

## **Healthy School**

"One of the main goals of the Healthy School is an improvement of education by means of an evident increase of health awareness." (Hessian Department of Education)

The Healthy School is a school in which special emphasis is placed on the topic of "health" in the context of school development. It is a special field of work of the Hessian Department of Education.

The project "Healthy School" is part of the ASS school profile. Our school guideline called "creating conditions for successful learning" is addressing the improvement of students' and teachers' health by offering courses in nutrition, physical fitness and conflict management / violence prevention. The entire school community is working toward a realization of these goals under the following vision:

"Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being." (Ottawa Charter for Health Promotion, 1986)

### **The modular structure of certification**

The Hessian Department of Education offers certification in six fields which are subdivided into 2 groups:

A: nutrition and consumer education, exercise and awareness, drug education and violence prevention.

B: Teachers' health, environmental education, sustainable development, road safety training

The field "exercise and awareness" was certified on 29<sup>th</sup> June 2015 by Christian Petrak, special advisor for Healthy Schools, commissioned by the Offenbach education authority.

ASS is thus being rewarded for incorporating a broad variety of opportunities for physical exercise into its curriculum and its everyday school routine:

- Drama
- Field trip in class 8 with an emphasis on winter sports
- Special sports classes
- Extracurricular sport activities
- Fitness options (toys and games) during recess
- Sports competitions (e.g. "Bundesjugendspiele")

In addition, ASS offers remedial courses for students with deficits in physical fitness or with a bad posture, all in cooperation with local sports clubs.

Moreover, there are various sports opportunities for teacher : gym, football, running, volleyball etc. A recreation room for teachers' relaxation has been set up. Restricted access times to the staff room have been determined in order to guarantee teachers' recreation in between lessons.

Students arriving early are taken care of by social workers in special premises next to the main building. The cafeteria is a place for socializing, our library is a place to retreat, read or relax in silence.

Our school is in constant contact with extracurricular partners (sports clubs, the city of Offenbach, Medical Airport Service, ASB etc.)

**Health Management coordinators:** Marco Camacho-Lopez, Chris Winkler, José Alvarez, Gunnar Petersen

(transl. Lz 7/2016)