkable important!

School leaders transfer this knowledge, experience to colleagues **in their schools** (peer-teaching), transfer to children and parents.

Events in **local communities**, cooperation with **NGO's, Health Centers**, organisations and individuals - round tables, lectures, seminars, workshops, etc.

Consulting, support, advises, informations ...from national and regional coordinators by e-mails.

In the implementation process **are involved**: **experts** from different field of health, **regional coordinators**, **members of school teams**, **teachers**, **pupils**, **parents**...

Cooperation with partners

- Cooperation with NGO's and other partners through the process of the development of materials, promotion, education and implementation of their projects /programs through HPS.
- Also with recommendations of Ministry of Health: Cooking and All That!, Bicycle Train and Walking Bus; Sport is Fun; Water Wins, How to Support a Grieving Child (Hospic) ...

Cooperation with health workers

All schools at national level cooperate a lot with primary health system – local Health Centers (school doctors, nurses, dentists, psychologists, physiotherapists, kinesiologists, dietitians...) - activities/ lectures/ workshops/projects for children, teachers and parents.

- **Sistematically check-ups** with health education in **Health Centers** (every 2 years).
- Health education **in-depth at schools** in all classes (every year).

Primary schools:

Contents: healthy habits, healthy nutrition, physical activity, growing up and sexual education, mental health (self-image) and interpersonal relationships, dental care...

Secondary schools:

More focused at: sexual education, mental health (self-image and body-image), prevention of addiction, prevention of cancer (brest self-examination, HPV, sun protection)...

- **Other activities** according to the needs of the schools (lectures, workshops).
- Representatives from local Health Centers are **members of a school team at HPS.**

Evaluation of school health promotion

HPS self-report: online questionnaire for planning and evaluation of tasks / projects (at the end of school year).

Regional reports for school year (october/november) – feed back to schools.

National report for school year (december) – report to MH, website of SNHPS.

Questionnaire SHE rapid assessment tool – Criteria for HPS (every 3-4 years) – adapted to SLO situation.

Regular regional meetings - presentations of examples of good practices, discussions about tasks, problems, successes ... feed-back of their work.

What works – recommendations

Regional meetings - additional trainings and education, exchange of experiences, examples of good practices, discussion in small groups ... At least once per year are hosts of regional meetings also HPS.

Co-working with regional coordinators (National Advisory Board)- designing a national program of SNHPS, enthusiastic and personal approach to schools.

Well-prepared seminars (programs) - lecturers, manuals of HP/HE contents, materials, didactic devices (practical and transferable knowledge into a school practice).

Networking - the dissemination of good practices and cooperation with other institutions (NGO).

National /WHO, SHE guidelines for HP.

What is important ... and has to be improved

Cooperation between different sectors (political/personnel changes).

Bureaucracy at schools.

Teacher's status - a reflection of society, lack of interest for additional work.

Integration of health contents into the curriculum – no subject for HE (at national level), contents within some subjects, depends of teacher's awareness and personal orientation ...

The National report of school activities 2017/18 - (Self-evaluation reported by school team)

ON-LINE REPORTED DATA FROM 321 SCHOOLS (86 % OF ALL HPS)

