

Where can you find the manual?

You can access the manual for free online at www.schoolsforhealth.eu/for-schools/

SHE network

The *SHE online school manual* was developed by CBO as coordinator of the Schools for Health in Europe (SHE) network.

The SHE network is a network of national coordinators from 43 countries in the European region. It is focused on making school health promotion an integral part of policy development in the European Education and Health sectors.

Further information

For more information about the SHE network please visit our website www.schoolsforhealth.eu or contact the SHE secretariat.

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The SHE network is coordinated by CBO as a WHO Collaborating Centre for School Health Promotion.

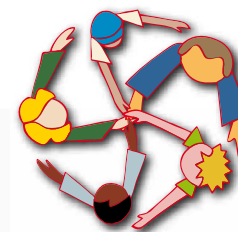


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SHE



Schools for Health in Europe

SHE online school manual

5 steps
to a health
promoting
school



The Schools for Health in Europe (SHE) network has developed an online school manual on how to become a health promoting school. This practical tool is now available on the website www.schoolsforhealth.eu/for-schools/ for free.

What is the purpose of the manual?

The SHE online school manual will:

- provide you with an introduction to health promoting schools;
- support you in becoming a health promoting school, or;
- support you in improving an existing health promoting school.

For whom is the manual?

The manual is for school management and teachers who are involved in the development of health promoting schools in the primary and secondary school setting.

The information may also be helpful to those involved in national health promoting school policy development and for use in other academic settings.

Why should you become a health promoting school?

Promoting health in your school can support you in reaching your school's educational, social and staffing objectives. The advantages of a health promoting schools are:

- better learning achievements;
- better health of students;
- better care for students;
- better school atmosphere;
- higher job satisfaction;
- acting more efficiently;
- better school image.

What is the manual?

The manual guides you step-by-step through the following phases to become a health promoting school:



You can use the manual in different ways depending on your school community's needs and priorities. You can follow the phases as a linear process or move back and forth between phases.

Best practice examples and tips are included for inspiration and to provide you with further clarity. You can also download related companion documents.

