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Schools for Health in Europe

SHE Assembly 2019

Reykjavik, 20-21 June 2019





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Portuguese Educational System

Pre-School (3 – 5 years old)		3 years
1st Cycle (6 – 9 years old)	1st grade	
	2nd grade	
	3rd grade	
	4th grade	
2nd Cycle (10 – 11 years old)	5th grade	
	6th grade	
3rd Cycle (12 – 14 years old)	7th grade	
	8th grade	
	9th grade	
Secondary School (15 – 18 years old)	10th grade	
	11th grade	
	12th grade	

Compulsory schooling



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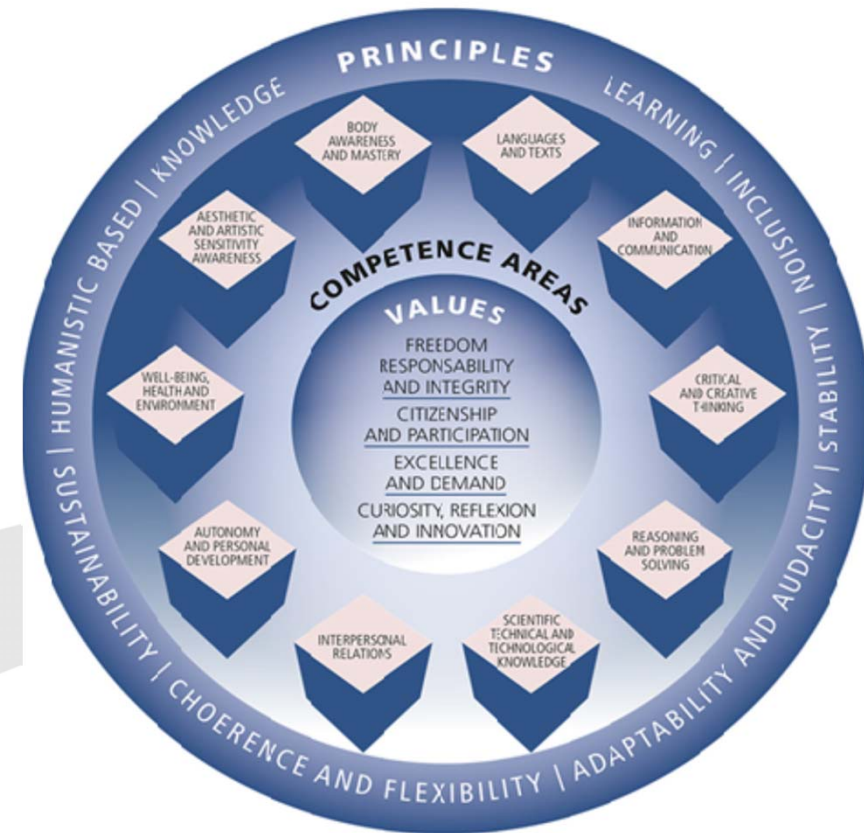




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Students' Profile by the end of Compulsory Schooling

- This Profile is a guiding document that describes the **principles, vision, values** and **competences** Portugal wishes students to have by the end of compulsory schooling.
- Prepare students to meet the **challenges** of an ever-changing and increasingly **complex world**.
- Prepare students based on their daily practices on values and **principles of citizenship**.