3465 DIFFERENT ACTIVITIES - 2/3 CREATED AT SCHOOLS, 1/3 PROGRAMS DISSEMINATED FROM NIJZ

96 % SCHOOLS WORKED AT THE LEADING THEMES
THE MAIN METHODS: PRACTICAL WORK, LECTURE

81 % SCHOOLS HAVE HEALTH POLICY INCLUDED IN ANNUAL OR EDUCATIONAL WORK PLAN

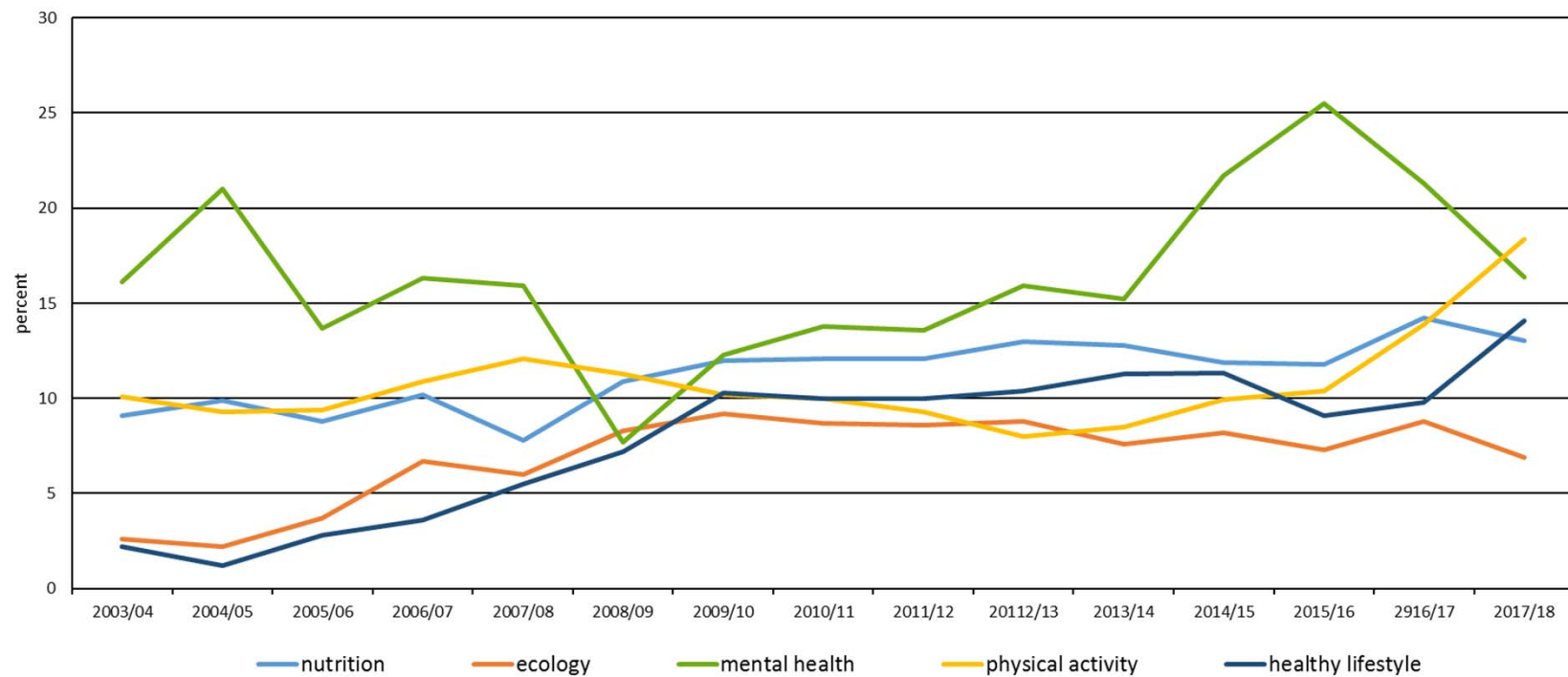
85 % OF SCHOOL TEAMS HAVE 2-3 MEETINGS PER YEAR

93 % OF SCHOOL ACTIVITIES AND 87 % IMPLEMENTATION OF NIJZ PROGRAMS AT REGIONAL MEETINGS WERE ASSESSED AS SUCCESSFUL OR VERY SUCCESSFUL

AS THE MOST IMPORTANT FOR IMPLEMENTATION OF HP: ALL TEACHERS ESTIMATED SUPPORT OF THE HEADMASTER, INTERESTING CONTENTS, WELL PREPARED PROGRAMS, EDUCATIONAL TRAININGS, COMPETENT TEACHERS ...

ALSO IMPORTANT: ENOUGH TIME, INCLUSION OF HEALTH RELATED TASKS IN THE CURRICULUM, AVAILABILITY OF MANUALS AND OTHER DIDACTIC MATERIALS.

