

GREECE: TOOLS AND MATERIALS FOR SCHOOL HEALTH PROMOTION

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ΙΝΣΤΙΤΟΥΤΟ ΥΓΕΙΑΣ
ΤΟΥ ΠΑΙΔΙΟΥ

School Health Promotion in Greece

- At a national policy level, Greece is currently implementing a Health Education approach, rather than a whole-school health promotion approach.
- Primary school teachers have the option to choose whether to implement activities in the area of health education, environmental education or culture, within the curriculum, during part of the school year.
- A relatively small number of teachers are trained to implement a Health Promoting Schools approach at a school/classroom level. There are ongoing teachers' seminars offered each year for professional development and health education skills.
- National policy involves a Health Education curriculum and activities in schools, especially in primary school education.

Tools and materials on Health Promotion and Health Education Themes in Greece

- Tools and educational materials are developed in themes, such as:
 1. Social Emotional learning, Life Skills, bullying prevention
 2. Alcohol prevention, tobacco prevention and substance use prevention
 3. Internet safety (including cyber-bullying and risk behaviour prevention)
 4. Healthy Eating and Nutrition
 5. Sexual Education
 6. Physical Activity and Healthy lifestyles
 7. Environmental Education and Sustainability
 8. Road Safety, Water safety, Sun Protection
 9. Accident prevention
 10. Migration, Volunteerism, Citizenship, Democracy

Our work involves:

- Development of educational materials and tools for school health promotion.
- Training teachers in health promoting school methods and tools.
- Collaboration with Health Education Officers and school counsellors (Ministry of Education and Centres for School Activities on health education) who disseminate materials and help implementation in schools.
- Participation in the initiative of the Ministry of Health to disseminate tools and teaching materials on health education themes so that health professionals may implement in schools.
- Collaboration with other organizations for the development of tools.
- Implementation of the programmes and materials in school classrooms.
- Evaluation, research and monitoring

Educational materials for primary and secondary school pupils have been developed in the following themes:

There are teaching tools in the form of ppt presentations for children and teens with regards to:

- Accident prevention
- “Safe Swimming” –safety in water
- Environment and Health
- Sexual Education and Sexual Health -prevention of sexual transmitted diseases

SHE school action planner tool in Greek language for the development of health promoting schools.

Healthy Eating and Physical Activity HEPS Tools in Greek for a health promoting school approach on childhood obesity prevention.

Σχεδιασμός Σχολικών Δράσεων για την Υγεία

SHE  Schools for Health in Europe


 **ΙΝΣΤΙΤΟΥΤΟ ΥΓΕΙΑΣ ΤΟΥ ΠΑΙΔΙΟΥ**


Σχολικός Σχεδιασμός Δράσεων για την Υγεία

Συνοδευτικό έγγραφο για το ηλεκτρονικό σχολικό εγχειρίδιο του δικτύου SHE





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HEPS  **ΙΝΣΤΙΤΟΥΤΟ ΥΓΕΙΑΣ ΤΟΥ ΠΑΙΔΙΟΥ**



HEPS Εργαλείο για Σχολεία
Ένας οδηγός για την ανάπτυξη πολιτικής στο σχολείο για την υγιεινή διατροφή και την φυσική άσκηση

HEPS  **ΙΝΣΤΙΤΟΥΤΟ ΥΓΕΙΑΣ ΤΟΥ ΠΑΙΔΙΟΥ**



ΚΑΤΕΥΘΥΝΤΗΡΙΕΣ ΟΔΗΓΙΕΣ ΓΙΑ ΤΗΝ ΠΡΟΑΓΩΓΗ ΤΗΣ ΥΓΙΕΙΝΗΣ ΔΙΑΤΡΟΦΗΣ ΚΑΙ ΦΥΣΙΚΗΣ ΑΣΚΗΣΗΣ ΣΤΑ ΣΧΟΛΕΙΑ

ΠΡΟΓΡΑΜΜΑ "HEPS"
(Healthy Eating and Physical Activity in Schools)

- A First Aid manual for teachers, disseminated to all schools.
- First Aid resources for children and teens in primary and secondary school.



The Compass of Myself: A Mindfulness-based Social and Emotional Learning programme for Greek primary schools with Teacher's Manual and Pupil's Notebook resources.



The Compass of Myself programme:

- ICH developed an 8 week structured Mindfulness-based SEL educational programme with resources for teachers and pupils in primary schools.
- Pilot Action research on evaluating applicability and implementation of programme in classrooms with positive outcome for pupils and teachers.
- The resources and programme were approved by the Ministry of Education, and Pedagogic Institute (IEP).
- Disseminated as sound educational material for schools by Ministry of Health
- Provide Teachers' Training as a prerequisite for implementation in class.
- Support implementation through ongoing collaboration.
- Information to parents.
- Sustainability through collaboration with school psychologists.
- Ongoing evaluation of the implementation.

Criteria for the programme's successful implementation in the classroom

The Compass of Myself social & emotional learning programme improved the following aspects and criteria through implementation in the classroom:

- Improved pupils' participation, sense of involvement and satisfaction
- Teacher's training and development of skills
- Collaboration with external trainers, health professionals and school staff.
- Evidence-based and research informed- evaluation and monitoring.
- Developed a whole-child approach in the classroom.
- Improved students' and teachers' mindful awareness
- Improved students' social-emotional regulation skills
- Improved the classroom's social climate.
- Improved the relationship between teacher-pupils and among classmates

Who is involved in the development of materials, why and how?

- The materials and tools were developed by the Institute of Child Health, Department of Social and Developmental Pediatrics -www.ich-ddsp.gr.
- For the development of the resources there is a collaboration between health promotion experts, health professionals, educators, social scientists from the Institute of Child Health and from other public health organizations and universities.
- The Compass of Myself SEL programme was developed after conducting a pilot action research on applicability and outcome implementation assessment.
- The materials are formally approved by the Pedagogic Institute, IEP and Ministry of Education in order to be used as school resources.
- The tools and programmes are proposed as scientifically sound materials for health education and are disseminated through the website of the Ministry of Health, together with tools developed other Greek public health organizations <http://www.moh.gov.gr/articles/health/dieythynsh-prwtobathmias-frontidas-ygeias/draseis-kai-programmata-agwghs-ygeias/agwgh-ygeias>

Thank you! Ευχαριστώ!



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