

2021 Health Promoting Schools in Nordland

Most Important:

Based on our knowledge and the situation in our society our work tries to:

- Prevent all forms for Exclusion
- Promote physical and Mental Health
- Increase the number who completes High-School with a diploma or a certificate of apprenticeship. Prevent NEET (Not in Education, Employment, or Training)

Most Important for our systematically work:

- We have a formal agreement with all of our 41 municipalities on promoting public health. In this agreement every municipality have agreed to implement criteria for Health Promoting Schools and Pre-schools (Kindergarden).
- We have developed 10 criteria which we believe schools and pre-schools have to fulfill with routines and systematically work.
- We (Nordland fylkeskommune and partners) offer guidance to municipality level and to each school based on tailoring and ecological approach. We offer several theme courses to schools based on their needs to fulfill all criteria (in a three year project).
- When headmaster is satisfied and all criteria are fulfilled, they arrange a marking of goal achievement and they get a wallsign and a gift for their work.
- We offer a yearly seminar to participating schools to secure mild pressure and following up best practice. This seminar contains: latest research, inspiration lectures and networking.

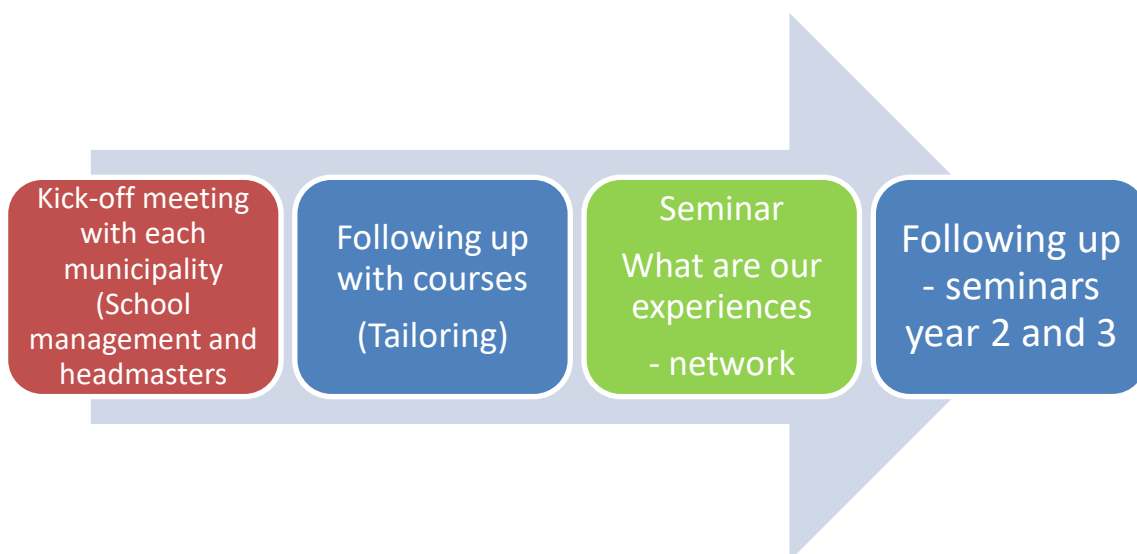


Fig. 1 Methodical approach (based on a formal agreement with all municipalities)

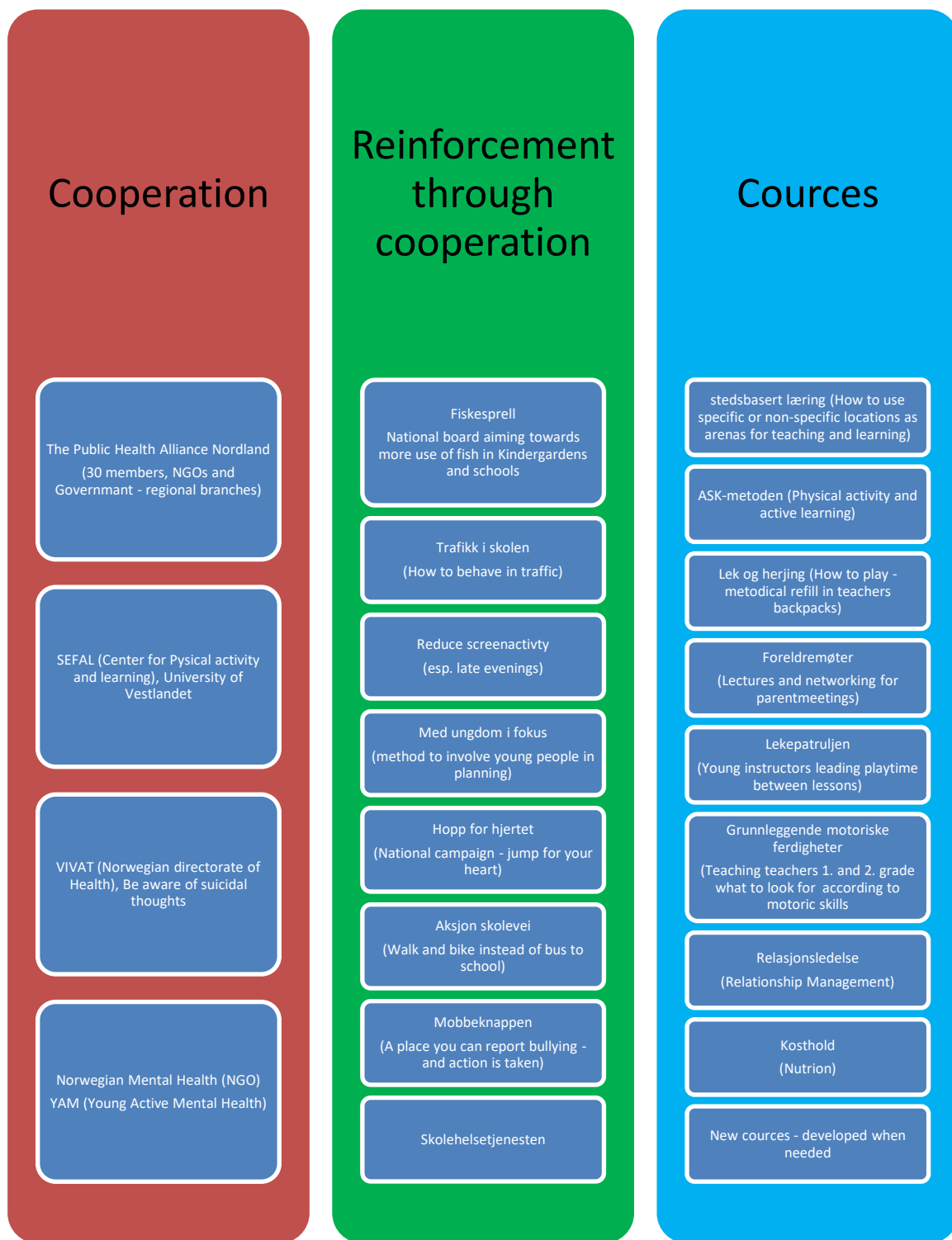


Fig. 2 What do we offer?

Status Nordland December 2020:

80,4 % of our 184 primary schools (owned by the municipalities) works as Health Promoting Schools

25 % of our 16 High-Schools works as Health Promoting Schools

Nordland County Council owns and runs 16 High-Schools

From 2019 we have focused especially on Mental Health:

- all of the staff at each school have completed a 4 hour course in how to be aware of Suicidal thoughts (new courses every fourth year)
- We have done a Pilot on YAM (Young Active Mental Health) to see if this should be provided to all of our schools