The most common contents in school activities over the last 15 years



Dissemination of NIJZ programs at schools -2017/18

(321 schools, 130.624 pupils, 14.127 teachers)

PROGRAMS/ CONTENTS	NUMBER OF PERFORMANC ES	NUMBER OF PUPILS INVOLVED	NUMBER OF PARENTS INVOLVED	NUMBER OF TEACHERS INVOLVED
PHYSICAL ACTIVITIES	289	96.085	32.574	9.073
HEALTHY EATING	273	83.589	24.231	7.512
PROMOTION OF MENTAL HEALTH	171	34.839	11.753	3.466
THAT'S ME!	134	19.052	4.167	1.312
SEX EDUCATION	103	8.223	1.469	607
COPING WITH STRESS	90	15.473	3.030	1.522
EATING DISORDERS	79	9.195	3.551	995

The Implementation of Health Promotion at Schools

(The NIJZ research, 2016)

On-line questionnaire (2013), response: 318 schools (51% of all Slovenian schools); 57% HPS

THE MAIN FINDINGS:

THE MAJORITY OF SCHOOLS INCLUDE CONTENTS OF HEALTH IN THEIR WORK AND CARRY OUT ACTIVITIES
75 % SCHOOLS WISH MORE SYSTEMATIC GUIDANCE AND SUPPORT BY RESPONSIBLE INSTITUTIONS (OTHER SCHOOLS MUCH MORE THAN HPS!)

OBSTACLES:

57% SCHOOLS WISH MORE KNOWLEDGE AND PRACTICAL SKILLS, GUIDELINES, THEY ARE TOO OCCUPIED WITH OTHER OBLIGATIONS, LACK OF FINANCIAL AND HUMAN RESOURCES

FOR BETTER INTEGRATION OF HEALTH INTO THEIR WORK TEACHERS PROPOSE: SYSTEMATIC REGULATION OF THIS AREA, EVALUATED PROGRAMS AND PRE-PREPARED LESSONS ON DIFFERENT TOPICS, GUIDELINES FOR INCLUDING HEALTH INTO SCHOOL CURRICULUM

HPS REPORTED:

THE IMPACT OF PROJECT WAS GREAT (INCLUDING THE PERIOD OF LAST 20 YEARS AND LAST COUPLE OF YEARS)

THE MOST HPS HAVE ACHIEVED GOALS COMPLETELY OR AT LEAST PARTLY

THE MOST HPS WERE SATISFIED WITH NIJZ COORDINATION (REGIONAL AND NATIONAL)

TEACHERS ESTIMATED AS ADDED VALUE OF HPS: GREATER AWARENESS AMONG PUPILS AND TEACHERS, ADDITIONAL KNOWLEDGE, PRACTICAL SKILLS, MORE POSITIVE ATTITUDE OF PUPILS TO HEALTH...

HPS INTRODUCE SEVERAL HP/HE PROGRAMS, GREATER EMPHASIS ON HEALTH IN THE CURRICULUM, MORE CONTENTS OF HEALTH IN FREE TIME ACTIVITIES, BETTER CO-OPERATION WITH HEALTH INSTITUTES (SPECIALLY WITH REGIONAL INSTITUTES NIJZ), ETC....

What would facilitate the integration of health at schools?

The Implementation of HP in School Settings, NIJZ report, 2016

(on-line questionnaire (2013); response: 318 (51% of all Slovenian schools), 57% HPS

- INTEGRATION OF HEALTH CONTENTS INTO THE CURRICULUM
- NATIONAL GUIDELINES FOR DIFFERENT HEALTH AREAS
- COOPERATION WITH REGIONAL COORDINATORS
- ADDITIONAL TRAININGS AND EDUCATION AT REGIONAL MEETINGS
- MANUALS WITH HP/HE CONTENTS, MATERIALS, DIDACTIC DEVICES
- THE DISSEMINATION OF GOOD PRACTICES AND COOPERATION WITH OTHER INSTITUTIONS

HPS IDENTIFIED:

- GREATER PROGRESS MADE IN AWARENESS RAISING AND MORE POSITIVE HABITS TOWARDS HEALTH AMONG PUPILS, TEACHERS AND PARENTS; BETTER INTERACTIONS, MORE SYSTEMATIC MANAGEMENT OF THE ACTIVITIES, MANY IDEAS FOR NEW PROJECTS.
- **THE MOST IMPORTANT CONTENTS:** HEALTHY EATING, PREVENTION OF BULLYING, PERSONAL GROWTH, POSITIVE SELF-ESTEEM, PHYSICAL ACTIVITIES, AWARENESS OF CHEMICAL AND NON CHEMICAL ADDICTION, PROBLEM SOLVING ...

SNHPS - THE PLANS FOR THE FUTURE

HPS as opportunity for intersectoral cooperation (health, education, social affairs, agriculture...); support for implementation of national and international strategies/programs.

