



## Recommended criteria for health-promoting primary and lower secondary schools





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Good health is essential for children's development and ability to learn and feel a sense of accomplishment. School is an important factor in building good habits early in life. The basis for this set of criteria is the UN Convention on the Rights of the Child, the Education Act, the Public Health Act and relevant school regulations. The school is licensed under the Regulations Relating to the Supervision of Environmental Health.

### Purpose

Health-promoting work in schools should contribute to good health, well-being, learning and good perspectives for pupils and staff.

#### 1 Health-promotion is an integrated part of the school's activities.

Health-promoting activities are an integrated part of the school's annual plan, bylaws, other steering documents and operating principles. This work is reviewed regularly.

Staff competence and qualifications should ensure a good, health-promoting school day.

#### 2 The school works systematically to promote mental health and a good psychosocial environment.

The school actively works to ensure each individual pupil experiences well-being, security and social belonging. The school actively works to prevent bullying and abuse.

#### 3 All pupils are physically active for at least 60 minutes every day.

This activity can be divided into several sessions, both indoors and outdoors. Activities should be varied and cause pupils to become out of breath and to physically challenge their bodies in different ways.

#### 4 The school complies with national guidelines for school meals.

The meal policy is that pupils bring their own packed lunch. Schools with a cafeteria/food pantry should stimulate pupils to make healthy choices. The school has made it easy for pupils to choose cold water as their drink of choice when they are thirsty.

#### 5 The school is tobacco and drug free.

Smoking or the use of snus or other drugs is not permitted during school hours.

This applies to all pupils and staff who are in contact with pupils during school hours.

#### 6 The school has a satisfactory interdisciplinary school health service.

The school health service shall be made available for pupils in school as a free low-threshold service where pupils can "drop in". This service shall be interdisciplinary.

#### 7 The school has good routines for working with and involving pupils and their parents/guardians.

The school actively encourages pupils and parents to contribute in the development of the school's environment and various services. The class, pupils', and parents' councils are actively involved in this work. The pupils' physical and mental health and interaction with others is a topic for parents' meetings and parent-teacher conferences.

#### 8 The school provides information about healthy lifestyles and works to promote good health.

The pupils receive instruction on healthy lifestyles. All pupils should be familiar with national recommendations relating to diet and physical exercise. Varied teaching methods ensure that more pupils are able to feel a sense of accomplishment.

#### 9 The school is working with other agencies and institutions.

Interdisciplinary collaboration with other agencies and institutions is established as needed, to ensure a comprehensive service for each individual pupil.

#### 10 The school works systematically to promote safety and accident-prevention.

The school offers instruction on traffic rules and regulations, as well as other measures that promote safety and prevent accidents, in order to help pupils stay safe and grow more robust. The school has good routines for internal control.

# Requirements for fulfilling recommended criteria for health-promoting primary and lower secondary schools

## **1 Health-promotion is an integrated part of the school's activities.**

- Health-promoting work is described in activity plans and other steering documents.
- The school has a plan for prioritizing, implementing and maintaining sets of criteria for health promotion in schools.
- Areas of responsibility have been prioritized and distributed.
- Self-evaluation is performed annually, for each individual pupil.

## **2 The school works systematically to promote mental health and a good psychosocial environment.**

- The school is actively working on strengthening the following:
  - Positive relationships between pupil and teacher.
  - Positive relationships and a learning culture among pupils.
  - Good management, good organization and a strong learning culture at school.
- Results from the Pupil Survey are used as a starting point for the school's work related to the psychosocial environment.
- The school has written procedures for:
  - Handling serious, unforeseen events (accidents/deaths).
  - Follow-up of events (bullying, etc.).
- The school is using a recommended programme to promote mental health and a good psychosocial environment.

## **3 All pupils are physically active for at least 60 minutes every day.**

- Over the course of a regular school day, arrangements are made for 60 minutes or more of physical activity (physical education included).
- Over the course of a regular school day, pupils are physically active for 60 minutes or more (physical education included).
- The school has measures in place for pupils whose participation in physical activity and physical education is limited.

## **4 The school complies with national guidelines for school meals.**

- The school is compliant with national guidelines for school meals in the following areas:
  - Food/service on outings arranged by the school.
  - Food/service on events arranged by the school.
  - Food selection in food pantry/cafeteria.
  - In pupil enterprises.
- The school facilitates for an inviting eating environment.
- Pupils have a lunch break of minimum 20 minutes.
- Pupils have easy access to cold drinking water.
- The school/day care for school-aged children makes food available to pupils who do not bring food or money from home.

## **5 The school is tobacco and drug free.**

- The school's premises are tobacco-free.
- The employer orders school employees to refrain from using tobacco products during working hours.
- The school is offering a tobacco and drug prevention programme (applies to grades 8–10 only).

## **6 The school has a satisfactory interdisciplinary school health service.**

- The municipality has made school health service resources available in accordance with the Directorate of Health's recommendations.
- The public health service nurse has regular office hours on campus, with opportunities for pupils to drop in.
- The school involves the school health service in planning relevant for physical and mental health.

**7 The school has routines for working with and involving pupils and their parents/guardians.**

- The school facilitates for the training of class council representatives.
- The school facilitates for the training of parent representatives on the parent-teacher association (FAU).
- The school has routines for involving the class council/FAU/coordinating committee and for following up on matters addressed by the class council/FAU/coordinating committee

**8 The school provides information about healthy lifestyles and works to promote good health.**

- The school has employees with teaching qualifications in healthy lifestyles (nutrition, physical activity, tobacco/drugs, sleep and rest).
- The school teaches pupils about lifestyles that promote good physical and mental health.
- Pupils should be familiar with national recommendations for diet and physical activity.
- The school has procedures for addressing lifestyles at parent conferences, parent-teacher conferences and class meetings.

**9 The school is working with other agencies and institutions.**

- The school has routines for working with the school health service, Educational-Psychological Service (PPT), paediatric and adolescent psychiatric service (BUP) and child welfare services.
- The school is collaborating with clubs, associations and other organizations in the school's local community.

**10 The school works systematically to promote safety and accident-prevention.**

- Security is an integral part of planning for school outings.
- School personnel are trained in first aid/rescue.
- The school offers systematic traffic instruction.
- The school has procedures for:  
Internal control and systematic approaches  
Checks/inspections of activity facilities and play areas on school grounds

**Environmental health**

- The school is licensed pursuant to the Regulations Relating to the Supervision of Environmental Health in Kindergartens and Schools