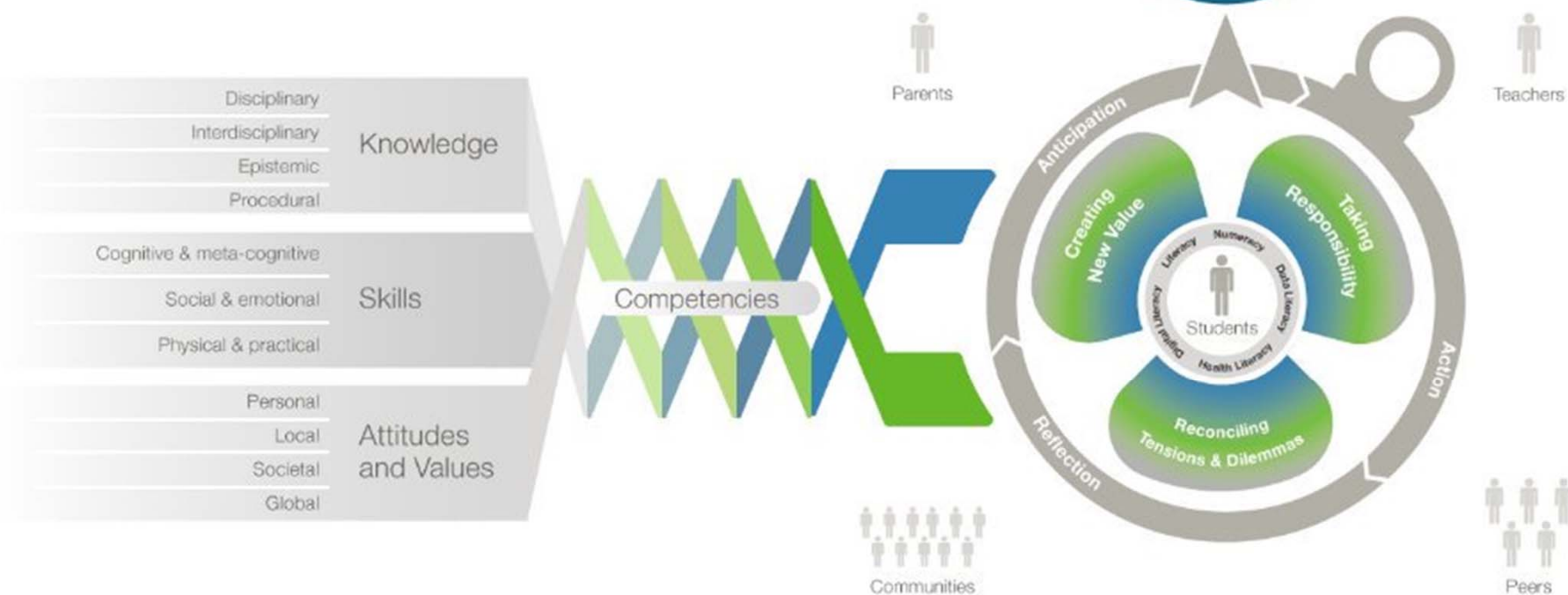


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Well-Being 2030
Individual & Societal



V14 | OECD Learning Framework 2030



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National Education Strategy for Citizenship

Since 2001 **Citizenship** was integrated in the elementary education curriculum, although not as a compulsory subject.

The results were not as expected.....

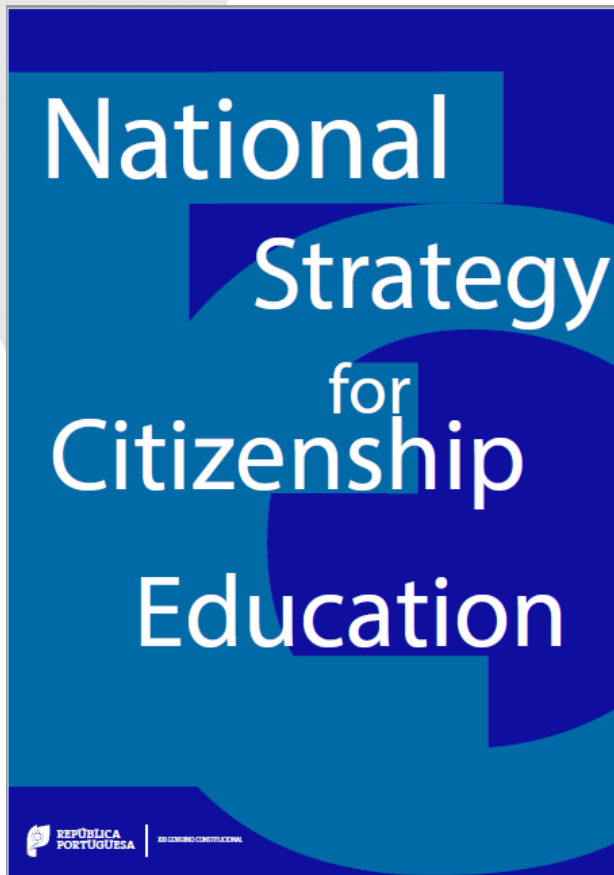
Therefore, there is now a national strategy that redefines the need for 'Citizenship' to be part of the curriculum.



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National Education Strategy for Citizenship



Goals:

- To develop personal and social skills
- To promote critical thinking
- To develop competencies for active participation in society

This subject is transdisciplinary in the 1st Cycle (4 years) and in Secondary school (3 years).

