



Terms of reference SHE network version 1.2

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1. Introduction

a. Background

In Europe it is generally accepted that every child has a right to education, health and security. This is also formally recognised in global documents such as the Convention on the Rights of the Child (United Nations, 1989).

Clearly the central role of schools is learning and teaching. Schools also have great potential to promote the health and development of children, young people, families and all of the school community including the staff. A strategy built on the health promoting school approach helps school communities to:

- manage health and social issues;
- enhance student learning;
- improve school effectiveness.

Education, health, youth care and other sectors are encouraged to work together as partners to develop the full potential of young people. The health promoting school approach therefore is active support for the core business of schools. It is not about health professionals merely viewing schools as convenient settings to reach large numbers of young people.

Since 1991 the Schools for Health in Europe (SHE) network - formerly named the European Network of Health Promoting Schools (ENHPS) - has demonstrated progress in increasing the co-operation of the education and health sectors and in establishing health promotion as part of the core work of schools in several member states.

b. SHE core values and pillars

On the European level, the following SHE core values and pillars are shared that underpin the health promoting school approach:

SHE core values

- **Equity.** Equal access for all to education and health
- **Sustainability.** Health, education and development are linked. Activities and programmes are implemented in a systematic way over a prolonged period
- **Inclusion.** Diversity is celebrated. Schools are communities of learning, where all feel trusted and respected
- **Empowerment.** All members of the school community are actively involved
- **Democracy.** Health promoting schools are based on democratic values.

SHE pillars

- **Whole school approach to health.** Combine health education in the classroom with development of school policies, the school environment, life competencies and involving the whole school community
- **Participation.** A sense of ownership by student, staff and parent
- **School quality.** Health promoting schools create better teaching and learning processes and outcomes. Healthy pupils learn better, healthy staff work better
- **Evidence.** Development of new approaches and practices based on existing and emerging research.

c. Evidence

In terms of the outcomes that a health promoting school approach can produce, reviews of the international literature (St Leger & Nutbeam, 1999; St Leger et al, 2007; and other published research (e.g Simovska, 2012; 2012a)) supports the effectiveness of this approach. West et al, (2004) investigating whole school effects on pupils health behaviour also concluded that the outcomes of their research supported a health promoting school approach. Also, Stewart-Brown (2006) concluded that school programmes that were effective in changing young people's health or health-related behaviour were likely to involve activities in more than one domain.

There is a growing body of evidence that effective approaches include a combination of health education with comprehensive, whole-school approaches that create a supportive physical, social and learning environment, and involves pupils, parents, communities and organisations (WHO/JCSH Technical meeting on school health, 2007). The learning and teaching within the classroom on any topic, such as healthy eating or mental and emotional health, will require to be matched with broader initiatives in the whole life of the school and its community if such initiatives are to have any impact on health behaviours or health status in the longer term.

The United Nations have recognized the potential of schools to influence not only the educational status of young people but also their health and economic development. This is evident in the importance given to universal primary education and eliminating gender disparity in primary and secondary education in the Millennium Development Goals.

There is a relationship between good health, educational achievement and school completion. Also the relationship between school enrolment and improved health outcomes is well established. These links mean that improving effectiveness in one sector can potentially benefit the other sector, and schools are therefore an important setting for both education and health.

d. Schools for Health in Europe network

The Schools for Health in Europe (SHE) network has developed considerable experience of facilitating joint strategic working between the education and health sectors. The programme has therefore helped raising the profile of, and commitment to, health promotion in schools.

The network has a longstanding history. Formerly named European Network of Health Promoting Schools, it operates since 1991. It started as a pilot project with, currently with 43 countries in the European region. Schools are an important setting for children, where they can learn and develop skills to improve their health. The network uses an innovative programme, introducing new ideas and

approaches to school health promotion. The network has focused on positively influencing the health and health behaviour of school age children (aged 4-18 years) and school staff in Europe by developing and implementing quality-based and evidence-based health promotion programmes for the school setting. Experience over the last 21 years has shown that a systematic process of partnership-working, advocacy, planning, developing and implementation of the programme and providing technical support, are key components for success.

The SHE network began as an initiative from three internationally operating organisations: the Council of Europe, the European Commission and the WHO Regional Office for Europe. Together they act as the International Advisory Board. Each of the 43 member states has a SHE national representative formally appointed by the Ministry of Education and the Ministry of Health, which expresses the link of the programme to national public health and national educational policies. These partnerships between health and education ministries have proved important in relation to funding support and establishing continuity and sustainable development.

