

Supporting schools

The Shape Up structure in the city

An effective partnership between schools and local communities will contribute to the success of Shape Up in each city. In order to support this partnership, each city will appoint a local *Shape Up coordinator*, a local *Shape Up facilitator* and will establish a *Shape Up promoting group*.

The *Shape Up promoting group* will provide support for the overall development and promotion of the project at the city level.

The local *Shape Up coordinator* is a person experienced in the dynamics of the local community. She or he will facilitate the daily contact between schools and the local institutions and will support and coordinate joint events and activities.

The local *Shape Up facilitator* will be a person familiar with school culture, the in-service professional development of teachers as well as the school development processes. She or he will be trained and supported by the Shape Up international team of experts. The role of the facilitator includes:

- Carrying out specialised Shape Up in-service professional development for teachers and partners from the local community.
- Ensuring the sustainability of the changes by facilitating links between the Shape Up process and the general school development.
- Assisting teachers in the everyday Shape Up coordination at the school level, and managing the school virtual space on the Shape Up portal.
- Facilitating, together with the local Shape Up staff, a Shape Up week in which processes and outcomes will be presented and shared with the broader community.

The Shape Up portal www.shapeupeurope.net

The portal can be used in a variety of ways:

- **Communication platform:** for pupils, teachers, parents community members in each city involved, to exchange share ideas, opinions, traditions, beliefs and concerns re to food, body movement, health and wellbeing of child and young people.
- **Cooperative working space:** for pupils and teachers to develop joint projects across classes and across countries, aimed at improving the conditions for health and wellbeing.
- **Coordination space:** for the local Shape Up staff, school Shape Up teachers and the international coordinating team to facilitate and support the development and documentation of the project as well as to ensure learning from the experience.
- **Resource tool:** for teachers and local Shape Up facilitators to develop new teaching strategies to involve pupils meaningfully, to provide inspiration as to the content of the project and practical help with the day-to-day management of the project.



COMPETENCE CENTRES

The Danish University of Education
P.A.U. Education

ABCittà
Schulen ans Netz
The University of Hull

With the support of:

The European Commission | The participating cities | Kraft Cares (Kraft Foods)

Albiate

Athens

Ballerup

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Jönköping

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Monza

Nicosia

Pécs

Perpignan

Poznan

Tallinn

Turku

Vienna

Vilnius



A school-community approach to influence the determinants of a healthy and balanced growing up

Information for schools

www.shapeupeurope.net

A unique European schools network

The Shape Up schools commitment

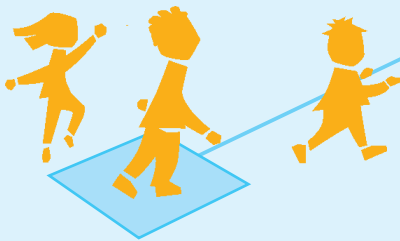
The Shape Up project aims to develop *new ideas and actions* to convey a broader, more effective vision of the benefits of a balanced diet and regular physical activity through the participation of children, young people, schools and communities.

Shape Up schools are located in *all* EU countries and, as such, represent a broad spectrum of cultures and contexts. At the same time, Shape Up schools have a great deal in common. It is this mix – a curiosity to learn about similarities and differences, an interest in reinforcing common goals concerning health and wellbeing, and understanding the shared aspects of health, childhood, youth and schooling – which will motivate the exchange of ideas, specific cooperation and other endeavours throughout the course of the project.

All those involved with Shape Up will be encouraged to envision, together and on their own, better living conditions conducive to health and wellbeing and to plan and take actions initiating changes that bring their visions closer to reality.

Even though the “ingredients” are all there, cross-cultural school cooperation is not an immediate process. The building of partnerships requires a progressive approach to create opportunities for dialogue, developing mutual understanding and trust. Our ICT component, particularly the *virtual classroom*, will allow the exchange of ideas, visions, action-proposals and positive changes between children, classes, teachers and schools.

Children, young people, schools and communities will undoubtedly benefit from such a sustainable, health-promoting European network.



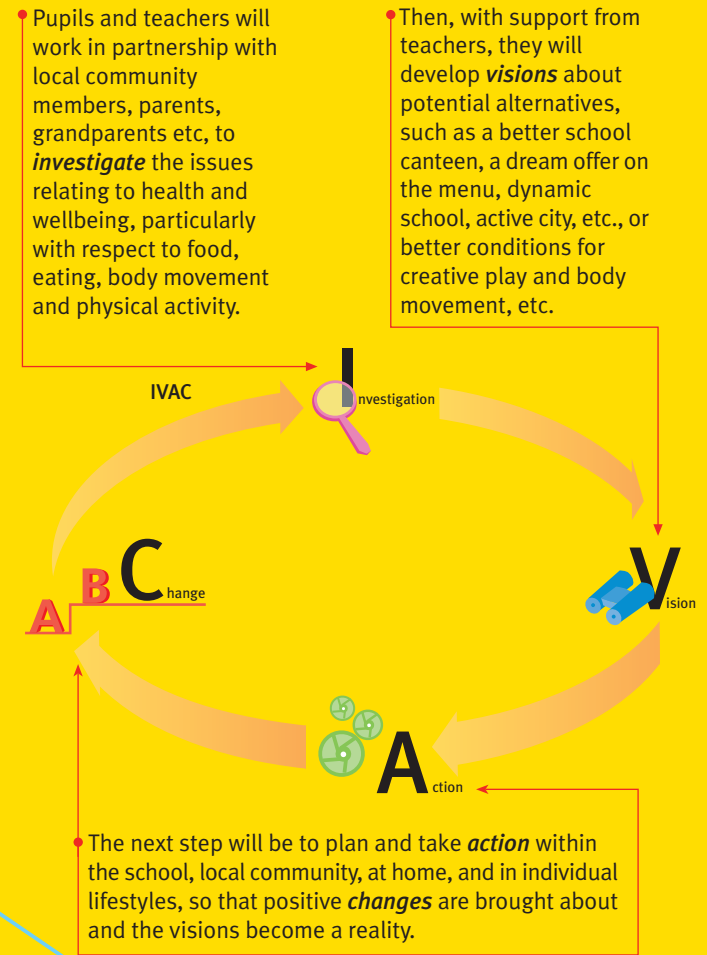
How to work in the school and with the community?

The Shape Up route

The Shape Up schools will all employ the same educational approach, which is structured in several reiterating “steps” - Investigation, **V**ision, **A**ction and Change (IVAC).

The specific content of the IVAC “steps”, as well as the steps themselves, is not fixed, pre-determined or predictable, because it will emerge in the process of co-participation and interaction of pupils and teachers, and in the collaboration between the school and local community. Moreover, the Shape Up work in each school and city will be inspired by, and will inspire, the other Shape Up schools and cities throughout Europe.

What are the health-related conditions within and around the school? What are the predominant health practices related to food and physical activity? How do culture, environment and social background influence these health practices? These are but a few possible questions to be explored: pupils, encouraged and guided by their teachers, will discuss a variety of new questions.



The Shape Up creating partnership Process

The Shape Up process is characterised by the principles of genuine partnership:

- Partnership in the educational dialogue between pupils and teachers;
- Partnership in health-promoting action between schools and local communities, European partnership and exchange between schools and cities;
- Partnership between all those involved with Shape Up.

Genuine partnership implies that all the involved partners act as *critical friends* for one another, providing support, critical dialogue, training, advice and inspiration. The main objective is working together and taking actions to initiate and sustain positive changes in the conditions for health and wellbeing for children and young people.

