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Zbatuar nga:



Save the Children



# DEVELOPMENT OF A NEW NORMATIVE ACT FOR SCHOOL HEALTH IN ALBANIA



## **Components of a normative act for school health**

A normative act for school health typically comprises various components aimed at establishing regulations, guidelines, and standards to promote and ensure the well-being of students within educational settings.

Below are summarized some common components found in normative acts for school health:

- *Purpose and Scope:* This section outlines the objectives and scope of the normative act, including its applicability to different educational institutions, levels, and regions.
- *Definitions:* Definitions clarify key terms used throughout the document to ensure common understanding and interpretation.
- *General Provisions:* This section sets out overarching principles, such as the right to health and education, responsibilities of educational authorities, and the importance of collaboration between health and education sectors.
- *Health Promotion and Education:* It delineates strategies and initiatives for promoting health education within schools, including curriculum development, teacher training, and awareness campaigns.
- *Health Services:* Specifies the provision of health services within schools, including regular health check-ups, vaccinations, first aid, and access to counseling services.
- *Nutrition and Food Safety:* Addresses guidelines for providing nutritious meals in school cafeterias, promoting healthy eating habits, and ensuring food safety standards.
- *Physical Activity and Sports:* Establishes guidelines for physical education programs, sports activities, and facilities to promote physical fitness and well-being among students.
- *Mental Health and Well-being:* Outlines strategies for addressing mental health issues, including counseling services, awareness programs, and initiatives to reduce stigma.
- *Environmental Health:* Addresses measures to ensure a safe and healthy school environment, including sanitation, hygiene, indoor air quality, and safety standards.

- *Emergency Preparedness:* Specifies protocols and procedures for responding to health emergencies, including first aid training, evacuation plans, and communication strategies.
- *Collaboration and Partnerships:* Encourages collaboration between educational institutions, health authorities, parents, and community organizations to support comprehensive school health initiatives.
- *Monitoring and Evaluation:* Establishes mechanisms for monitoring the implementation of health programs, collecting data on pupils' health outcomes, and evaluating the effectiveness of interventions.
- *Legal Framework and Enforcement:* Clarifies legal responsibilities, enforcement mechanisms, and penalties for non-compliance with health regulations within educational settings.
- *Transitional Provisions:* Provides guidance on the transition from existing policies to the new normative act, including timelines for implementation and any necessary adaptations.
- *Final Provisions:* Includes miscellaneous provisions such as amendments procedures, repeals of previous regulations, and effective date of the normative act.

### **Importance of normative acts for school health**

Normative acts for school health play a crucial role in promoting the well-being and development of students, as well as creating a conducive environment for learning.

Below are listed several reasons highlighting the importance of normative acts for school health:

- *Legal Framework:* Normative acts provide a legal framework for addressing health-related issues within educational settings. By establishing clear regulations and guidelines, they ensure that schools adhere to standards that safeguard the health and safety of students.
- *Health Promotion:* These acts emphasize the importance of health promotion and education within schools. By incorporating health education into the curriculum and promoting healthy behaviors, they empower pupils to make informed decisions about their health and well-being.

- *Disease Prevention and Control:* Normative acts outline measures for preventing and controlling communicable diseases within schools, such as vaccination requirements, hygiene practices, and protocols for managing outbreaks. This helps protect pupils and staff from illness and reduces the risk of disease transmission.
- *Early Intervention:* By providing access to health services within schools, including regular health check-ups and counseling services, normative acts support early identification and intervention for health issues. This can prevent health problems from escalating and improve overall pupils' health outcomes.
- *Inclusive Environment:* Normative acts promote an inclusive school environment by addressing the health needs of all students, including those with disabilities or chronic conditions. By ensuring accessibility to health services and accommodations, they support the full participation and integration of all pupils in educational activities.
- *Holistic Development:* By addressing physical, mental, and social aspects of health, normative acts contribute to the holistic development of pupils. They recognize the interconnectedness of health and education, and the importance of nurturing both aspects for overall pupils' success.
- *Safety and Well-being:* Normative acts establish standards for ensuring a safe and healthy school environment, encompassing factors such as nutrition, physical activity, environmental safety, and emergency preparedness. This creates a conducive atmosphere for learning and promotes the well-being of pupils and staff alike.
- *Partnerships and Collaboration:* These acts encourage collaboration between schools, health authorities, parents, and community organizations to support comprehensive school health initiatives. By fostering partnerships, they leverage resources and expertise to effectively address health challenges facing pupils.
- *Compliance and Accountability:* Normative acts set clear expectations for schools regarding their responsibilities in promoting and maintaining student health. By establishing compliance mechanisms and enforcement procedures, they hold educational institutions accountable for meeting health standards and addressing any deficiencies.