It is a compulsory subject along the 2nd and 3rd Cycles (5 years).



National Education Strategy for Citizenship

The National Education Strategy for Citizenship was launched in October 2017 to reintroduce citizenship education into the curriculum.

The strategy has created mandatory teaching areas, such as: democratic institutions, the environment, human rights and health.

The Government has started a large-scale training programme in the area of citizenship education inviting at least, one coordinator per school to integrate the programme.



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National Education Strategy for Citizenship

The current
Law on
Educational
System

Students'
Profile by the
end of
Compulsory
Schooling

Principle

It is the responsibility of the school to ensure adequate preparation for an active and informed citizenship, as well as adequate training for the achievement of the objectives for Sustainable Development.

International commitments undertaken by Portugal in the context of Education for Development, the Sustainable Development Objectives (UN, 2016-2030), Education for Global Citizenship (UNESCO) and the Charter on Education for Democratic Citizenship and Human Rights (Council of Europe, 2014).

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National Education Strategy for Citizenship

Citizenship

*

A few

Principles...

It is a mission of the whole school.

It advocates a curricular component of Citizenship and Development.

It implies an integrated school approach (*Whole-school Approach*).



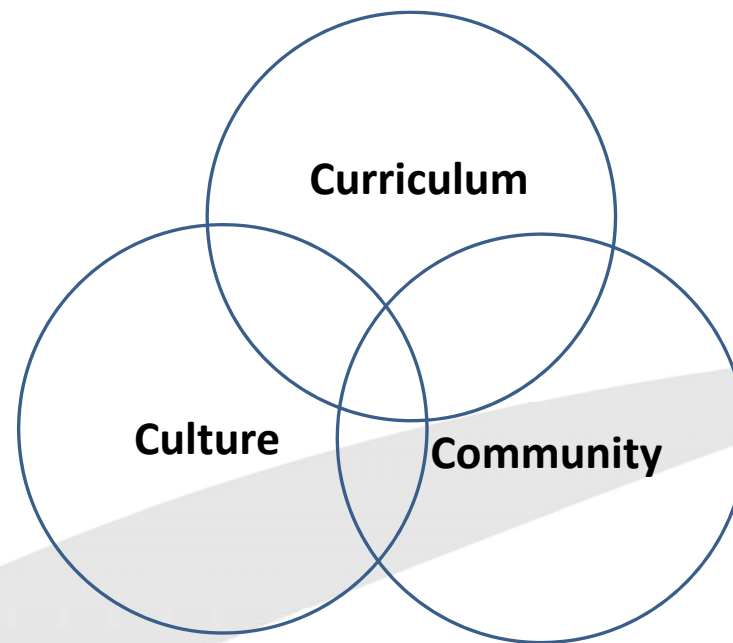
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direção-geral
educação

Citizenship and Development in the principles of a *Whole School Approach*



Active involvement of all stakeholders.



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'Citizenship and Development'

**Compulsory
dimensions
for the
compulsory
education**

Human Rights

Gender Equality

Interculturality

Sustainable Development

Environmental Education

Health Education



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Citizenship and Development'

**Compulsory
Dimensions
(two levels of
complementary
education)**



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direção-geral
de educação

'Citizenship and Development'

Optional Dimensions

Entrepreneurship

World of work

Security, National Defense and Peace

Animal welfare

Volunteering

Others...



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25/06/2019



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Health Promotion and Sexual Education in Portugal

Since 1995 Portugal is part of the Schools for Health in Europe (SHE)



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Health Promotion and Sexual Education in Portugal

Health education is any **combination of learning** experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes

http://www.who.int/topics/health_education/en

All schools have their own project in health education.

Since 2009, sexual education is compulsory, and since then schools have a coordinator teacher for this project. They work in a close partnership with the local health services.

Schools have a long tradition and work in that matter – Health and sexual education, where bullying issues are widely addressed.



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What are the principles in Health Promotion and Sexual Education ?

- Focus on all **aspects of positive health**, including mental health and well-being, and not only physical health;
- take the lead in school development through a health promoting school approach;
- focus on change management and leadership in health promoting schools;
- request school governing bodies and boards to take the lead in health and well-being of students and school staff;
- put health promoting school principles into practice;
- focus on communication and pathways between schools, students, parents, communities and health services.

The SHE health promoting school manual is available in Portuguese.

