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Schools for Health in Europe

# Schools4 Health

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The Health Promoting School Approach

20<sup>th</sup> March 2023

# What is a Health Promoting School?

- A health promoting school is one that constantly strengthens its capacity as a healthy setting for living, learning and working.
- In a nutshell:
  - Develops a health policy and integrates health-related topics in their school curriculum.
  - Ensures that the ethos and social and physical environment of the school supports the health and well-being of pupils, teaching- and non-teaching staff.
  - Engages with parents and community stakeholders to promote children and young people's health and well-being.

# Four dimensions of health

Negative perspective:  
absence of disease

Positive perspective:  
absence of disease and presence  
of physical, mental, sociale,  
motional, spiritual and sexual  
well-being

Narrow perspective:  
lifestyle

Broard perspective:  
lifestyle and  
living condition

# The concept of health



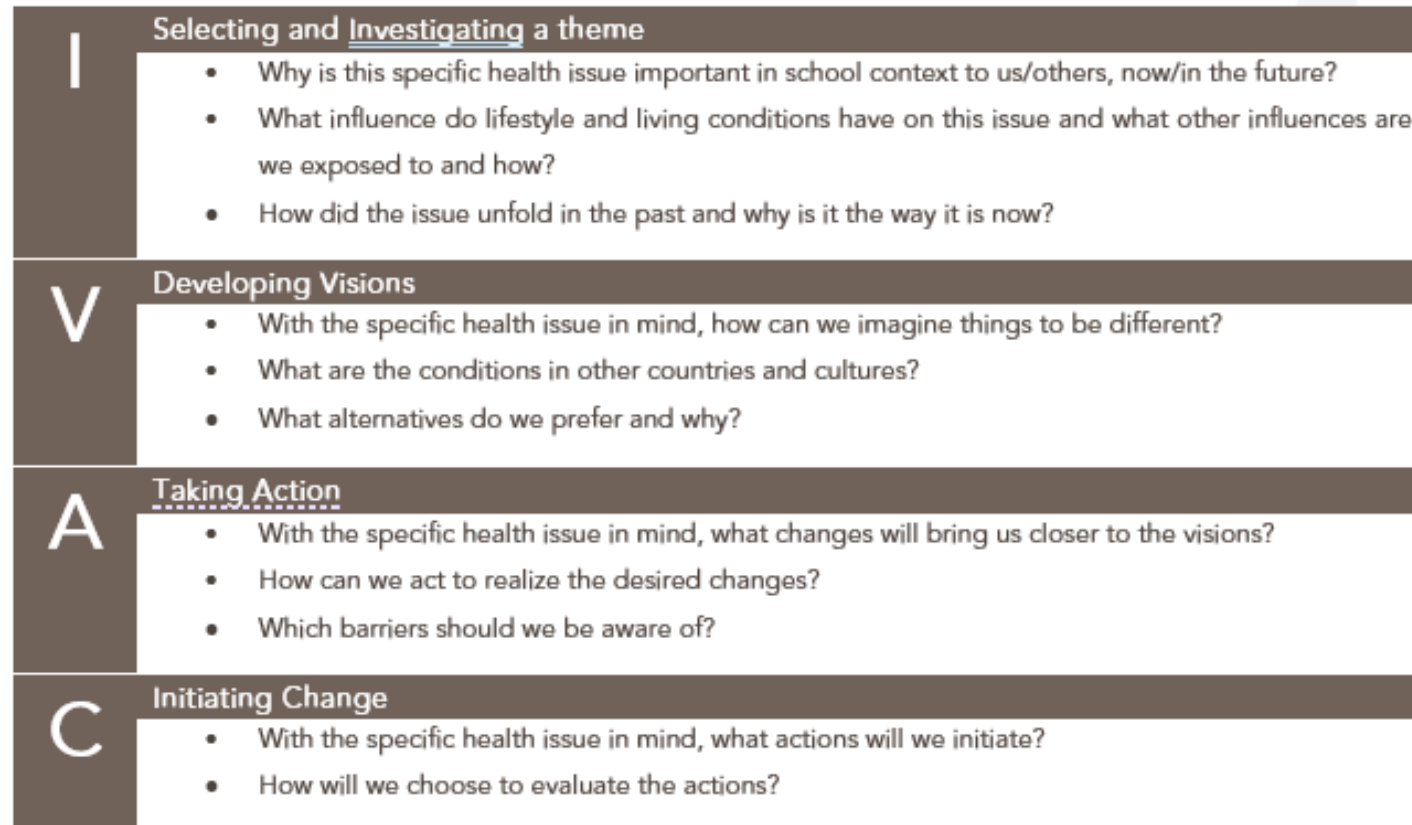


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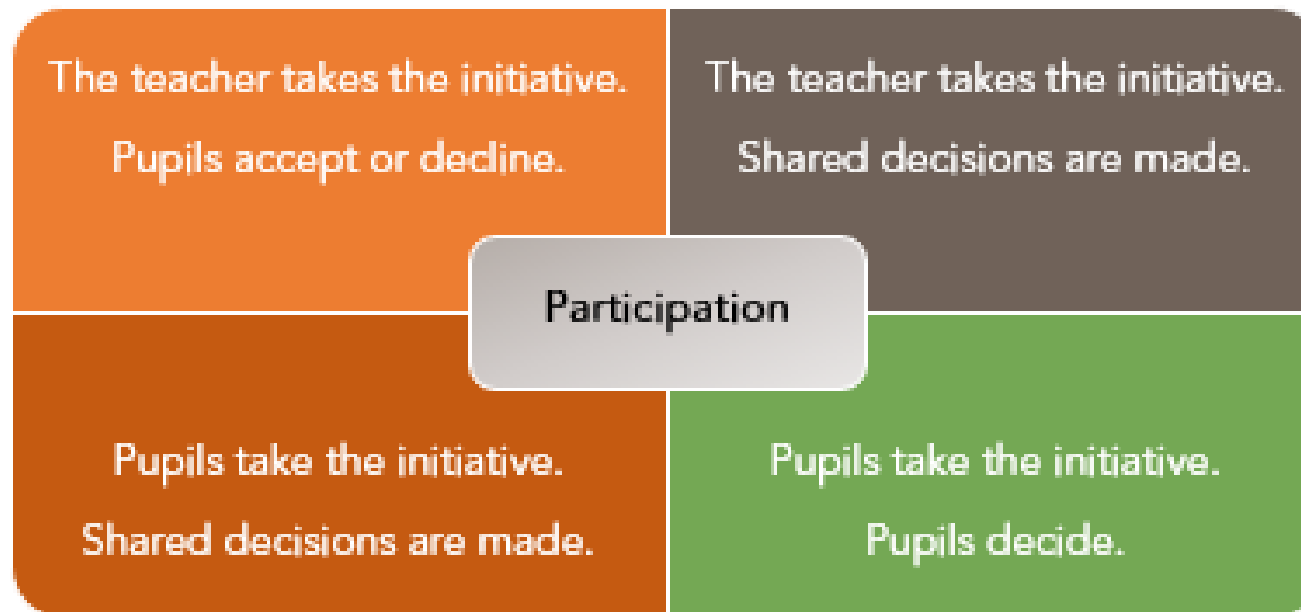
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# The whole-school approach

# The IVAC approach to promote action competences



# Participation



# 5 steps of becoming a health promoting school