On the whole, normative acts for school health are essential tools for promoting a culture of health and well-being within educational settings, ultimately contributing to the overall success and development of pupils.

### **Development of a new normative act for school health in Albania**

Developing a new normative act for school health in Albania would involve a systematic and collaborative process that integrates input from various stakeholders, including government agencies, educational institutions, health professionals, parents, and community organizations.

Below is described shortly a structured approach to developing such a normative act:

- *Needs Assessment:* A comprehensive needs assessment should be conducted to identify the health-related challenges and priorities within Albanian schools. This may involve analyzing existing data on pupils' health indicators, conducting surveys or focus groups with stakeholders, and reviewing relevant research and literature.
- *Stakeholder Consultation:* Key stakeholders should be engaged in the development process to ensure their perspectives and expertise are incorporated into the normative act. This may include convening workshops, forming advisory committees, and soliciting feedback through public consultations.
- *Legal and Policy Analysis:* A review of existing laws, policies, and regulations related to school health in Albania should be conducted to identify gaps, inconsistencies, and areas for improvement. This analysis will provide a foundation for drafting new legislation that aligns with national priorities and international best practices.
- *Setting Objectives and Scope:* The objectives and scope of the normative act should be defined, outlining its purpose, target audience, and areas of focus. Consideration should be given to addressing various aspects of school health, including physical, mental, and social well-being.
- *Drafting the Normative Act:* A draft of the normative act should be developed, incorporating input from stakeholders and drawing upon legal and policy analysis. The language should be clear, concise, and aligned with relevant national and international standards.

- *Consultation and Review:* The draft normative act should be circulated for feedback and review among stakeholders, including government agencies, educational institutions, health professionals, and civil society organizations. The draft should be revised based on input received during this consultation process.
- *Pilot Testing:* Considerations should be made for piloting the implementation of the normative act in a select number of schools to assess its feasibility, effectiveness, and impact in real-world settings. Next, the pilot program should be evaluated and findings should be used to inform any necessary refinements to the normative act.
- *Finalization and Adoption:* The normative act should be finalized based on feedback received during the consultation process and pilot testing. Approval from relevant government authorities or legislative bodies for its adoption and implementation should be sought.
- *Capacity Building and Training:* Training and capacity-building support to educators, health professionals, and other stakeholders involved in implementing the normative act should be provided. It is crucial to ensure that these key actors have the necessary knowledge, skills, and resources to effectively promote and support school health initiatives.
- *Monitoring and Evaluation:* Mechanisms for monitoring the implementation of the normative act and evaluating its impact on pupils' health outcomes should be established. Progress towards objectives should be regularly reviewed and assessed, making adjustments as needed to optimize effectiveness.

By following these steps, Albania can develop a robust normative act for school health that addresses the diverse health needs of its students and contributes to their overall well-being and academic success.

## **Concrete proposal for a new normative act for school health in Albania**

*Title:* "Albanian Comprehensive School Health Act: Promoting Well-being and Learning"

*Preamble:* Recognizing the fundamental right of every child to attain the highest standard of health and acknowledging the critical role of schools in promoting the well-being of students, this normative act aims to establish comprehensive guidelines and regulations for ensuring the health and safety of pupils within educational settings in Albania.

### *Section I: General Provisions*

1.1. Purpose: The purpose of this normative act is to promote the physical, mental, and social well-being of students in Albanian schools through the implementation of evidence-based health promotion strategies, provision of health services, and creation of a safe and supportive school environment.

1.2. Scope: This normative act applies to all public and private educational institutions in Albania, including preschools, primary schools, secondary schools, and vocational schools.

### *Section II: Health Promotion and Education*

2.1. Curriculum Integration: Health education shall be integrated into the national curriculum at all levels of education, emphasizing topics such as nutrition, physical activity, mental health, hygiene, and substance abuse prevention.

