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Schools for Health in Europe

## Agenda: SHE National Coordinators Meeting, 11 June 2020

Zoom meeting, 13:30 – 15:30 (Danish time)

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### Participants

Nina Grieg Viig (Norway, meeting organizer), Peter Paulus (Germany), Meabh McGuinness (Ireland), Valentina Todorovska-Sokołowska (Poland), Veronica Velasco (Italy), Electra Bada (Greece), Marie Harding (Sweden), Elena Kosevska (Rep. of Northern Macedonia), Ingibjörg Guðmundsdóttir (Iceland), Annamária Somhegyi (Hungary), Tineke Vansteenkiste (Belgium), Laurinda Ladeiras (Portugal), Lienīte Bebrīša (Latvia), Maija Pauniņa (Latvia), Mojca Bevc (Slovenia), Branka Đukić (Slovenia), Børge Koch (Denmark, presenter), Emily Darlington (France, presenter), Venka Simovska (Denmark, presenter), Vladislav Kuchma (Russian Federation), Olga Komarova (Russian Federation), Maria Kushubakova (Kyrgyzstan), Gulshan Kushbekovna (Kyrgyzstan), Sabina Babazade (Azerbaijan), Daiva Zeromskiene (Lithuania), Natalia Silitrari (Moldova), Elena Guzik (Belarus), Alice Haav (Estonia), Akbota Abildina (Kazakhstan), Laura Utemissova (Kazakhstan), Nurshaim Tilenbaeva (Kyrgyzstan), Anina Chileva (Bulgaria), Nuria Manzano Sota (Spain), Alvaro Hernando (Spain), Päivi Nykyri (Finland), Berenice Hartmann (France),

### SHE secretariat

Ulla Pedersen (Denmark, meeting organizer), Caroline Moos (Denmark, keeper of minutes)

### External partners

Jens Aagaard Hansen (External evaluator), Martin Weber (WHO), Aigul Kuttumuratova (WHO)

### Minute taker

Caroline Moos

### Agenda items

#### 1. Welcome from the SHE secretariat

This meeting was held as a direct consequence of the cancellation of the National Coordinators meeting in June in Helsinki due to the corona pandemic. Although this meeting is rescheduled to October 2020 it was anticipated that the present online meeting would give national coordinators a forum for inspiration in relation to schools and the pandemic. This was the first online meeting of its kind within SHE and 27 countries were represented. Two polls were conducted as part of the introduction and indicated that for 64% of participants that this was their first SHE event and one third of schools were not yet back at school, one third were at school and one third had some but not all students back at school. The aim of this meeting was to provide a supplement so that participants both maintained the association with the SHE and promoted cooperation between the coordinators by meeting and exchanging experiences and ideas with particular focus on the COVID situation and the use of the various SHE tools. See all presentations from the meeting on SHE's website: <https://www.schoolsforhealth.org/about-us/member-countries/online-meetings>

Schools for Health in Europe

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## 2. Childrens' wellbeing when schools are locked down

Venka Simovska (member of SHE's research group) gave a short presentation summarizing the number of children affected by the corona crisis and ways in which they have been affected. Venka highlighted the importance of children developing and maintaining resilience and how health promoting schools can provide a place of recovery for children. Venka highlighted disadvantaged and vulnerable children and inequity. It was noted that some children, in particular anxious and autistic children, have thrived under school lockdown. Venka's presentation and a video introduction to it will be available at the SHE website in due time.

## 3. Group discussion: Given your position as a national coordinator – what can you initiate in your schools?

The participants were separated into small discussion groups of 2-5 members and given 15 minutes to discuss this question and report back in plenum. Participants noted that there was not ample time for discussion. Some of the suggestions from the groups included

- Focus on how to ensure older students pass entrance exams
- Initiatives focusing on physical activity were prioritised
- Shorter school days
- Give children and their parents the option of physical versus online school attendance
- Evaluate situation before making initiatives
- Send questionnaires out to gather full understanding of needs
- Provide online consultations with anxiety and stress professionals
- Improvement of remote education
- Use this time to focus on positive changes schools will use in the future
- Focus on the Whole School Approach and not only physical activity
- Provide tools for teachers
- Consider readapting schools' structures to tackle inequality
- Increase the focus on inequality
- Disseminate knowledge of concrete tools for teachers to use concerning mental wellbeing for children
- Schools should have action plans for crisis situations

## 4. Active break with Tineke Vansteenkiste (Belgium)

To incorporate physical activity during the online meeting, Tineke Vansteenkiste guided meeting members in physical exercises. Find links to the material here:

<https://www.schoolsforhealth.org/about-us/member-countries/online-meetings>

## 5. Information and ideas about SHE Newsletters/ social medias

SHE wants more schools, teachers and researchers to know about the services SHE provides. We offer a free newsletter 6 times a year, and four social media platforms: Facebook, LinkedIn, Twitter and YouTube. It is essential that knowledge of these channels is more widely spread in SHE's member countries and beyond. Therefore, participants at the meeting were given a short presentation as to where on the website they can click to join the newsletter and social media platforms. Please spread the news and ask friends, colleagues, schools and everyone with an interest in health promoting schools to subscribe to the newsletter and to be followers on SHE's social media platform.



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## 6. Status of SHE tools

The SHE tools available on the website were introduced to participants. National coordinators are welcome to take contact to the secretariat if they want to join the waiting list for publishing a specific tool in their native language.

## 7. SHE School manual 2.0 – cultural and national adaption

Each translated school manual will have a country specific annex that describes factors relevant for that particular country. Denmark was used as an example. Børge Koch (the Danish national coordinator) presented how in Denmark 'Health' is not a subject with its own lessons but rather a subject that is expected to be incorporated in other lessons. Børge explained how he had used the SHE standards and indicators in suggesting to the Danish Ministry of Education that health ought to be more highly promoted in school curriculum.

## 8. Feedback and revision of European Standards and indicators

Emily Darlington (member of SHE's research group and leader of the working group who is piloting European Standards and Indications in 2020) explained to participants that the document "European Standards and Indicators" will be piloted in 2020 and countries interested in giving feedback or participating in the pilot study are welcome to contact her ([emily.darlington@univ-lyon1.fr](mailto:emily.darlington@univ-lyon1.fr)). The SHE working group responsible for this task wants to ensure that the SHE standards and indicators are useable in a real life context.

## 9. Which SHE tools do you use in your countries and which experiences do you have?

An on-line poll was used to assess which tools were useful for members. The rapid assessment tool, glossary and school manual version 2 were all highlighted as popular tools amongst members.

## 10. Evaluation

Participants were given a follow-up email with the link to fill in an evaluation of SHEs first on-line meeting. It was emphasized that answering this was very important in order to improve meeting meetings in the future.