

# Implementation of school health promotion and the use of SHE materials in the time of Covid-19 Greece

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# Schools and Health Promotion in the time of Covid-19 in Greece:

- Greece had a lockdown and all schools closed down in March 2020.
- Distance learning was introduced. Teachers and students had to learn how to use distance learning platforms and work online.
- The Ministry of Education, school internet platforms and eTwinning Greece organised teacher training webinars on how to tackle the situation due to Covid-19.
- Health promotion became a significant part of the agenda to help support students, teachers and parents during Covid-19.

# Changes in school health promotion

- As a result of Covid-19 and the measures introduced, there were changes in the methods of implementation and the topics of health promotion.
- The focus shifted to health education on hygiene and Covid-19 prevention (wearing masks correctly, social distancing, washing hands) and mental health.
- Health promotion programmes that were being implemented in schools stopped. The priority has shifted to Covid-19 prevention.
- New materials for supporting the well-being of children and families during Covid-19 were developed and a SEL programmes were adopted to a reviewed Covid-19 edition.
- Health information to prevent Covid-19 was disseminated through the mass media and governmental TV spots in a public health media campaign.

# SHE School Manual 2.0 and the Greek School Manual Appendix

- The SHE School Manual 2.0 was translated in Greek and disseminated to key stakeholders at the Ministry of Education and the National Pedagogic Institute (IEP).
- The SHE School Manual 2.0-Greece and an Appendix in Greek for Greek educators were uploaded in websites.
- The materials were well-received by teachers, health professionals and stakeholders from the Ministry of Education.

# SHE European Standards and Indicators on HPS

- SHE European Standards and Indicators of Health Promoting Schools was published in December 2019.
- In 2020, European Standards and Indicators for HPS were translated in Greek and were disseminated to key stakeholders working in the field of school health promotion at national institutes, at the Ministry of Health and the Ministry of Education.

# An example of school health promotion during lockdown: Collaboration with eTwinning Greece

Aim: To support the well-being of students during lockdown through delivering Teacher training webinar via school distance learning platforms.

-What can teachers practically do to promote well-being and sustain the coherence of the class as a group during lockdown in the time of Covid-19?

## Webinar title: “Practical tools for developing well-being and supporting the coherence of the class as a team in the midst of Covid-19”

- About 400 teachers from primary and secondary education participated.
- Collaboration took place between eTwinning Greece and SHE National Coordinators of Greece (Electra Bada, Institute of Child Health) and Scotland (Suzanne Hargreaves, Education Scotland).
- The online webinar was organized by eTwinning-Greece and took place in April 2020 in both Greek and English language.
- The webinar was supported with a welcoming speech by the Greek Deputy Minister of Education.
- eTwinning-Greece technically supported the dissemination of the resources and continues organizing webinars with health promotion topics.

# Dissemination of SHE resources during the webinar

- SHE values and pillars were presented in Greek.
- The significance for a holistic approach to health promotion was highlighted.
- Scottish Well-being Indicators and Scottish national online tools and good practices during Covid-19 were disseminated to Greek educators.
- The SHE letter to schools was disseminated.
- Good practices for building resilience and connectedness among students were proposed for implementation in the e-class (using Webex or Zoom).



## The outcome of the webinar:

- The webinar was supported with a welcoming speech by the Deputy Minister of Education.
- The webinar provided an excellent opportunity for promoting Health Promotion and inspiring Greek educators with good practices from Scotland.
- Implementation of health promotion practices in distance learning school platforms and empowering students and families was advocated.
- 70% of the participants in the evaluation survey at the end of the webinar, stated that the webinar supported them in their work.

## Lessons learned:

- The situation with Covid-19 is a public health issue where health education and health promotion practices are crucial.
- Distance learning platforms can be used to disseminate effectively health promotion resources that can be used by teachers.
- The technology involved in distance learning platforms may enable teacher training on health promotion and dissemination of SHE material.
- Greater interest has been expressed for the well-being of students during this period of the pandemic, but with very limited face to face support from health professionals to schools.
- Health promotion programmes in schools were interrupted and implementation was not possible at a face to face level in the classroom.
- Life skills and social emotional learning with participatory and experiential methodologies were difficult to implement during the pandemic.

*Thank you!*

*Stay safe and happy!*



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