



# School Health & Nutrition Project Newsletter

Volume 1, Issue 1

May, 2009 (Baisak 2066)



Ministry of Health and Population  
Ministry of Education



Japan International  
Cooperation Agency

## Inside this issue:

Message from DGs	1
SHN Project	2
National SHN Strategy & Guideline	3
Project Counterpart in the District	3
Project Progresses in the 1st Year	4-5
From Tindobate and Thulosirubari	6
Next Step of the Project	6

## School Health & Nutrition Project

Department of Health  
Service, Teku, Kathmandu

Department of Education,  
Sanothimi, Bhaktapur

Tel; 01-6227645

01-4258026

Fax; 01-4258026

## Message from DG, DOHS to SHNP

It is my pleasure to know that School Health and Nutrition Project (SHNP) has been publishing SHN Bulletin on regular basis. On this occasion, I would like to take this opportunity to extend my sincere thanks to SHN Project and express few words in this first publication. This is an essential and appreciative effort which shares good practices and learning among the stakeholders.

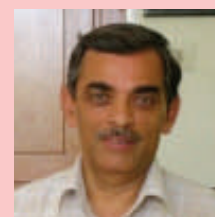
School Health and Nutrition Project is the first example of systematically piloted project in Nepal implemented jointly by MOHP/DOHS and MOE/DOE with technical support of JICA in line with the National School Health and Nutrition Strategy 2006 of Government of Nepal. The importance of School Health and Nutrition Program has long been well recognized in global and national context. I am hopeful that the project will contribute a lot to achieving

twin goals of "Health for All" and "Education for All" and also the Millennium Development Goals (MDGs) specially those 2, 3, 4 and 5.

Various studies carried out in different places and time in Nepal has shown high prevalence of anemia, helminthes infestations and Vitamin A deficiency in school children. Lack of water and sanitation facilities in schools are also crucial for further worsening health and hygiene of students. Therefore, government has initiated the SHNP intervention to fulfill these gaps and improve the health and nutrition status of school children.

I do expect that the project and publication will be instrumental to bring changes in children's habits and behaviors and in improving their health and education status in intervention districts.

Let me share that Government



**Dr. Govinda Prasad Ojha**  
Director General, DOHS

of Nepal has taken the ownership of implementing this project. I, therefore, am confident that all the concerned offices and the personnel will provide the necessary support for the effective implementation of the project activities.

In conclusion, I believe that the publication is also intended to self-reliant health development initiatives and will be a reference for those who have willingness to learn from other experiences.

## Message from DG, DOE to SHNP



**Mr. Mahashram Sharma**  
Director General, DOE

It is, indeed, my great pleasure to learn that School Health and Nutrition Project (SHNP) is publishing SHNP Newsletter. I hope that the Newsletter will prove to be very instrumental not only for the school teachers but also for the school children, community people and, of course, for all the

stakeholders involved in the field of health and nutrition.

The SHNP is a pioneer project in Nepal that is being jointly implemented by the Ministry of Education and Ministry of Health and Population with financial and technical assistance from JICA in the two hilly districts, viz. Syangja and Sindhupalchowk. The project aims at reducing dropout rate and increasing enrollment rate in the areas of the target districts. Besides, it also aims at improving the Health and Nutrition status of the school going children. The project is hoped to disseminate and institutionalize the National School Health and Nutrition Strategy which has already been endorsed by the two ministries.

The Newsletter, in my view, should not only publish the news related to the project activities but also lessons learned from Health and Nutrition field along with its impact and good practices. Through this message, I would like to thank all the SHN Network members who have been working hand in hand with a clear mission of improving the school-aged children's health and nutrition status.

Finally, I would like to express my sincere appreciation to JICA and all the SHN Network members for their all-out efforts and assistance to improve of health and nutrition status of school children.

# School Health & Nutrition Project



Government of Nepal and Japan International Cooperation Agency (JICA) entered in and agreement on technical cooperation for the School Health and Nutrition Project to improve the health and nutrition status of school aged children in two districts (Sindhupalchowk and Syangja) in Nepal.

The Project supports the Ministry of Health and Population and the Ministry of Education to achieve the objectives of the National School Health and Nutrition Strategy, as well as to plan and develop the cost effective School Health and Nutrition Services Model which can be replicated by the Government to other parts of Nepal.

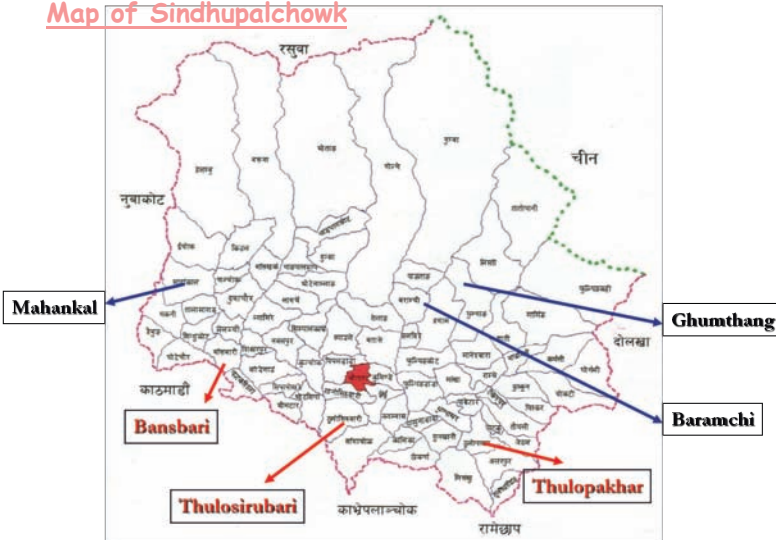


## Project Sites in Sindhupalchowk

The Project has started its first year activity in 3 VDCs (22 Government Schools) in Sindhupalchowk.

