



European Forum for Freedom in Education

Europäisches Forum für Freiheit im Bildungswesen

Le Forum Européen pour la Liberté dans l'Éducation



GLS *Trenhand*
Zukunftsstiftung
Bildung

effe - Colloquium

18. – 20.11.2010 University Witten/Herdecke, Germany

For a Healthy School Sustainability and Responsibility in Education and Health Promotion

There are multiple connections between education and health. But why is this? How can we understand health; how can we understand education?

A person is healthy when he/she is in tune with him or herself, mind, body and soul. Understood in these terms, health is something that can be learned. Through education and the development of self-awareness, good health can be re-established. This means that we have to disband the common assumption that illness and disease are simply a result of destiny or a punishment for poor lifestyle. We can recognise that to be cured is not only about the reparation of health but is also the restoration and strengthening of one's inner and outer balance.

Someone is seen as enlightened if he or she is in a process of self-development. This includes an individual need to be in dialogue with the society of which we are a part. We should be willing to learn from mistakes in the past and to manage our lives by directing our own thoughts, feelings and will. Education must therefore be concerned with fostering the understanding and self awareness that will lead to good health.

Education and health – how are they connected and how do they complement one another? How do 'artists of curing' and 'artists of education' learn from each other? Lots of questions – reason enough for an international colloquium with a distinguished cast!

We hope you can join us.

With kind regards,

Ingo Krampen

Matthias Riepe

effe Board

Director Zukunftsstiftung Bildung



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Programme

Thursday, 18 November 2010

15.00	Registration
16.30	Opening <ul style="list-style-type: none">• Sonja Leidemann; Mayor of the town Witten• Prof. Dr. Martin Butzlaff, MPH; CEO University Witten/Herdecke• Fiona Carnie, Vice-president <i>effe</i>
17.00	Keynote speech Representation of the European Commission
18.00	Break
18.30	Panel Discussion: <i>'Prospects on schools and health – health in schools – promotion and education of health in schools'</i> Moderation: Nana Göbel <ul style="list-style-type: none">• EU politician• Peter Steinle; Hannoversche Kassen• Inga Page; Chair of Governors at Park School in Devon, Programme Director at Schumacher College• Margaret Rasfeld; Teacher• Dr. Tomas Zdrazil, Teacher
19.30	Break
20.15	General meeting



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Friday, 19 November 2010

9.00	Lecture Prof. Dr. Hollmann: <i>„What is a healthy human – What is a healthy child?“</i>
10.30	Break
11.00	Speed lectures - <i>Theoretical knowledge</i> <ul style="list-style-type: none">• Dr. Inge Flehmig: Childhood from a different angle – ADHD and more diagnosis• Adele Hodgson: Asset Building - How Families, Schools and Communities can help students to flourish and succeed.• <i>5minutes break</i>• Julian Stanley (The Teacher Support Network): Teacher stress – prevention of teacher burn-out syndromes• Prof. Dr. Heymann: PISA & Co. – tests in schools.
13.30	Lunch
15.00	Workshops <ul style="list-style-type: none">• W1: Nutrition Barbara Kaiser (aid-Ernährungsführerschein)• W2: Exercise and Sport Gerlinde Idler (Waldorf School Freiburg)• W3: Conflict resolution Prof. Angela Mickley (Technical college Potsdam,)• W4: Healthy Schools Programme UK Fran Stanfield; Hampshire Healthy Schools Coordinator [held in Engl.]• W5: The internet: health promotion and danger Maite Debry / Barbara Schwarzenbacher: European Schoolnet [held in Engl.]
16.15	Break
16.30	Continuation of Workshops
18.00	Dinner Cultural programme



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Saturday, 20 November 2010

- 9.00 **Lecture: Dr. Martin Straube** (Paediatrician and school doctor):
„Education and Health from a Humanistic Approach“
- 10.00 **Break**
- 10.15 **Discussion groups**
- **G1: Health promotion in European schools**
Prof. Dr. Peter Paulus
 - **G2: Mind Matters Programme**
Birgit Nieskens (Unfallkasse NRW)
 - **G3: City St. Georgen: Communal network for nutrition and exercise**
Dr. Probst
 - **G4: Non-formal education and health**
René Clarijs; former president of the 'European Association for Leisure Time Institutions of Children and Youth' [held in Engl.]
- 12.00 **Break**
- 12.30 **Closing lecture: Christof Wiechert:**
„Holistic Access to Education – Facilitation of Healty People and a Healthy Planet“
- 13.30 **Conclusion**

The colloquium will be held in German and English. Respective translation will be offered.

Please find further information briefly under: www.effe-eu.org