



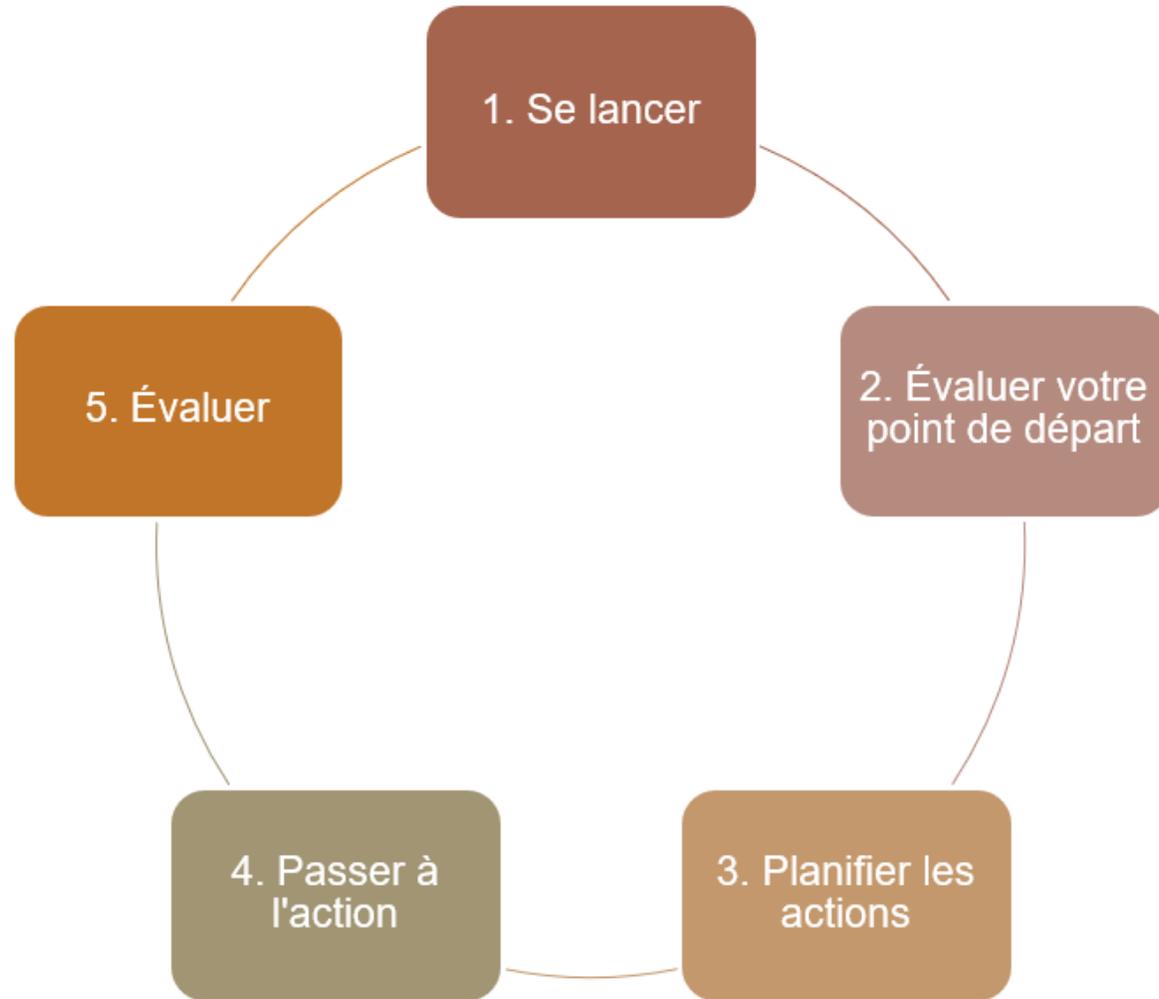
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SHE4AHA
Health throughout life

Les 5 étapes pour devenir une école promotrice de santé

The 5 steps



Etape 1 : se lancer



Ensure the support of school leaders – if they are not on board little will happen.



Gain school community support.



Identify and engage other stakeholders within the broader community.



Identify available resources.



Set up a working group.

