

# INTRODUCTION

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A team of experts from the Faculty of Education at Masaryk University has been devoted to the research study *SCHOOLS AND HEALTH FOR THE 21ST CENTURY* since 2005. This study takes in a large range of issues that has tended to increase rather than decrease as the study continued and that has, over the course of time, continually uncovered new viewpoints and indicated the kind of connections that had not originally even occurred to us.

We have been lucky during the course of our study that the issues of health, health education, health promotion, conceptions of healthy schools, interest in a healthy lifestyle and so on are extremely topical ones at the present time, have been at the centre of attention for specialists and the general public alike, and have been the focus of binding educational and medical documents.

Our research project *SCHOOLS AND HEALTH FOR THE 21ST CENTURY* is being implemented in various forms and at various levels. Long-term and short-term research is being performed, theoretical concepts and educational programmes are being created, foreign experiences are being processed, seminars, workshops and conferences to which we generally invite foreign participants are being held, and we are publishing specialist and popular studies, anthologies, monographs and other publications that we are distributing on a broad scale and to which we are receiving a positive reaction. A number of other people are also taking part in our activities in addition to our own research team, some of whom are university-based, including people from abroad who have been addressed by our research and who are contributing work to aid in the resolution of our research tasks.

This anthology is a collection of studies on various topics that attempts to provide an insight into the mutual relationship between “schools and health” from various viewpoints and show the individual aspects to this relationship that can be used in teaching and educational work at schools in the area of health education.

In entitling this anthology *Health Education: Initiatives in Educational Areas* we are following on from the structure and ideas of the Framework Educational Programme, in which educational areas represent the educational content of individual study fields – in our case the study field *Man and Health*. The details of educational content may be constructed in various ways by creative teachers and we believe that the studies contained in this publication may be an interesting source of inspiration. If the texts presented in this anthology lead to contemplation, result in new information or inspire discussion, then they were not written in vain.

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*SCHOOLS AND HEALTH FOR THE 21ST CENTURY*