For second year implementation, the Project has added 3 more VDCs and now its target schools become 47 with 8,613 children.

Map of Sindhupalchowk



## Project Sites in Syangja

For Syangja, 3 VDCs (21 Government Schools) were the first year target to implement the Project, and another 3 VDCs were selected for its second year activity. Now, there are 6 VDCs (44 schools) where 6,321 children are studying in Government Schools.



### Overall Goal

Health and nutrition status of school aged children is improved in Nepal.

### Objective at National Level

National School Health and Nutrition Strategy is practically institutionalized by the Ministry of Health and Population and the Ministry of Education.

### Objective at District and School Level

Health and nutrition status of school aged children is improved in the target districts.

### Main Target of the Project

School aged children (attending formal or alternative school) at Primary Education Level.

### Duration of the Project

The Project is for 4 years, started from June 2008, ends in May 2012.

## National School Health and Nutrition Strategy and Implementation Guidelines on SHN Program

### National School Health and Nutrition Strategy

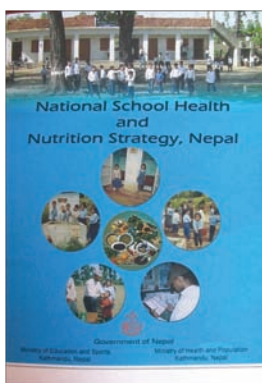
Ministry of Health and Population and Ministry of Education, the Government of Nepal, jointly prepared and endorsed the National School Health and Nutrition Strategy in June 2006.

The main goal of the School Health and Nutrition Program is to develop physical, mental, emotional and educational status of the school children.

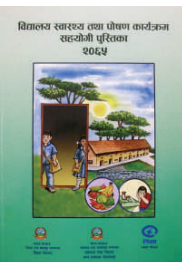
This goal is supported by four Strategic Objectives.

#### Strategic Objectives

- S.O.1: Improve use of School Health and Nutrition services by school children
- S.O.2: Improve healthy school environment
- S.O.3: Improve health and nutrition behaviours and habits
- S.O.4: Improve and strengthen community support system and policy environment



### Implementation Guidelines on SHN Program



Department of Health Services and Department of Education developed the Implementation Guidelines under the National Strategy. Plan Nepal, Save the Children, Helen Keller International were some organizations who supported in this endeavours.

The Strategy and Implementation guidelines give clear direction on where, why, how and who will implement the School Health and Nutrition Program. These are two important documents to be followed by all the organizations who are implementing the SHN Programs in Nepal.

## Project Counterpart in the District

### Views from District Education Office, Syangja

The District Education Office and District Health Office have been implementing the SHN Program in coordination with DDC. The program activities have contributed significantly to the improvement of health, nutrition and education status of the school-age children (5 to 17 years) for the last one year. However, stakeholders' expectations are yet to be met.

In the context of Syangja District, problems being faced are high rates of dropouts, repetition in the same class and low rate of completion of primary level education. All these can be attributed in one way or another to weak health and nutrition status, high prevalence rate of anemia and worm infestation, poor health and hygiene and lack of provision of School Tiffin. In view to these, SHN Project is expected to contribute to achievement of the goal and purposes as defined in the National SHN Strategy and make the schools child-friendly.

Certain changes have been brought about after the Project interventions. District SHN Coordination Committee has been formed, six VDCs and 44 schools have been selected for Project implementation, training and orientations have been organized to enhance stakeholders' capacity, de-worming campaign conducted, district level action plan developed and exercises to physical check-up and School Tiffin program accomplished.

There are challenges to meet the unlimited needs of the community. Available documents and the interaction with the school families also have raised their expectations. Utilization of local resources is always to be considered, however, external support needs to be mobilized effectively taking into account the ground reality and sustainability of the program.

I hope, Syangja will set a good example and play a lead role that others can emulate and replicate. It is expected that contributions made by the Project will go a long way in this direction.