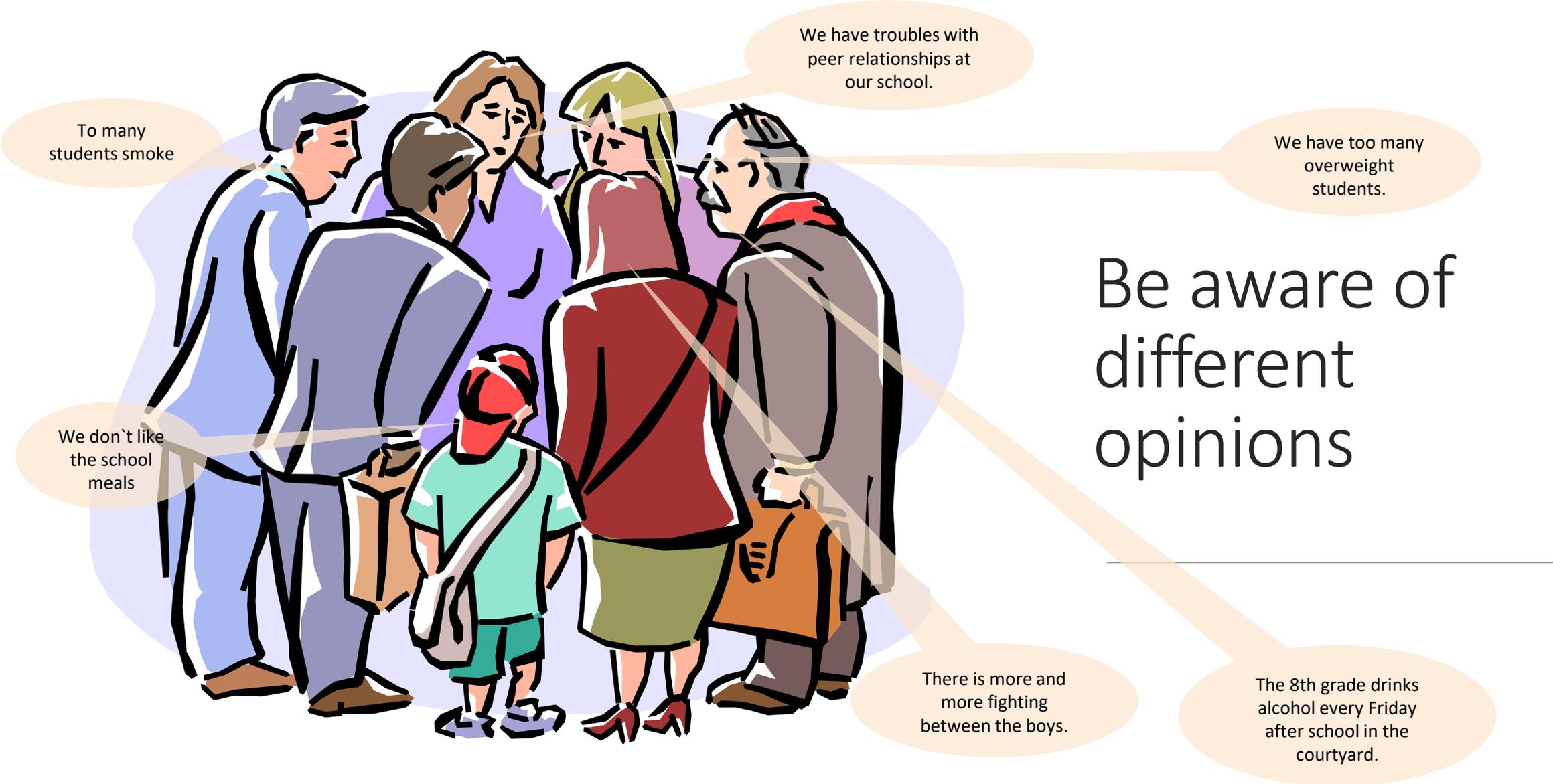
Step 2: Assessing your starting point

Assessing your starting point includes:

1. Identifying your school's current health and well-being related policies and practices and to determine your school community's priorities and needs.
2. Assessing organizational, physical and personal factors and how these factors encourage or hinder the school's health promoting activities.
3. Discussing and reaching a consensus on what your school's needs and the priorities which should be addressed to become a Health Promoting School.

You may choose to use the **SHE rapid assessment tool**





To many students smoke

We have troubles with peer relationships at our school.

We have too many overweight students.

We don't like the school meals

Be aware of different opinions

There is more and more fighting between the boys.

The 8th grade drinks alcohol every Friday after school in the courtyard.

Step 3: Planning for action



Based on the school assessment, identify your priorities.



It is recommended to focus on 2 to 3 topics, introducing one topic per year.



Priorities could depend on contextual factors, but it is also important to invite the school community (school staff, students, parents etc.) to take part in the decision-making process.



Planning for action

- Make a set of clear and reasonable aims
- Plan for evaluation
 - To determine if your actions have been successful and if you have reached your aims, you need to evaluate.
 - A variety of methods can be used, e.g. observations, interviews, and/or questionnaires.
- Plan for communication
 - It will help clarify important steps in the process and can help ensure that the school community and relevant stakeholders have a sense of ownership of the process and results.
- Get feedback
 - Before finalizing your action plan, get feedback from diverse school community members. Make sure the plan corresponds with what was and be open for changes.

Taking action

Put

Put your plan into practice.

Make

Make sure you have the sufficient back up and resources.

