

# SHE-Twinning

An offer to teachers, educators and other adults working with children to create European twinning classes on health.

Inspirational leaflet, version 2.0



S · H · E

Schools for Health in Europe

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## Who is SHE?

SHE is an abbreviation of *Schools for Health in Europe Network Foundation*. SHE is a non-profit organization which aims to improve the health of children and adolescents in Europe and Central Asia. By linking education and health, SHE seeks to create better health through better education.

## What is Twinning?

SHE provides various resources related to school health promotion, and one of them is twinning. Twinning links your class with another class and makes it possible to share ideas and good practice or develop collaborative projects with each other. The entire school can also twin with another active health-promoting school. Working together with others is fun and a great learning experience. The smallest children can work individually and present the results to their twinning class, and the older children can work virtually, individually or in groups around health-based projects. These health projects could focus on children's lifestyle, on living conditions or on linking learning, health and wellbeing. You can twin with colleagues, classes and schools in your own country. Or you can twin with others across the European/Central Asian region.

## How can we join twinning?

- Describe your ideas and wishes for cooperation.
- Contact your national or regional SHE-Twinning coordinator with your request (<https://www.schoolsforhealth.org/about-us/member-countries>). The SHE secretariat can help you if there is no available coordinator ([twinning@schoolsforhealth.org](mailto:twinning@schoolsforhealth.org)).
- You will receive contact details for the twinning match school/class/teacher
- Get in contact with a teacher from your twinning school. You can describe your SHE-Twinning health project with your twinning class/twinning school. Get inspiration from one of the proposals that the SHE network has for health projects (see next page). Projects may be large and long-term, or small and time-limited - the decision is yours.
- You can use Skype, Google docs, e-mail, blogs, Facebook or other existing platforms. You can also use the eTwinning platform of Erasmus+: a free and safe platform for teachers, principals and others from the school community to connect and develop collaborative projects. The best is to choose IT platforms with which you have experience.

## Economy

Twinning is free of charge.

Any expenses in the project (e.g. materials or visits) are borne by the individual school or institution. There is no funding possible for twinning activities through the SHE secretariat.



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## Inspiration for SHE-Twinning

The following proposals are ideas for activities at all levels. Feel free to tailor them individually to fit your needs or find other ideas.

### The virtual handshake

The teacher will be matched with a teacher from another country and over the phone or skype they can discuss a common approach to a project. We recommend the SHE approach (see: [schoolsforhealth.org](http://schoolsforhealth.org)). The handshake of the first virtual meeting is non-binding.

### Share teaching tips

The first meeting can lead to more. Experience shows that twinning generates a lot of excitement and new ideas. It can be rewarding to share teaching experiences, and it can lead to new ideas for cooperation.

### My healthy school

Let the students take photographs of places in their school and the school environment. Let the photos show where changes could make a healthier school and discuss which changes they can make themselves and which they will need help to make. Share the images with the twinning class and find similarities/differences and discover new ways of achieving a healthier school.

### Art exhibition: A Good School Day

Let the students draw what makes them happy.

Reflect: Who will be on your drawing? In which situations? Display the pictures of the drawings and show the class drawings to your twinning class.

Make an art exhibition and show it to the twinning class.

Reflect: Are there similarities in the drawings from your class and your twinning class? Why/why not? What new thoughts do you get by seeing the pictures? What is happiness, and are there cultural differences?

### Your lunch

Let the students take photos of what they eat for lunch. Also, take photos showing where they eat and whom they eat with. Make a collage for your twinning class. Do you have school meals, do you bring a lunch pack from home or do you eat anything for lunch?

Reflect: What is the best thing about the food you eat for lunch at school? What is a healthy lunch? Who makes your lunch? What characterizes a comfortable place to eat? How does the company of others make a difference? Is there anyone in your class who eats alone? What changes would you like to make concerning lunch at school?

### School Olympics

Perform sports activities at the same time as your twinning class. Save the class results in a schedule. Showcase the results to see, e.g. the girls and the boys' results.

Reflect: Is there a difference between boys and girls results? Why/why not? Are there any other factors that affect your results? How can you improve your results?

Variation: You can also perform team games, fun games and other forms of action without focusing on competition. You can try to instruct each other over a computer connection.

Reflect: Which activities are fun? How do you like to be physically active during the day? Ask your twinning class if it has good ideas for physical activity at school and discuss which changes you could suggest at your school.



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## Comparing Selected Topics

Health Behavior in School-aged Children (HBSC) is a WHO collaborative cross-national study that produces data on different health-related subjects related to school children. The data is shown in a report that can be used to compare the status of children's health in other countries. All themes are mentioned in the introduction, and each topic can be read separately without reading the entire report. By clicking on the heading in the report, you can easily find the text for the theme.

[http://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0003/303438/HSBC-No.7-Growing-up-unequal-Full-Report.pdf?ua](http://www.euro.who.int/__data/assets/pdf_file/0003/303438/HSBC-No.7-Growing-up-unequal-Full-Report.pdf?ua)

Reflect: Choose, for example, oral hygiene. How do you brush your teeth? How often do you brush your teeth? And what about other countries? Ask your twinning class about oral hygiene and compare the ways of thinking.

Reflect: Choose, for example, the use of social media. How do you use social media in and out of school? What is good about social media? Do you have rules for the use of social media at home and in school? What are the challenges associated with social media? Ask your twinning class how they use social media and compare ways of thinking.

## Class Policy

A class policy is a set of values that establish health as an essential subject. Let the class formulate a health policy. Relevant themes can be presented for the twinning class. There may be different topics like anti-bullying, sugar, alcohol, smoking or something else.

Reflect: How can a class policy be used? What do you think about bullying, and what should an anti-bullying policy contain? How can we help each other to improve wellbeing in class? What can the teacher do? What characterizes a good friend?

## Your Own Suggestions

Discuss with the students which subjects and themes with which themes interest them. When the teacher and students find suggestions together to suit their practice, it's easier to engage. It's also an important part of health promotion to build on children's participation and empowerment.