THE ODENSE STATEMENT
OUR ABC FOR EQUITY, EDUCATION AND HEALTH



Resolução de Vilnius
2009



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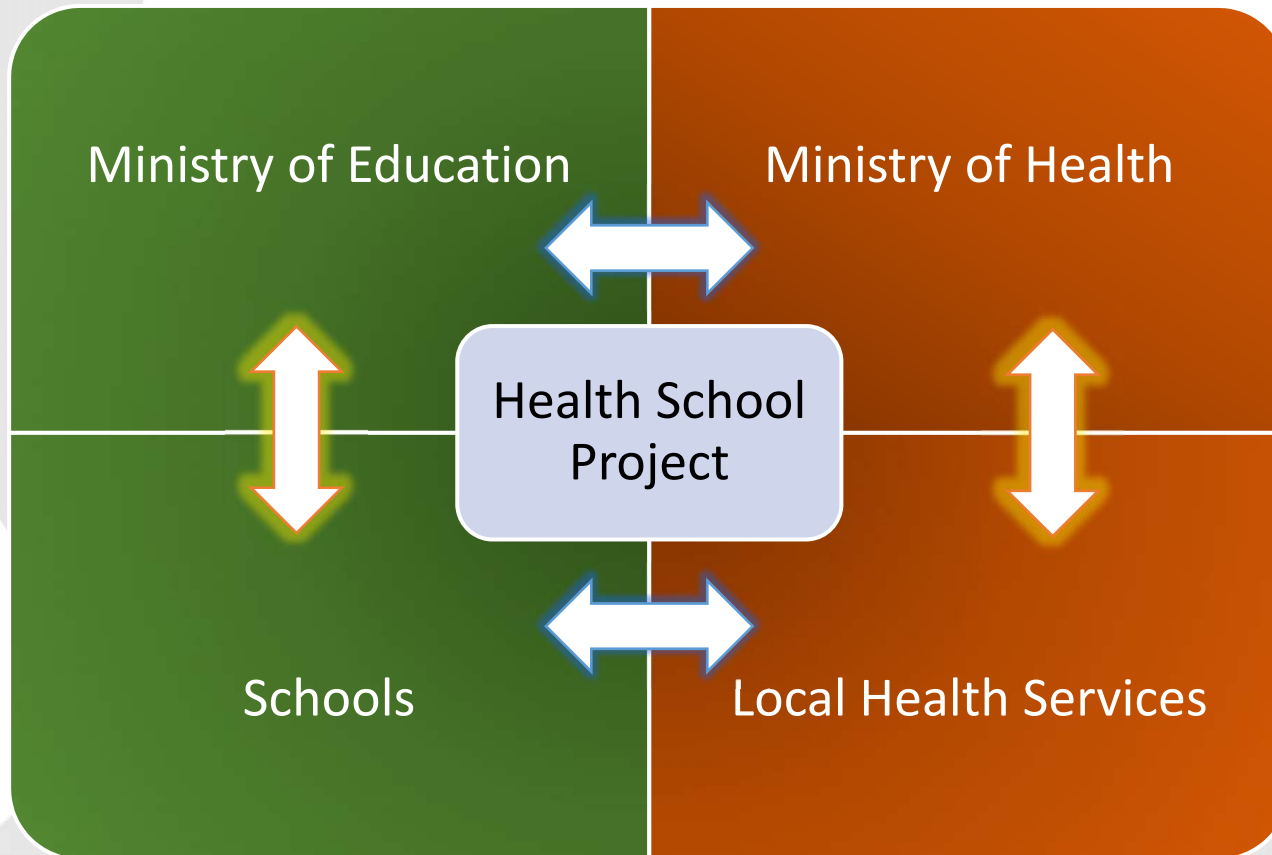
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Since 2017 the General Directorate has created a quality label to distinguish the School Clusters or Schools that promote health and well being in their community, enabling schools to apply for financing for their projects.

They must:

- develop projects within the Promotion of Health and Well being;
- have strong partnerships with the local health services, the municipality, as well as with NGOs;
- count on the engagement of parents, teachers, all school staff and above all the REAL participation of the pupils.



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- In the year 2017, 300 School clusters/Schools applied for these labels.
- 240 of them were distinguished with the *'Healthy School'* Label.
- The General Directorate of Education financed the Health Promotion and Education projects of these schools in a total 135.000 euros.





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Thank You

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