

Being Healthy

School /Country	Silverdale/ UK
<u>National</u>	<p>Being Healthy is one of the Every Child Matters agenda and schools have a legal requirement to address it. It forms part of the Self Evaluation Form which each school completes regularly to review how well it is doing.</p> <p>Legal requirements covering the amount of physical activity pupils take – currently a minimum of 2hours per week with an aim to rise to 5hours from 2012.</p> <p>Healthy School Award is a whole school program covering all aspects of health – physical, emotional, mental etc. All schools have the target to achieve this by 2011.</p> <p>This year has seen the launch of a government campaign ‘Change4Life’ aimed at encouraging families to work together to achieve healthier lifestyles for their children.</p> <p>Government backed campaigns exist online, in the published media and on television warning of the dangers of substance, tobacco and alcohol use.</p>
<u>Local/School</u>	<p>Local education authority monitors provision of ECM including the ‘Be Healthy’ strand.</p> <p>Local services including schools, school nursing, social services, school dentist and optometrist, community mental health team, local Excellence Cluster work together in an integrated way to try to meet the needs of children (and families).</p> <p>All schools will include work on areas of ‘Being Healthy’ through their Science/PE and PSHE curriculums. Work is delivered by class teachers and outside agencies covering age-appropriate topics.</p> <p>School dinners have, in recent times, been improved and a far wider, healthy choice is now offered. Daily there is a main meal, vegetarian option or a jacket potato. Milk now forms part of the meal.</p> <p>All schools offer access to drinking water. At Silverdale many classes incorporate the drinking of water into their classroom routines.</p> <p>We are part of a scheme giving a daily piece of fruit free to all pupils in Reception and Key Stage One.</p> <p>Silverdale has a successful Breakfast and After School Club where healthy food options are served.</p> <p>We are developing growing areas at Silverdale allowing pupils to grow and eat their own fresh fruit and vegetables</p> <p>Silverdale is known locally for its commitment to the delivery of high quality PE and sport and for this we have been awarded Activemark Gold. We offer a number of lunchtime and after school clubs for children from Year 1 – Year 6.</p>

Challenges

The UK has high rates of childhood obesity, teenage pregnancy and deaths or chronic illness caused by substance/alcohol or tobacco use.

The average number of teenage pregnancies per 1000 15-17year olds is 6.2, in areas of St Leonards this figure is 58 per 1000.

In East Sussex (based on height and weight tests for 5 and 11 year olds) 19% of reception children and 27% of Year 6 were overweight or obese.

Deprivation in St Leonards is high meaning that a number of families send their children to school hungry and with inadequate food for lunch. Free School Meals are available for some but these are means tested and require a parent to complete application forms meaning that some families do not take up this service. A child's school dinner costs £1.84 which is quite high for families on low incomes.

Poor parenting impacts upon a child's ability to learn. Some pupils are tired and hungry or suffer with problems from neglect, for example untreated headlice or dental problems.

School /Country	Seinäjoen lyseo / Finland
Strengths	
<u>Local</u>	
<ul style="list-style-type: none">- health education as a school subject, one 45-minute lesson a week for 7th-9th graders,- free and healthy school meals- health check-ups once a year- the student welfare group (the head, the deputy head, the student counsellor, the special education teacher, one ordinary teacher, the school social worker, the school nurse): a meeting once a week, can deal with problems quickly, good cooperation with the local health care and social services and the police- lots of free sports and other afternoon clubs available for everyone	
<u>National</u>	
<ul style="list-style-type: none">- the recommendation for the quality of school health care in Finland. http://www.stm.fi/Resource.phx/publishing/store/2004/08/pr1092909444623/passthru.pdf- Smokefree-project: a non-smoking competition between classes (7th and 8th grades) every year www.smokefree.fi/- "Life is the best drug" project, a touring bus against drugs http://www.eoph.fi/en/- a nationwide programme of vaccinations against the human papillomavirus (HPV) in research setting http://www.cancer.fi/english/press_releases/cancer_society_experts_propose_h/	
Challenges	
<u>Both local and national</u>	
Lack of motion and sleep because of the Internet, computer games, Big Brother and other types of reality TV shows, alcohol during weekends, the modern hectic and materialistic way of life, social displacement	

