



Promoting Health and Wellbeing through Schools

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The contribution schools can make to improving students' health and wellbeing is increasingly recognised. Schools that have embraced this role and adapted policies and practices to create an environment in which young people feel safe and happy have reported broad and significant gains.

Through expert contributions from active researchers and experienced practitioners, *Promoting Health and Wellbeing through Schools* combines recent research with knowledge of the current climate in which schools are operating. Offering authoritative advice on effective intervention, this book provides an overview of the key issues that need to be addressed, including:

- alcohol use
- sexual health
- drug use
- obesity
- mental health.

This accessible text is innovative in its focus on how schools can build partnerships with young people, parents, and health professionals to promote their commitment to health and wellbeing. It highlights successful approaches for promoting health and educational goals, and provides useful advice on planning and evaluation.

Promoting Health and Wellbeing through Schools is invaluable reading for professionals working in and with schools to implement healthy schools programmes and to bring about improvement in health and wellbeing, including teachers, nurses, and health and education managers. It is also of interest to students, researchers and policy-makers.

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