



That one step  
will shift the future.

In Partnership with Events at Expo 2025

# INTERNATIONAL SYMPOSIUM

**Days on Safety, Health & Well-being for All**

**Expo & Intex - Osaka, Kansai, Japan**

**16 to 19 July 2025**

**Global Crises, Youth and Education: Innovative  
Approaches to Risk, Resilience and Resonance**



**Improving the quality of education through the  
“Good Healthy School Initiative” (GHSI)**

**Prof. Dr. Peter Paulus, Centre for Applied Health Sciences, Leuphana University  
Lüneburg, Germany**



OSAKA KANSAI JAPAN  
**EXPO**  
2025

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# Days on Safety, Health & Well-being for All



## Agenda:

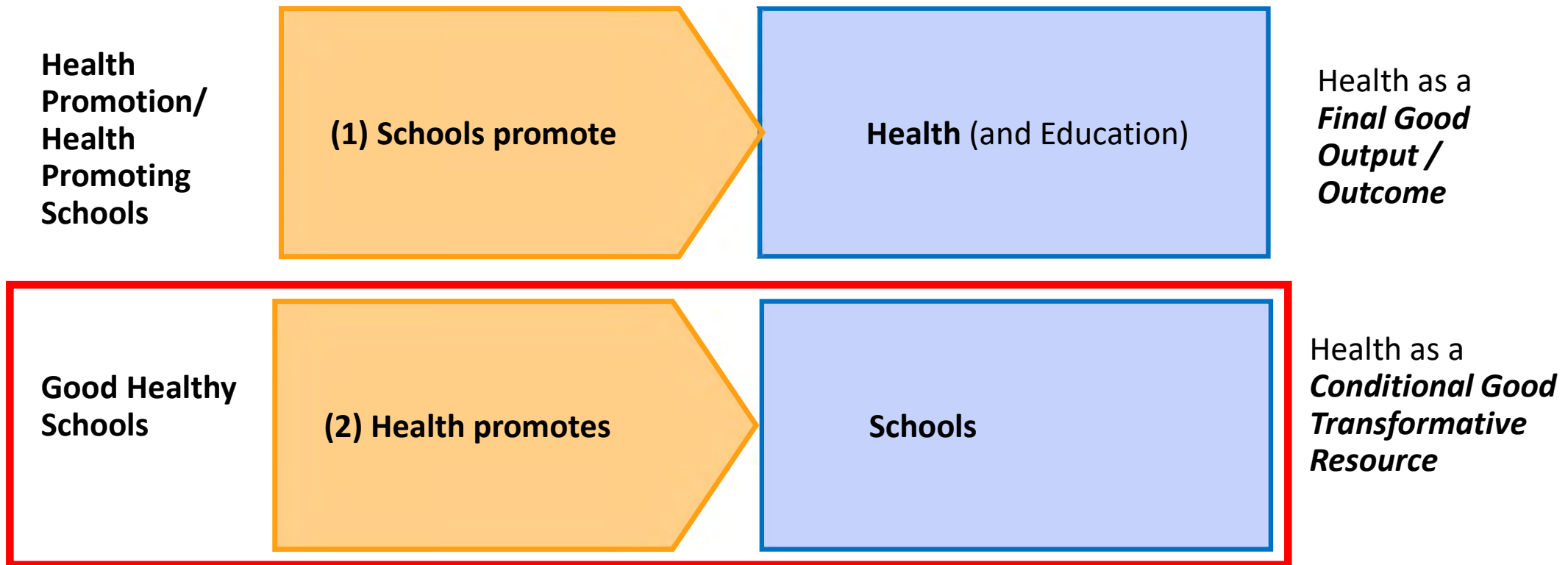
1. Introduction
2. Health in schools
3. Good Schools and (mental) health interventions
4. Good Healthy Schools
5. Conclusion

## **(1) Introduction**

Three core mission statements:

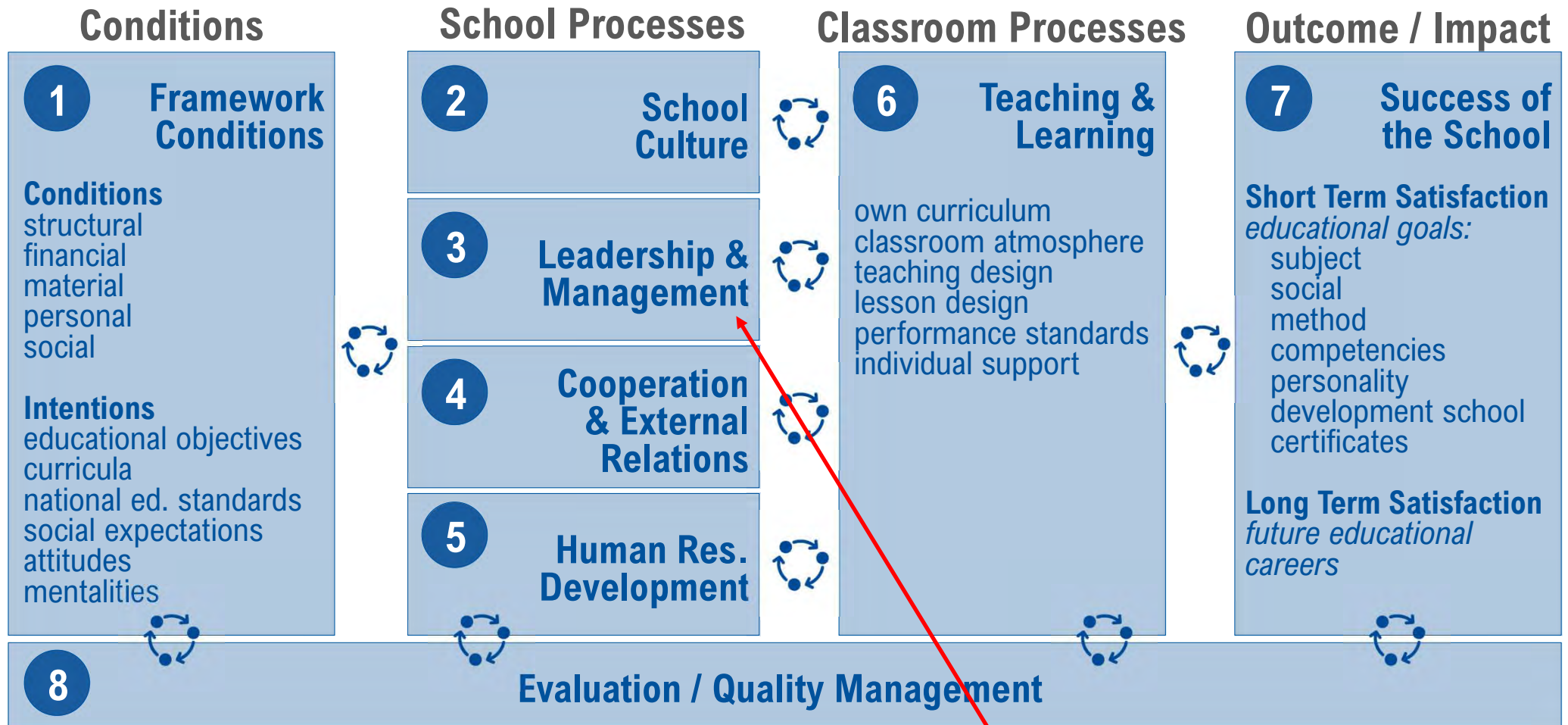
- The role of health as a transformative resource in school quality development is underestimated.
- School quality frameworks offer starting points for education promotion with health interventions.
- „Good Healthy School“ concept is the key for better schools. „Sense of Coherence“ and „Resonance“ are basic.

## (2) Health in schools: When we talk about health in schools: Two Perspectives



### (3) Good schools and (mental) health interventions: The Eight Dimensions of School Quality

(Ditton & Richter 2015)



Salutogenetic Management

### **(3) Good schools and (mental) health interventions: Salutogenetisch Management: A mental health intervention to improve educational quality of school**

| <b>Salutogenetic leadership dimension</b> | <b>Communication</b>                                              | <b>Work organization</b>                                                    |
|-------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <b>Comprehensibility</b>                  | Do I express myself clearly?                                      | Does the school have good information structures and is there transparency? |
| <b>Manageability</b>                      | Do the teachers know they have my support?                        | Are work processes designed efficiently and are resources used optimally?   |
| <b>Meaningfulness</b>                     | Do I give reasons or show the importance of what I ask of others? | Do we have a common goal or vision that we work consistently towards?       |

A principal who acts in accordance with these three dimensions towards his or her staff creates a “Sense of Coherence” (Aaron Antonovsky) among them, which is then a prerequisite for their high-quality work. An elaborated Sense of Coherence increases the opportunity to enter into resonant relationships with the world (Hartmut Rosa).

#### **(4) Good Healthy Schools: Education promotion through health – A paradigmatic shift in school health promotion**



**Better Schools through Health:  
the Third European Conference  
on Health Promoting Schools**

**15–17 June 2009, Vilnius, Lithuania**

#### **The Good Healthy School...**

- ...is a school that is clearly committed to working on all dimensions of educational quality.
- ...implements targeted health interventions to meet the requirements of a high-quality school.
- ...pursues the overarching goal of sustainably and effectively improving the quality of teaching and learning.

#### **Health drives education**

- Health is a key driver in fulfilling a school's educational mission.
- Health supports a school's core responsibility: education.
- Health enables quality schooling.
- A good school needs health.



Information

**Strategic concept: "Using health  
to develop good schools"**

## (4) Good Healthy Schools: State-Level Programs for "Good Healthy Schools" in Germany



**Berlin:** Landesprogramm für die „Gute gesunde Schule“  
Senatsverwaltung Abteilung Bildung  
Unterstützung  
Prävention in der Schule  
Gesundheit



*Landesprogramm für die  
gute gesunde Schule im  
Bundesland Mecklenburg-Vorpommern*



Landesprogramm für die gute gesunde Schule  
Mecklenburg-Vorpommern

## (5) Conclusion: Health and Education in the Good Healthy School

Schools are part of the **educational sector** – their core mission is learning and development.

The **educational agenda** focuses on **school quality** and **effective school improvement**.

To be sustainable, **health interventions** in schools **must demonstrate** how it contributes to this core mission.

Currently, **health** is often seen as a **marginal topic** in schools.

However, **health** as a **driver of learning, education, and development** deserves central attention.

**The way forward:**  
**Join the Good Healthy School Initiative:**  
<https://www.goodhealthyschools.com/>



Mehr als Lernen und Lehren: Die Schule als hybrides System bietet Raum für unterschiedliche Nutzergruppen. (Foto: Mandana Sedighi, KIT)

**Thank you very much for your attention / [peter.paulus@leuphana.de](mailto:peter.paulus@leuphana.de)**



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