In 2007 the Technical Secretariat from the ENHPS was transferred to NIGZ in the Netherlands, as a WHO Collaborating Centre for School Health Promotion. The terms of reference version 1.1 were ratified at the 14th ENHPS business meeting in Luxembourg, November 2007, now called the SHE Assembly.

In 2012 CBO in the Netherlands took over the SHE secretariat from NIGZ and is now a WHO Collaborating Centre for School Health Promotion.

e. Mission statement of SHE

In Europe there is a growing community of professionals interested and involved in the development and implementation of health promoting schools. The Schools for Health in Europe network provides easy access to information, good practices, contacts and exchange of information. International collaboration helps to minimize duplication of effort and to provide a framework that fosters and sustains innovation. The Schools for Health in Europe network is of interest to those working in the health sector, the education sector, the youth care sector and other relating sectors. Membership for the Schools for Health in Europe network is open for any organisation or professional with an interest in schools and health.

2. Aim of SHE

The aim of the Schools for Health in Europe network (SHE network) is to act as the European platform for school health promotion. The Schools for Health in Europe network will:

- provide information;
- encourage research;
- share good practice, expertise and skills; and
- advocate for school health promotion.

The Schools for Health in Europe network focuses on making health promoting schools and school health promotion a more integral part of policy development in both the education sector and the health sector in Europe. Schools for Health in Europe will encourage each member country to develop and implement a national policy on health promoting schools, building on the experiences within the country, within Europe and abroad. Such a policy will also be supported by enabling schools to actively take part in a wider community in Europe.

The Schools for Health in Europe network will expand and further explore the European dimension of health promoting schools which has already received wide recognition globally as a leading international network on school health promotion.

3. Methods of working

In the Schools for Health in Europe network the following methods of working will be used to achieve the overall aim:

- a) to act as the platform for professionals active in the area of school health promotion;
- b) to stimulate professional exchange on theoretical, conceptual and methodological development in the area of school health promotion, including research and good practice;
- c) to stimulate the development and extension of partnerships between health, education, youth and other appropriate sectors at the European, national and regional level;
- d) to advocate for the importance of school health promotion on any relevant agenda on a national and European level
- e) to provide support for national, regional and local development and implementation of school health promotion strategies and policies;
- f) to identify and disseminate knowledge, expertise, consultancy and good practice on school health promotion in Europe and worldwide;
- g) to support development of links between school communities and students to facilitate exchange of learning and practice.

4. SHE membership

a. National representative

The national representative of SHE (or national coordinator¹) plays a central role in the Schools for Health in Europe network. They are the official representatives of the member states of SHE.

A national representative of the Schools for Health in Europe network:

- has been formally appointed by the ministry of education and the ministry of health;
- acts as the key person for the Schools for Health in Europe network in the development of school health promotion in her/his country with a strategic position and an accepted status;
- will share her/his expertise and experience on school health promotion with the national network on school health promotion and the Schools for Health in Europe network
- has an in-depth understanding, experience and active involvement in school health promotion in her/his country;
- has the right to vote during the SHE assembly.

The national representatives of SHE can be replaced during the SHE assembly meeting. SHE national representatives are represented in the SHE planning committee. Election of the SHE planning committee takes place during the SHE assembly meeting.

b. Regional representative

From 2013 it is possible for regional or subnational networks on health promoting schools to be a member of the SHE network. This will support the further networking and exchange of school health promotion in the country and on a European level. The regional coordinators are not the representatives of their country and do not have a voting right during the SHE assembly.

A regional representative of the SHE network:

- represents a region with a formally acknowledged network by the regional Department/Ministry of Health and Education;
- acts as contact person for the region, in close collaboration with the SHE national representative of the country;
- will share expertise and experience on school health promotion with the national network(s) and the SHE network;
- has a good understanding, experience and active involvement in school health promotion in her/his region;
- can attend the SHE assembly as an observer, unless formally representing their country.

¹ Both terms 'national representative' and 'national coordinator' are used. When we use the term 'national representative', you can also read 'national coordinator'.

c. SHE research group

Overall aim

The overall aim of the SHE research and strategy group is to further develop, explore and test relevant issues and approaches concerning school health promotion within the European context.

Objectives and tasks

The objectives of the SHE research group are:

- support the development of school health promotion in Europe by development of concepts, theory and empirical research;
- contribute to the evidence base for the effectiveness of approaches that are used in the Schools for Health in Europe network based on research;
- provide guidance and capacity building for research, teacher education, professional development, development of strategies and policy development;
- encourage fund raising for the activities carried out by the SHE research group.

The tasks carried out in the SHE research group will be identified and initiated based on the input from the SHE planning committee, the SHE assembly and the members of the SHE research group. A specific task is to encourage (peer-reviewed) publications of state of the art research, case studies and good practice on school health promotion in Europe.