School /Country	Hietaniemi Friskola / Sweden
<p>Strengths</p> <p><u>Local</u></p> <ul style="list-style-type: none"> - the student welfare group (the head, the special education teacher, one ordinary teacher, the school nurse): a meeting once a month, can deal with problems quickly - good cooperation with the local social services and the police - lots of sports activities in school - common view among staff of the importance of being healthy, both the mental and physical - different kinds of being healthy activities: massage children to children, health-care days, breakfast now and then, open door policy, surveys to identify problems among students, student as negotiators in conflicts 	
<p><u>National</u></p> <ul style="list-style-type: none"> - health education as a part of several school subjects in all classes - free and healthy school meals - health check-ups once a year - vaccination program - different national projects concerning different kind of drugs 	
<p>Challenges</p> <p><u>local and national</u></p> <p>Lack of sleep is a problem because of the Internet, computer games, TV and other late activities. Many of our students have to get up early, because they have to take the bus to school. Use of alcohol during weekends is something that worries us, like the modern hectic and materialistic way of life, social problems in families.</p>	

School /Country	LSS “Archimede” Rome / Italy
<p>Strengths</p> <p><u>Local</u></p> <p>Being Healthy, a condition of balance between psychological and physical health, is often the result of the achievement of goals.</p> <ul style="list-style-type: none"> • Teachers pay great attention to inform their students about the meaning of a <i>good lifestyle</i> (correct dietary habits, hygiene, mental and physical health etc) essential for them to achieve a positive school life and interact positively with their classmates and teachers. • The sociability and friendliness the students can find in their teachers contributes greatly to create a serene, pleasant and psychologically positive atmosphere around them. • Healthy eating habits are encouraged along with physical activities. • <u>Educational Offer Plan</u>: two teachers operate particularly in the direction of Health Education and a booklet, a kind of identity card of the school, describes the school life in terms of organization, safety, offers, duties, rules etc. and faces also problems connected with students’ absences, behaviour and learning problems. • <u>Pact of Co-responsibility</u> involving students, teachers and families. • Training courses for teachers to help them identify any possible problems to face and try to solve, to help and support students with problems and/or to prevent their difficulties. • Regular psycho-pedagogical assistance is offered for the students to discuss individual problems personally, as well as group or even class problems. • Emergency plan for safety at school. • Projects of Health Education : teachers of science and physical training regularly start off courses on correct eating habits (to prevent obesity and diseases connected with wrong food assumption like anorexia and bulimia), and on how to know our body, courses on physical training, sex education, information about the effects of drugs, tobacco and alcohol use. • Curricular projects which follow the growth of the student. • Projects on the development of social interactions. • Didactic home assistance for students who have been ill for a long period of time. • Sports competitions. 	
<p>Challenges</p> <p><u>National and local</u></p> <p>During the last two years courses and seminars have been held to face and try to reduce the following problems:</p> <ul style="list-style-type: none"> • safety at school • integration of foreign students • bullying (both physical and psychological) • sex education to avoid undesired pregnancy and prevent serious diseases • drug, alcohol and smoking addiction • health education. <p>Also the media keep devoting some space to interviews, discussions, debates, surveys and statistics on these important subjects.</p>	

