THEME-SCHOOL HEALTH AND EDUCATION

SUB THEME -ROLE OF EDUCATION FOR HEALTHY SCHOOL COMMUNITIES

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Abstract

Good health and learning capacity of all children direct to a strong future for our country. As compared to unhealthy children, healthy children have positive capacity and capability to learn and develop the values, attitudes and skills that are necessary to become competent, effective and elastic mature. Healthy school communities can maintain the growth, development and overall health of children and youth by focusing on individuals that make up school communities as the broader community and their environments. A healthy school community is one that recognizes the joint responsibility on the school and broader community for the health of students, staff and families who are part of a school. For occurrence, educators are interested in the academic health of students. Establishing the connection between health and academic success is significant in gaining full support from the education region, which has a authorization focused on learning and academic achievement. Children's health status affects their ability to learn, and in turn, education affects lifelong health status.

Key words-Children, education, healthy school community

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity” (World Health Organization, 2008)

Schools are complex systems in nature. The socio-ecological model has been used to understand such type of complex systems and the socio-ecological model suggests that individuals (students, educators) are affected by multiple, interacting stages of influence.
Schools have miscellaneous student populations with an array of developmental capacities and values, located in settings that vary dramatically with regards to physical and social environments, policies, teaching, and connections to communities. The complication of school communities means that solutions to create healthy school communities require reflection of the individual school community milieu. Developing a common understanding about healthy school communities will improve coherence of efforts among partners engaged in healthy school community initiatives.

**COMPONENTS OF A HEALTHY SCHOOL COMMUNITY:** The main purposes of this approach to healthy school communities include: building health knowledge, skills and behaviours in the cognitive, emotional, social and behavioural domains, and enhancing educational outcomes.

According to the IUHPE (2009), the rationale for healthy school communities include:

- Promoting the health and well-being of students.
- Upholding justice and equity.
- Involving student participation and empowerment.
- Providing a safe and supportive environment.
- Linking health and education issues and systems.
- Addressing the health and well-being issues of staff.
- Collaborating with the local community.
- Integrating into the school’s ongoing activities.
- Setting realistic goals.
- Engaging parents and families in health promotion.

**INCLUSIVE SCHOOL HEALTH:** The inclusive school health includes school health in a planned, integrated and holistic way. When actions in all four supports are harmonized, students are supported to realize their full potential as learners and as healthy, productive members of society. The four supports of inclusive school health include:

- Teaching and learning - Curricular and non-curricular curriculum of students and training of teachers in resources, activities where students grow age-appropriate knowledge and experiences, helping to fabricate the skills to improve their health, well-being and academic outcomes.
- Social and physical environment – The excellence of relationships and emotional well-being of students and staff, in addition to the buildings, grounds, spaces around the school, and essential requirements such as air and water quality.
- Healthy school policy – Management practices, decision-making processes, rules, procedures and policies at all levels that promote health and well-being, and shape a respectful, welcoming and caring school environment.
Partnerships and services – Supportive working relationships within schools (staff and students), between schools, and between schools and other community organizations and representative groups.

HEALTH ENCOURAGING SCHOOLS - Health encouraging Schools focus on main four aspects- Everyone, Education, Environment and Evidence. The four components of include:

- **Education**: Supporting a culture of learning for all school community members including wellness related programs for students and health promotion learning opportunities for teachers, staff and parents.
- **Environment**: Fostering a safe social and physical environment in the school, home and community, implementing policies that enable healthy active lifestyles and cultivating a place where everyone knows they belong.
- **Everyone**: Collaborating in a meaningful way with the people involved in the everyday life of the school and equal and inclusive opportunities for everyone to make healthy choices.
- **Evidence**: Collaboratively identifying goals, planning for action and gathering information to indicate the effectiveness of actions to support healthy active lifestyles throughout the school community.

STRATEGIES FOR HEALTHY SCHOOL COMMUNITY - The following section reviews strategies and suggestions for implementing those factors of a healthy school community which are reliable across the constructions.

**Make Policy** - Healthy school policy is a key factor of each healthy school community framework. Specific goals and plans must be embedded into school and jurisdictional policy and reinforced in order to achieve a healthy school community the complex school setting. Gleddie (2012) has identified four key strategies for effective policy implementation.

- Policy development and execution demands clear communication and engagement of all stakeholders.
- The integration of both grass-roots and top-down approaches to policy implementation are beneficial.
- Healthy school community policy implementation demands a balance between flexibility and rigidity.
- The successful implementation of healthy school community policy requires that health be embedded in the school culture and overall school improvement plan. Health should be a way of life, or the way business is done, within the school community.

**Social And Physical Environment** - Healthy school community constructions describe both physical and social aspects of the school community environment. Some general strategies for
changing the physical environment to support healthy school communities have been recommended. For example, schools can explore and make use of existent physical structures that will promote healthy school community implementation.

Teaching And Learning - A well-developed curriculum must be fully implemented and taught to its fullest potential in order to strengthen a healthy school community. Strategies that embrace a whole school approach rather than relying primarily on a classroom learning approach facilitates health promotion within schools and offer supports for students to be healthier. Physical and health education curricula by their nature may support healthy school communities.

Role of Community as Partnerships and Services - Healthy school communities seek resources beyond the classroom and the school walls via strong collaborations with the broader community. It has been suggested that the key to community engagement is meaningful and transparent dialogue, which leads to strong networking, alliances, and partnerships.

Evidence - Evidence can build commitment and buy-in of critical stakeholders. For example, it has been suggested that by providing evidence of the academic benefits of a healthy school community approach, the buy-in and support of individuals in the education sector can be increased.

ESSENTIAL PRINCIPLES OF A HEALTHY SCHOOL COMMUNITY APPROACH - Given that school communities function as complex systems, healthy school community implementation must be looked at through a broad lens. Based on our review of the relevant literature, the following might be considered essential principles of a healthy school community approach.

Whole School Approach - One striking consistency in the discussion surrounding implementation of any healthy school community framework is the need to employ a whole school approach. This approach incorporates a healthy culture through structures, policies, and procedures, for staff, students and community to model and promote health and well-being.

Education And Health Synergy - Health supports education goals and education is integral to health. Collaboration between health and education sectors is imperative to facilitate forward movement in the implementation of healthy school communities.

Leadership Team - Leadership is an essential aspect of implementing a healthy school community framework. Various sources of evidence point to a few components of leadership, which are instrumental in the implementation and monitoring of healthy school community activities. For example, key to successful implementation is an individual leader or champion who strongly values a healthy school community approach and healthy living.

assessment, planning and evaluation - Assuming appropriate leadership is in place, effective implementation of healthy school community approaches requires thoughtful planning of efforts, careful assessing of impacts, and meaningful learning from actions. Evidence should inform
planning in order to create healthy school communities and accelerate progress. In turn, evidence should be gathered based on the actions of healthy school communities.

**CONCLUSION** - The process to establish healthy school communities requires strategies beyond limited-time projects or interventions. A healthy school communities approach requires implementation over a long period of time. Healthy school communities must approach change in an incremental, gradual and sustained manner as such change requires intense and long-duration programs, which inherently take time to implement. Some strategies for sustainability include building on existing programs and resources, avoiding fragmentation of efforts across stakeholders, highlighting the link between health and education.

**REFERENCE**

