

Rationale

Every year the amount of European youngsters with overweight or Obese grows with 400.000. Some 29% of the European youngsters aged between 15 and 16 year did smoke a cigaret during the last 30 days, 79% has already been drinking alcohol and 6% did use cannabis. These figures show that the health situation of nowadays European youngsters is not good and even growing worse instead of better. It seems to be a general problem, because these figures are representative for the adult population in Europe as well. This bad Health situation causes an increasing amount of costs for public Health. In several EU countries even more than 5% of their total budget of Public Health is to be spent on combatting the obese situation of their population.

A society in which people live healthy can be characterized as a society in which people feel better, have more confidence, have more energy and perform better on a range of activities. A healthy society implies a labour market with vital employees. It is better for the wellbeing of the people as well as for the economical performances.

A vital VET pays attention in a structured and sustainable way to sports and a healthy lifestyle of students and schoolstaff as part of a coherent schoolplan. In a vital VET a healthy student has better learning and educational outcomes, is less absent and is able to make responsible choices. The approach leads to less early schoolleaving. Also, successful learning performances and school completion lead to better employability of students. Finally, students get educated as vital future employees.

A healthy and stimulating school environment supports quality of teaching. It promotes the health and wellbeing of school staff, leads to higher job satisfaction and less sick leave. All together, it contributes to a more vital and motivated school staff. It is based on a whole school approach including the teaching and learning in the classroom, the school environment and policy/regulations in school. Promoting sports in VET is a good entry point to a whole school approach to physical activity and healthy lifestyles. This is better known as the health promoting school approach, which has demonstrated its effectiveness over the last 20 years (see www.schoolforhealth.eu).

The project goal is to transfer and implement the elements of the vital school concept into the organisations of the consortium partners. It will lead to a healthy school with less school leaving and better school performances (moeten wel aan kunnen geven dat dit ook zo is en bereikt wordt)

In this project proposal the consortium focusses on :

- The implementation of sports activities (clinics as didactical approach) in participating schools (names of partner who will be working on this issue)
- The implementation of the vital concept in the whole school (names of partners who will be involved in this issue)
- The implementation of the life-style test (names of partners who will be involved in this issue)
- Engaging the home situation of students including their parents (names of schools who will be involved in this issue)

In the consortium schools are assembled who do have experience on one or more of the 4 issues mentioned. They will get connected on a shared experience base. Couples of schools are formed and each school will bring their experience on one of the issues and implement one of the other issues in which they do lack experience.

What we will do

We will organise a Kick off meeting in order to inform all consortium partners about the Vital school concept and exchange the available experiences and knowledge around this Theme.

Working groups will be formed around the four themes:

- Implementation of sportsclinics
- Implementation of school concept
- Implementation of the life style test
- Engaging the environment

Each working Group will deliver two packages including:

- A description of the issue, containing the description of the original situation in the delivering school
- A method of transfer, containing a description of methods, approaches and experiences used during the transfer process from the delivering school to the implementing school
- Lessons learned: containing tips and tools for other schools who are about to implement one of the issues

Organise an international Conference with multiplier effects about the lessons learned with focus on the transfer of activities.

What is required

A participating school has already set up a part of the Vital School Concept and is willing to share this value with other schools. The return of their investment is the implementation of another part of the Vital School Concept.

These schools do have:

- An open mind in implementing the Vital School Concept and are prepared to invest in the elaboration of the concept
- Experience in working with one of the 4 mentioned VSC elements
- A network of organisations supporting them in the execution and implementation of the VSC

A national wide network to disseminate the VSC