2.2. Teacher Training: Educational authorities shall provide ongoing training and professional development opportunities for teachers to enhance their knowledge and skills in delivering effective health education programs.

### *Section III: Health Services*

3.1. Health Assessments: All pupils shall undergo regular health assessments conducted by qualified healthcare professionals to

monitor their growth and development, identify health issues, and provide appropriate interventions.

3.2. Immunization: Educational institutions shall enforce mandatory immunization requirements in accordance with national immunization schedules to prevent the spread of vaccine-preventable diseases.

#### *Section IV: Nutrition and Food Safety*

4.1. School Meals: Schools shall provide nutritious meals and snacks that meet dietary guidelines, with an emphasis on locally sourced and culturally appropriate foods.

4.2. Food Safety Standards: Educational authorities shall implement and enforce food safety standards and practices to ensure the safety and quality of food served in school cafeterias.

#### *Section V: Physical Activity and Sports*

5.1. Physical Education: Schools shall provide regular physical education classes and opportunities for physical activity, aiming to promote physical fitness, motor skills development, and a lifelong appreciation for exercise.

5.2. Sports Facilities: Educational institutions shall maintain safe and accessible sports facilities, equipment, and play areas to facilitate participation in organized sports and recreational activities.

#### *Section VI: Mental Health and Well-being*

6.1. Counseling Services: Schools shall provide access to confidential counseling services and mental health support for pupils experiencing emotional or psychological difficulties.

6.2. Mental Health Education: Health education programs shall include components on mental health awareness, stress management, coping strategies, and seeking help for mental health concerns.

#### *Section VII: Environmental Health*

7.1. Hygiene Promotion: Schools shall promote good hygiene practices, including handwashing, sanitation, and personal hygiene, to prevent the spread of infectious diseases.

7.2. Environmental Safety: Educational authorities shall ensure that school facilities comply with safety standards and regulations, addressing issues such as indoor air quality, water sanitation, and pest control.

### *Section VIII: Emergency Preparedness*

8.1. Emergency Response Plans: Schools shall develop and maintain emergency response plans and protocols to address health emergencies, natural disasters, and other crisis situations.

8.2. First Aid Training: Staff members shall receive training in first aid and emergency response procedures to effectively respond to medical emergencies on school premises.

### *Section IX: Collaboration and Partnerships*

9.1. Intersectoral Collaboration: Educational institutions shall collaborate with healthcare providers, government agencies, non-governmental organizations, parents, and community stakeholders to implement comprehensive school health initiatives.

9.2. Parent and Community Involvement: Schools shall engage parents and community members in school health programs, fostering partnerships and mobilizing resources to support pupils' well-being.

### *Section X: Monitoring and Evaluation*

10.1. Monitoring Mechanisms: Educational authorities shall establish monitoring mechanisms to assess the implementation of this normative act, including regular inspections, health surveys, and data collection on pupils' health outcomes.

10.2. Evaluation: Periodic evaluations shall be conducted to measure the effectiveness of school health programs and interventions, identifying strengths, weaknesses, and areas for improvement.

## *Section XI: Legal Framework and Enforcement*

11.1. Legal Compliance: Schools shall comply with the provisions of this normative act and any accompanying regulations or guidelines issued by educational authorities.

11.2. Enforcement Measures: Educational authorities shall enforce compliance with this normative act through inspections, sanctions, and other regulatory measures as necessary.

## *Section XII: Transitional Provisions*

12.1. Transition Period: Schools shall be given a transition period to implement the provisions of this normative act, with support provided by educational authorities to facilitate compliance.

12.2. Repeal of Previous Regulations: Any previous regulations or guidelines related to school health that are inconsistent with this normative act shall be repealed.

## *Section XIII: Final Provisions*

13.1. Effective Date: This normative act shall come into effect on *[insert effective date]* and shall apply to all educational institutions thereafter.

13.2. Amendments: Any amendments or modifications to this normative act shall be made through the appropriate legislative or regulatory processes.

This proposed normative act provides a comprehensive framework for promoting school health in Albania, addressing key areas such as health education, health services, nutrition, physical activity, mental health, environmental safety, and emergency preparedness.

This normative act for school health emphasizes collaboration, accountability, and evidence-based practices to ensure the well-being of all pupils in Albanian schools.