School /Country	Alexander-von-Humboldt-Gymnasium Hamburg / Germany
<p><i>Being Healthy</i></p> <p>“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”</p> <p>And this state is what we aim to uphold during a student’s stay at school.</p>	
<p>Strengths</p> <ul style="list-style-type: none"> • promotion of health awareness and health education in §5 of law governing schools in Hamburg, along with sex education • §34 stipulates that a child has to be physically examined before he/she starts school • regular check ups throughout a child’s life, even through to puberty (legal stipulation) • “contract” that commits parents to making sure that their children get enough sleep, eat healthy foods and bring something for the school break • organic milk free of charge and healthy snack on offer, provided by parents in the school break • “activities cupboard” for younger students – apparatus can be borrowed (organisation in students’ hand) • Year 7 healthy cooking, hospital visits, first aid course • Year 8 drug prevention, including project on no smoking • Year 9 course to help reduce areas of pressure, so that students can better manage their school day and homework • Extra-curricular sports activities • Our first aiders are invaluable to the school 	
<p><u>Challenges</u></p> <ul style="list-style-type: none"> • Obesity among younger students, although not yet really a major challenge • Encouragement of healthy eating and living • Lack of sleep, therefore lack of concentration or interest • Interaction with families • Sexual disease awareness must be promoted (HIV) • Alcohol 	

School /Country	HRS Steimbke - Germany
<p>Strengths</p> <p><u>National:</u></p> <ul style="list-style-type: none"> • Lower Saxony as well as Germany has a few laws that rule aspects of being healthy: Niedersächsisches Gesetz über den öffentlichen Gesundheitsdienst NGöGD Niedersächsisches Schulgesetz SGB V Gesetzliche Krankenversicherung SGB VIII Kinder- und Jugendhilfegesetz SGB IX Rehabilitation und Teilhabe behinderter Menschen SGB XII Sozialhilfe 	
<p><u>Local:</u></p> <ul style="list-style-type: none"> • The complete teaching staff is responsible to teach our students about the meaning and importance of good and healthy life not only at school. All teachers should enable their students to think about a healthy way of living but some of our subjects are predestinated to teach things dealing with health. Things that have to be taught are written down in these curricula: First of all there are all sports lessons (swimming, running, athletics , ...): Everything the students do is done in order to develop or maintain physical fitness and overall health. Frequent and regular physical exercise is an important component to prevent some of the diseases of affluence such as cancer, heart disease, cardiovascular disease, Type 2 diabetes, obesity and back pain. Biology teachers (especially for years 7/8) have to teach things like “nutrition and health of human beings”. (That’s the title of a chapter which can be found in one of our Biology books.) Finally students can choose to do Home Economics. It is more than cooking tasty meals. Students learn things like dealing with the food pyramid, counting calories, ingredients of food, advantages of freshly-cooked meals, ... Almost all students like that subject. • Cooperation with local institutions (police → inspectors come to school and give speeches about drugs or crimes, “country women” → responsible for cooking healthy and fresh food together with our students in the afternoons). • We direct our attention to a varied offer of sport activities. The co-operation with Werder Bremen is one important aspect. Another aspect is the co-operation with local sports clubs (football, tennis, table tennis, handball, break dance, hip hop, ...) which are popular and well-attended. Students can take part in the “Practice for the Olympic Games”. A real A real advantage is that our school has an own swimming pool, so lessons can be changed between swimming lessons and using the gym. • A special educated / trained teacher who helps and supports students and their families with problems (learning difficulties, anxiety to go to school, illnesses). • We have a school social worker who we have to share with a second school, but we have one. She is especially responsible for our Hauptschüler who have a very low learning level and only basic knowledge. She advises them what to do after school, helps them finding an apprenticeship, offers courses to improve social behaviour etc. • As we have lessons in the afternoons we have to offer the possibility to get a warm meal at school. Students can eat lunch at school from Monday till Thursday. The foods has to be paid and costs about € 2,50 each. Unfortunately not all parents can afford to buy lunch, so church organisations gave and give some additional money for these kids. • Emergency plan for safety at school including a “reality test” for all students (→fire alarm). • Class and school projects on the development of social interactions. • Didactic home assistance for students who have been ill for a long period of time. 	

Challenges

local and national

These are the most important worries that have to be faced:

- social displacement
- lack of motion and sleep because of the Internet
- violent computer games
- alcohol at the weekends
- bullying (both physical and psychological)
- drugs
- a rising number of young smokers
- missing social contacts
- daily hectic
- materialistic way of life