Keep

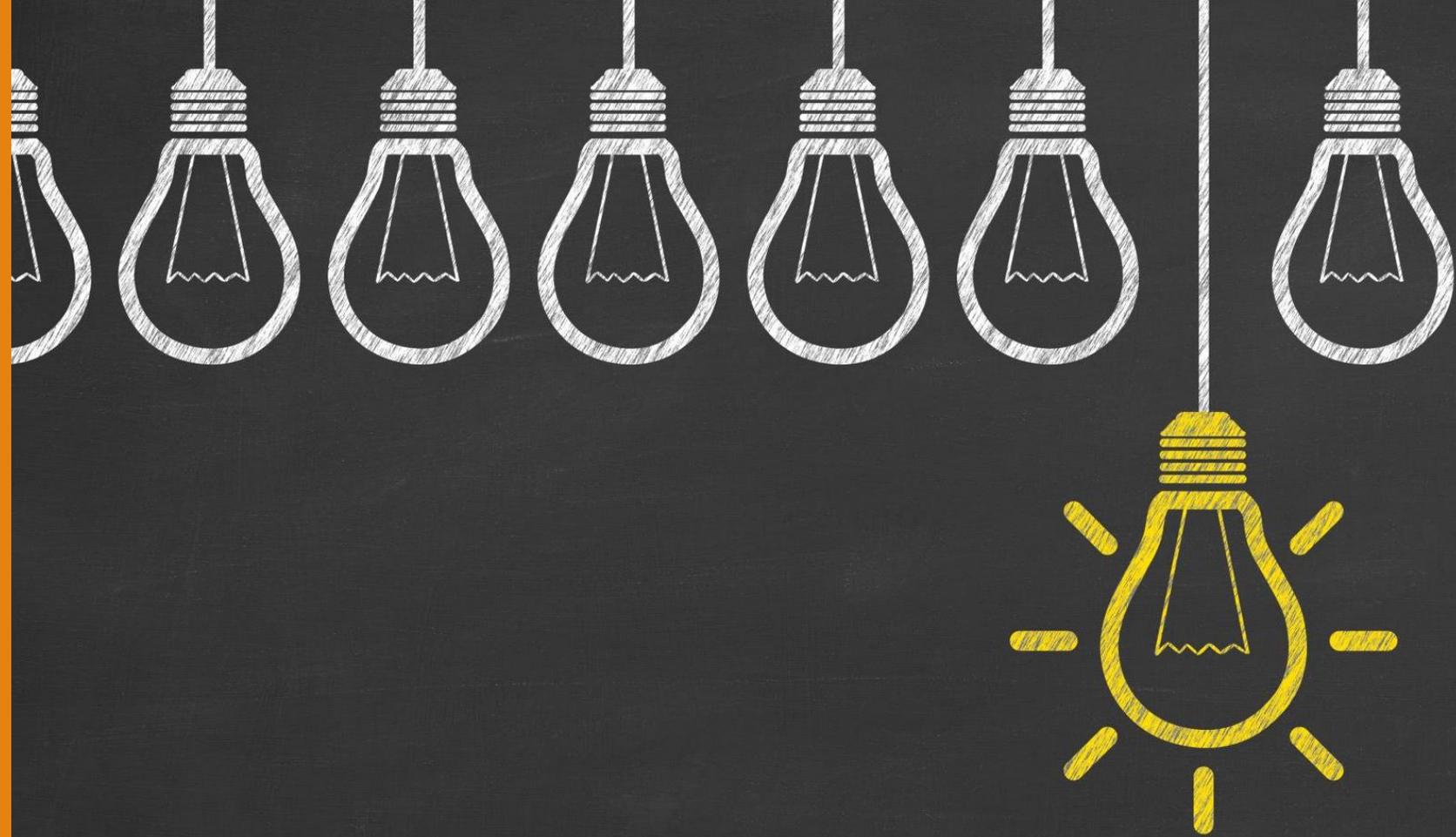
Keep in mind, that participation is a key concept when working with school health promotion.

Evaluation

Evaluation provides essential information about school health promoting initiatives.

Initially, when the health promotion school initiative was planned, an evaluation plan was made, which included how to collect the data.

Now it is time to figure out if the school actions have been successful and the aims have been reached.



The priorities, needs and desired outcomes in a school community can change. Therefore, planning, adapting, and carrying out your Health Promoting School plan is, and the data provided by the evaluation will help you to adjust your Health Promoting School plan and activities

an on-going process

Ces diapositives ont été élaborées dans le cadre du projet SHE4AHA. Vous pouvez trouver plus d'informations sur le projet SHE4AHA sur www.healththroughoutlife.eu

Cette ressource peut être utilisée gratuitement avec une référence claire au projet SHE4AHA.

Votre guide pour devenir une école promotrice de santé



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