PALACKY UNIVERSITY IN OLOMOUC

FACULTY OF EDUCATION

THE INSTITUTE OF EDUCATION AND SOCIAL STUDIES

Well-being and school environment at health promoting schools

(summary for the English exam)

**Name:** *Mgr. Denisa Snopková*

**Object of study:** *Pedagogy*

**Tutor’s name:** *PhDr. Zuzana Tichá, Ph.D.*

Olomouc 2012

# Topic of the dissertation thesis:

The topic of the thesis is a health-promoting school. I have chosen this topic because I myself attended this type of elementary school.

The same topic was interesting for Miluše Havlínová, who has published The Programme of Health Promoting Schools. This program is based on three main pillars: well-being and school environment, healthy teaching/learning and open partnership. This programme can be used by nursery and elementary schools. The programme is implemented in the Czech republic since 1993.

# 1 Theoretical part of the dissertation thesis

My thesis is divided into a practical and a theoretical part.

The theoretical part deals with the history of the programme, with the main pillars and alternative schools. The project of health promoting at schools is based on three pillars and nine basic principles. 3 main pillars are: Well-being and school environment, Healthy teaching/learning, and Open partnership.

The first pillar, Well-being and school environment, is the basis of my work. It includes: Comfort of physical environment, Safety of social environment, Organizational well-being.

# 2 Empirical part of the dissertation thesis

In this part we focused on a research of students´ opinions about the first pillar of the programme, it means the Comfort of physical environment and Organizational well-being.

# 2.1 Methods of research

The respondents´ opinions will be found out by a questionnaire. The questionnaire is for pupils at lower secondary schools.

# 2.2 Research sample

Approximately 500 students of primary schools promoting health will fill in the questionaires.

Data will be gained by the questionnaires at the beginning of the academic year 2012/2013.

**Bibliography:**

BENEŠOVÁ, D. a kol. *O nás pro nás aneb Deník školáka.* Praha: Státní zdravotní ústav, 2002. ISBN 80-7071-202-3.

HAVLÍNOVÁ, M. (2002)The Health Promoting School model, in Jensen B. B. and Simovaska, V. (Eds). *Models of Health Promoting School in Europe:* 9-20, Copenhagen: WHO.

HAVLÍNOVÁ, M. a kol. *Program podpory zdraví ve škole.* Praha: Portál, 2006, 2. vydání, ISBN 80-7367-059-3.

HAVLÍNOVÁ, M., VILDOVÁ, Z. *Co to je, když se řekne: Škola podporující zdraví.* Praha: Státní zdravotní ústav, 1999. ISBN 80-7071-136-1.

JENSEN, B.B. (2000). *Health knowledge and health education in relation to a democratic*

*health promoting school.* In: Health Education, Vol. 100, No 4, pp 146-153.

MUŽÍKOVÁ, L.; MUŽÍK, V.; KACHLÍK, P. Výchova ke zdraví v záměru Škola a zdraví 21. In ŘEHULKA, E.(ed). *Škola a zdraví 21 1. díl*. Brno : Paido, 2006. ISBN 80-7315-119-7.

PRŮCHA, J. a kol. *Pedagogický slovník.* Praha: Portál, 2003, 4. aktualizované vydání. ISBN 80-7178-772-8.

*Ratolest: Časopis na podporu zdraví v našich základních a mateřských školách.* Č. 3/93. Praha: Státní zdravotní ústav, 1993. ISSN 1210-6216.

*Ratolest: Časopis na podporu zdraví v našich základních a mateřských školách.* Č. 4/2000. Praha: Státní zdravotní ústav, 2000. ISSN 1210-6216.

*Ratolest: Časopis na podporu zdraví v našich základních a mateřských školách.* Č. 3-4/2001. Praha: Státní zdravotní ústav, 2001. ISSN 1210-6216.

SPILKOVÁ, V. A kol. *Proměny primárního vzdělávání v ČR.* Praha: Portál, 2005. ISBN 80-7178-942-9.

SVOBODOVÁ, J. *Zdravá škola včera a dnes.* Brno: Paido, 1998. ISBN: 80-85931-53-2.

VALIŠOVÁ, A. a kol. *Pedagogika pro učitele.* Praha: Grada Publishing, 2007. ISBN 978-80-247-1734-0.