HPS offer a systematic approach and a common program at the national level – we wish more lessons for health contents in the curriculum.

Education of teachers and dissemination of evaluated programs, manuals for health/HP.

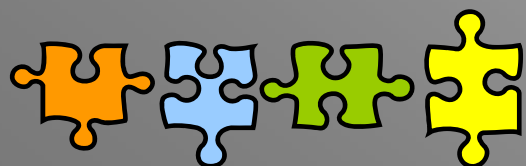
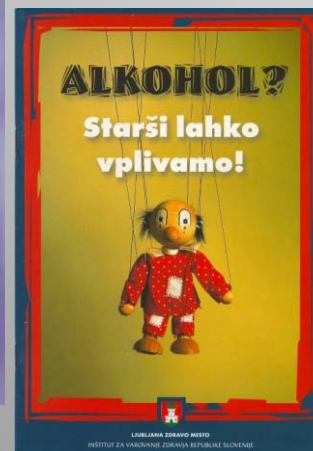
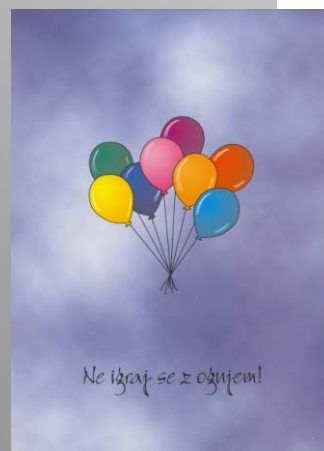
National, regional and school coordination - national program and education at regional meetings with HPS.

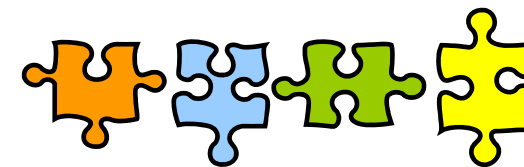
New expansion of SNHPS in the school year 2020/2021...?

THE MODEL OF HEALTHY LIFE-STYLE 2008-2010/2014

The contents:

- healthy eating
- physical activities
- mental health
- tobacco, alcohol
- 60 pilot lessons





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Zdrav življenjski slog v šoli

www.zdravjevsoli.si

ZDRAV ŽIVLJENJSKI SLOG V ŠOLI

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[Zdrava prehrana](#)
Zdrava

- DUŠEVNO ZDRAVJE**
Duševno zdravje...
- ZDRAVA PREHRANA**
Zdrava prehrana...
- GIBANJE**
Gibanje...
- TOBAK/ALKOHOL**
Tobak/alkohol...

NOVICE **NAJBOLJ BRANO** **ANKETA**

Modelne ure s področja prehrane / Tradicionalni slovenski zajtrk

Prispeval VP
Sreda, 16 Januar 2013 13:20

Modelne ure s področja prehrane / Tradicionalnega slovenskega zajtrka so nastale na OŠ Boštanj, OŠ Frana Roša, Celje in OŠ Sostro. Avtorice so navedene ob vsaki modelni uri, prav tako eveljavca.

1. razred / [Čebelnjak](#)
4. razred / [Jedini list](#)
6. razred / [Po jutru se dan pozna, Pomen zajtrka \(pot predstavitev\)](#)

Zadnjič posodobil Sreda, 16 Januar 2013 13:31

Navodila za pripravo modelnih ur za projekt Tradicionalni slovenski zajtrk

Prispeval VP
Četrtek, 18 Oktober 2012 11:25

Za Sole, ki bi želele aktivnosti v okviru projekta »Tradicionalni slovenski zajtrk« nadgraditi z oblikovanjem modelnih ur v okviru Modela zdrav življenjski slog, podajamo usmeritve [na tem mestu](#).

Zadnjič posodobil Četrtek, 18 Oktober 2012 11:25

Ali vam je všeč spletna stran, na kateri se nahajate?

- Da, zelo
- Še kar
- Lahko bi bilo bolje
- Ne

GLASUJTE **REZULTATI**

PRIJAVA

Uporabniško ime

Geslo

Pomni prijavo

PRJJAVA

• [Ste pozabili geslo?](#)

start Novell GroupWise - N... konferenca medicinsk... SNHPS_260713 [Zdru... Zdrav življenjski slog ...

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Greetings from Slovenia!