Members

The SHE research group consists of research institutions and their resource people with expertise, capacities and interest in further developing, exploring and testing relevant issues and approaches concerning school health promotion within the European context.

Organisation and collaboration

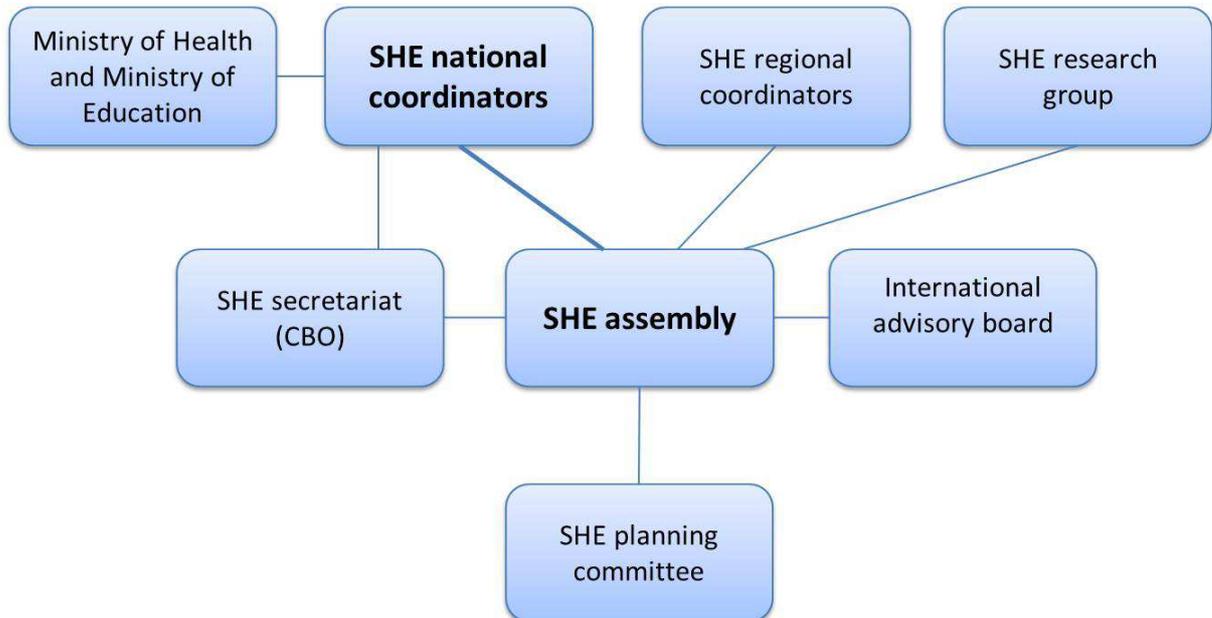
The work in the SHE research group is coordinated by one chair based in a research institution. The chair of the research group will be appointed by the SHE assembly, based on a proposal from the SHE planning committee. The chair is a member of the SHE planning committee. An annual report on the work carried out by the SHE research group will be presented at the SHE assembly meeting. Concrete tasks will be carried out by single institutions as well as by clusters of institutions depending on the requirements of each task. Preferably, the activities are carried out within the resources of the institutions already available. The SHE research group will collaborate with the SHE planning committee and the SHE secretariat in raising additional funding for activities.

The work of the group will be flexible and open for any research institution that is interested in research consistent with the basic whole school approaches and values in the Schools for Health in Europe network.

Members of the SHE research group may be invited to attend the SHE assembly meetings, and will have no voting right.

5. Organisational structure

The SHE network aims to have a transparent organisational structure, which needs to be able to change according to the developing needs and interests of those involved in school health in Europe. The structure builds on the experiences of the European Network of Health Promoting Schools, including involvement from the international organisations and the formal role of SHE national representatives.



a. SHE assembly

Definition and composition

The SHE assembly consists of the national representatives of SHE and is the basic steering and decision-making body of SHE.

The international advisory board, consisting of the Council of Europe, the European Commission and the World Health Organization Regional Office for Europe, EuroHealthNet, HBSC and others, has a permanent observer status.

SHE regional coordinators may be invited to attend the SHE Assembly and will have no voting right, unless formally representing their country.

Members of the SHE research group may be invited to attend the SHE assembly meetings, and will have no voting right.

SHE assembly meetings

The SHE assembly meetings are held annually. The meetings are convened by the SHE secretariat. All members of the SHE network (national representatives, regional coordinators, members of the research group) can participate in the SHE assembly. Voting right is restricted to the national representatives of SHE. If a national representative is unable to attend a SHE assembly meeting, (s)he should inform the SHE secretariat as early as possible prior to the meeting and nominate a

representative from her/his country, who is sufficiently involved in SHE. This person can be - but is not restricted to - one of the regional SHE coordinators of the country.

