

## Learning activity: Health Promoting School

*Every child should now have the right to benefit from the health promoting school...*

*Resolution from the first conference of the ENHPS on the Health Promoting School an investment in education, health and democracy (1997).*

### Self-reflection

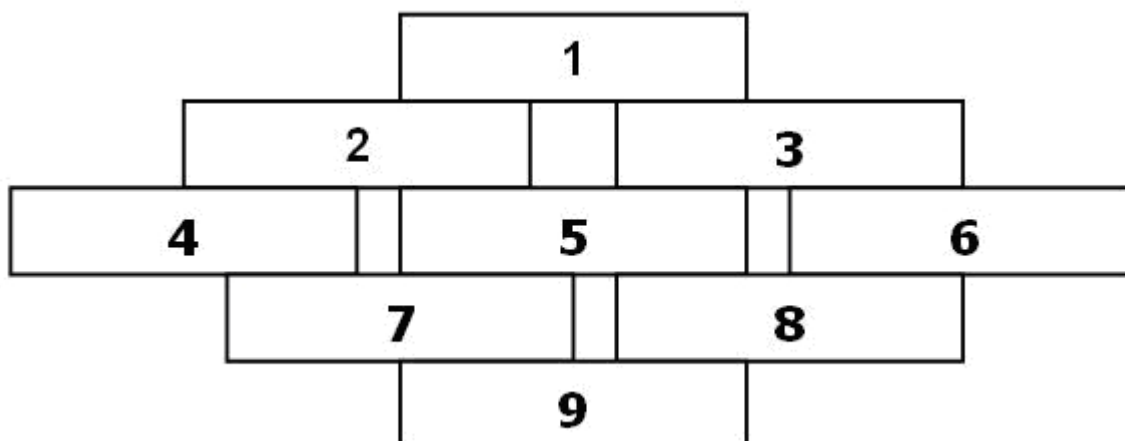
On your own mind-map all that you think of when you hear the term a health promoting school. Highlight the key concepts and terms from this and group them into themes. Does it matter that we have a shared understanding about what constitutes a health promoting school?

### Activity

Print a selection of the following statements onto strips of card or paper. Add additional relevant statements if required.

- Democracy
- Equity
- Empowerment and action competence
- School environment
- Curriculum
- Staff health and welfare
- Collaboration and partnerships
- Whole school community
- Sustainability
- Programmes and projects
- Influencing health behaviour
- Staff training
- Pupil participation
- Ethos Out of school activity
- Evaluation
- Impact

In small groups discuss the statements in turn. Then arrange these in a diamond nine in order of importance: 1 most important - 9 least important. This must be done through a process of consensus.



When all the cards have been placed or 20 minutes has gone by group/s should take it in turn to share their diamond 9 and their discussions.

### Points for discussion:

- What were the most important statements?
- Least important?
- Most contentious?
- Was it easy to reach a consensus?
- Once you had shared your D9 and had discussions, was there a temptation to change after hearing the view of others?
- What was the general feeling from the groups?
- Do different professional groups have a different understanding of these terms?

### Reflective questions

Think of your school community. To what extent does your school embrace these concepts? Identify what you are doing well. And what you could be doing better. What factors are influential in shaping how the health promoting school is taken forward in our daily work?

From the SHE-website: [www.shools-for-health.eu](http://www.shools-for-health.eu)  
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