



Universidade do Minho



Welcome to the **SHE ACADEMY 2021** and to the University of Minho



Schools for Health in Europe



Welcome message

- https://www.youtube.com/watch?v=3Sh_qOyBHCg&t=74s





Rafaela Rosário



Jesper von Seelen



Maria José Silva



Cláudia Augusto



Silvana Martins



Ana Duarte

Program at a glance

Wednesday October 13th 2021 13:30-16:00 (UTC, Portugal time)

13:00 Log in – technical issues

13:30 Welcome (SHE & University of Minho)

13:45 Ice breaker

14:15 Introduction to SHE

14:45 Break

15:00 **Keynote #1: *School based mental health promotion: key issues and controversies***

Catriona O'Toole, Assistant Professor, Maynooth University School of Education, Ireland

15:45 Q&A and closing day



Thursday October 14th 2021 09:00-16:00 (UTC, Portugal time)

8:45 Log-in

9:00 Welcome and today's program

9:10 **Keynote #2: *Community empowerment approach in promoting mental health in school: a clinical decision-making model***

Pedro Melo, Assistant Professor, Institute of Health Sciences, Universidade Católica Portuguesa, Portugal

10:00 **Session 1: Presentation of the projects and discussion groups (Separate rooms)**

Room 1

School-based mental health literacy and action program in Australia

Alexandra Marinucci, Christine Grove and Kelly-Ann Allen

Mental health and resilience in Syrian refugee youth

Cecilie Dangmann



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Room 2

A school-based program to promote healthy eating in children – application of Nola Pender's Health Promotion Model

Claudia Bacatum

Assessment of the effects of health promotion in primary schools with focus on mental health in the Republic of North Macedonia

Sanja Prosheva

Room 3

New relational nuances, vertical and horizontal, during the pandemic: students' perspectives

Lynda Lattke

Right to play in primary education: challenges and opportunities in the pandemic

Ana Lourenço

School staffs' attitudes on pupils' mental health before and after a mental health intervention in the Northern part of Sweden - a study protocol

Maria Warne and Åsa Svensson



13:00 **Keynote #3**: *Work & teachers' mental health: Where we're coming from, where we're now and where we're going.*

Peter Paulus, Full Professor, Leuphana University Lüneburg, Germany

14:00 **Session 2: Presentation of the projects and discussion groups (Separate rooms)**

Room 1

Design of a musical program, and of digital musical instruments, for the development of life skills and musical skills of people with cognitive disability

Matteo Olivo

The promotion of social and emotional skills for student education

Ana Álvares



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Room 2

School-based mental health programs in Kenya

Amonje Moses Oluchiri

Development of a Program Fostering Stress Resiliency and Mental Health Literacy in Secondary Schooling

Anika Edelmann and Lena Eppelmann

Room 3

Student's own experiences of learning about mental health, thoughts and feelings in school

Anne T. Klomsten

Eating disorders: prevention programmes in schools

Paula Frieiro Padín.

15:45 Q&A and closing day



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Discussion groups - “Sprint sessions”

14th October

10:00-12:00 and 14:00-16:00

- 30’ Overview and presentations
- 10’ Q&A
- 60’ Group activity – “Sprint sessions”

children’s mental health/well-being nowadays;

what interventions work in the implementation of health promotion in schools;

how health promotion knowledge can be integrated into schools (indicators and trends)

- 20’ Plenary meeting, Summary and recap of key points; suggestions on further



Friday October 15th 2021 09:00-12:00 (UTC, Portugal time)

Capacity building workshop

Involving children and young people in the design and conduct of health promotion research

Jeremy Segrott and Sophie Jones. Centre for Trials Research and the DECIPHer Centre at Cardiff University, Wales, UK