Closed SHE assembly meetings may also take place at the discretion of the SHE secretariat at which only the national representatives of SHE may attend.

Voting

Only the national representatives of SHE, or their nominated replacements, have the right to vote during SHE assembly meetings and when decisions are necessary in between meetings. Decisions and elections are taken by simple majority rule on the basis of one national representative – one vote. National representatives may also inform SHE secretariat in writing of their intended vote(s) if they are unable to attend a SHE assembly meeting and to nominate a replacement.

Where decisions are necessary in between SHE assembly meetings, votings on particular issues can also take place by email.

Responsibilities

The SHE assembly:

- deals with all , policy related and organisational general business regarding the networks role in schools and health promotion in Europe;
- elects the members of the SHE planning committee;
- considers and acts appropriately on the recommendations of the SHE planning committee;
- decides on the applications of new national representatives;
- decides on the annual work plan of SHE;
- decides on any changes proposed to the international structure of the network.

b. International advisory board

Definition and composition

The three founding organisations of the European Network of Health Promoting Schools – the Council of Europe, the European Commission and the World Health Organization Regional Office for Europe – are involved in SHE as the international advisory board, together with EuroHealthNet, HBSC and other organisations. This will facilitate continuity and support the international dimension of the network. There is an open space in the international advisory board for an international organisation representing the education sector.

The international advisory board of SHE can inform and advise the SHE planning committee and the SHE assembly on relevant international developments for school health promotion in Europe.

Organisation

The advisory board meets a minimum of once per year. The SHE secretariat chairs the meeting and is responsible for the agenda and the minutes. The advisory board is invited to attend the SHE assembly meeting, and has a permanent observer status.

Responsibilities

The international advisory board can:

- inform and advise the SHE planning committee and SHE assembly on relevant international developments for school health promotion in Europe;
- suggest international partnerships on school health promotion.

c. SHE planning committee

Definition and composition

The SHE planning committee is the body that supports the SHE secretariat overseeing the progress and functioning of the SHE network between assemblies. Members of the SHE planning committee will usually be national representatives of SHE. They are representing the organisational structure in the network and of the general membership.

The SHE planning committee consists of:

- the SHE secretariat (international coordinator, chair of SHE assembly);
- a minimum of four national SHE representatives that will be elected by the SHE assembly;
- a minimum of three representatives will be required in addition to the secretariat for a meeting to be able to make decisions;
- the coordinator of the SHE research group.

Organisation

The SHE planning committee meets a minimum of twice per year. The SHE secretariat chairs the meeting and is responsible for the agenda and the minutes.

Responsibilities

The SHE planning committee will:

- deal with the internal policy and strategic planning of the network;
- support the SHE secretariat in the general coordination and management of SHE;
- manage consultation processes on any issues relating to organisational restructuring;
- support the development of strategies for implementation of health promoting schools programmes in member countries;
- liaise with external agencies and, after consultation with the international advisory board, make recommendations to the SHE assembly for potential collaboration;
- plan and support the organisation of the SHE assembly meeting;
- further define criteria for SHE membership;
- prioritise areas for programme development and action;
- suggest actions for financial resources for sustaining and further extending the network;
- support where appropriate the implementation of specific objectives in the terms of reference of CBO as a WHO Collaborating Centre for School Health Promotion.

d. SHE secretariat

Definition and composition

CBO as a WHO Collaborating Centre for School Health Promotion is responsible for coordinating the SHE network through the SHE secretariat. The Collaborating Centre agreement includes a four year work plan describing specific collaborative activities. The international coordinator is located at the SHE secretariat.

Responsibilities

The SHE secretariat will:

- coordinate the activities of the network;
- chair the SHE assembly, the international advisory board and the SHE planning committee;
- draft the agenda for the SHE assembly meetings, the meetings of the international advisory board and the meetings of the SHE planning committee;
- ensure that the annual SHE assembly meeting takes place and to organise the meetings jointly with the SHE planning committee;
- ensure that minutes of the SHE assembly meeting, the international advisory board meetings and the SHE planning committee meetings are taken and disseminated to the network;
- identify and recommend new members to the SHE assembly;
- receive applications for new national and regional representatives for SHE and to forward these to SHE planning committee for review before submitting to the SHE assembly;
- be the central point of contact between the members of SHE;
- maintain an active link to the Health Behaviour in School-aged Children study (HBSC);
- maintain a helpdesk function;
- maintain the SHE network website: www.schoolforhealth.eu;
- search for sustainable funding.

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