**Mr. Durga P. Shrestha**  
DEO, Syangja

## Poem from School



**Ms. Tulsi Pathak**  
Chairperson, Child Club  
Shree Sarba Shakti Primary School  
Tindobate-5, Syangja

### SHN for Good Health

School Sarba Shakti, in Pathakhola  
Situated nearby Adhikhola  
We come regular to study with bags  
Vision of study to develop this place

JICA and partners entered with SHNP  
We are happy to get this new program  
Got medicine to control worm in children  
Sir, Madam prepared reports  
to disseminate

Living with so called dalits,  
struggling to survive  
Work for basic livelihood, hard to life  
Children look dirty, dislikes by other  
This is a reality suffering by worms

All friends saying very very happy  
Keep knowledge, utilize for ever  
Got good knowledge, like health education,  
All students teachers  
swallowed medicine

Next morning we all gathered in school  
A friend told us, he saw worms in his stool  
Another one informed,  
a girl defecated 23 worms  
One friend cried, seeing worms in toilet

Saying everybody, thanks to the partners  
Never end program, sustain for ever  
Get good opportunity to be healthy again  
Good health! Good education!

for good children!!

# Project Progress in the 1st Year

## July, 2008: District Project Planning Meeting

Conducted Planning Meeting in 2 Districts and supported in formation of District SHN Coordination Committee



## August, 2008: Project Kick-off Meeting



## September, 2008: National SHN Workshop

Conducted SHN Workshop at National Level with Developing Partners



## September, 2008: Project Orientation at VDC Level

Visited 3 VDCs in Sindhupalchowk and 3 VDCs in Syangja, and Oriented 274 People on SHN Project



## October, 2008: Training in Japan

7 Project Counterparts at Central level visited Japan for SHN Training



# Project Progress in the 1st Year

## November-December, 2008: Project Orientation at School Level

Visited 22 Schools in Sindhupalchowk and 21 Schools in Syangja, and Oriented 3,861 People on SHN Project



## November, 2008-March, 2009: Baseline Survey

Conducted Baseline Survey in 70 Schools in 2 Districts, 3,500 Children Interviewed and Physical Check-upped



## January-February, 2009: De-worming Program and Blood & Stool Test

Visited all 43 Schools and De-wormed 8,002 Children, and Conducted Blood & Stool Test for 3500 Children



## April, 2009: Meeting with CA Members



## May, 2009: School Action Plan Training

Supported 91 Schools to Prepare School Level Action Plan



## SHNP and Me

Mr. Arjun Gaire

Head Master, Chandika Primary School,  
Tindobate, Syangja



I have experiences of trainings, seminars and workshops during my teaching profession since last thirteen years. In September 2008, I got an opportunity to participate in an orientation program of SHN Project, which was very important and memorable. It was the first intervention of SHNP in Tindobate VDC. SMC chair, PTA chair, Headmaster and a Teacher from each school were invited to participate. DEO, DHO and JICA representatives were also present to facilitate the program.

SHNP started to improve the health and nutrition status of school children with a slogan of Good Health, Good Education for Good children. We were informed on the goal, purpose, target and components of the project. After the orientation, participants expressed the commitments for effective implementation of the project activities.

Next event was the school level orientation held in each school in November. This was another opportunity for us to know about the details of the project. We all were so encouraged to welcome the guests. The local community arranged Panchhe Baja (traditional Nepali music band for wedding ceremony) too. This was an example of community response to welcome SHNP.

Now, Child Clubs and SHN Committee are functional in each school. Blood and Stool of the children were tested, children were de-wormed and School Annual Action Plan has been developed. Child Club is contributing to maintaining the personal health and hygiene. The school families are expecting the School Tiffin program that helps to achieve the project goal and purposes.

## SHNP and its Effectiveness

Mr. Sachin Nepal

Focal Teacher, Sangachowk Secondary School,  
Thulosirubari, Sindhupalchowk



SHNP is being implemented to eleven schools in this VDC since last year. We came to know that Government of Nepal has developed and endorsed the National SHN Strategy in 2006 as a result SHN Project has started to improve the health and nutrition status of School children.

Since the project started in the VDC, we participated in orientations, workshops, trainings and seminars for information sharing and capacity development of stakeholders. Project has supported in conducting de-worming program in 22 schools of three VDCs and tested stool and blood samples from 1,750 school children in 35 schools of nine VDCs in the district.

District level offices, VDC, Health Post and SMC, PTA, Teachers, students and community people are actively supporting and participating in the effective implementation of the program.

JICA is supporting for some basic needs of the schools. Quality education is impossible if there are lack of class rooms, furniture, toilets and safe drinking water supply in the schools. Text books need to be supplied in time. School Tiffin is another program that school children and parents already demanded for implementation.

It is well understood that without the community contribution project activities will not be sustained in future. We should have the feeling of ownership of the program and JICA is with us to support. Therefore, this VDC decided to support Rs.20,000/- to each eleven schools in this fiscal year for SHN Program. We believe that the Project activities will be effective in improving children's health, getting quality education and making them more competitive.

## Project Nowadays & Next Step

- ☆ Project's 1st Joint Coordinating Committee Meeting held on May 20, 2009 at Hotel Radisson.
- ☆ Trainings on Physical Check-up, De-worming Program and School Check List is planned for Sindhupalchowk District from June 11, 2009. targeting 47 schools
- ☆ Trainings on Physical Check-up, De-worming Program and School Check List is planned for Syangja District from June 22, 2009, targeting 44 schools.
- ☆ Project's 2nd Review Meeting will be organized in July, 2009 at Kathmandu.

- ☆ Short Term Expert on School Health will visit Nepal in July, 2009.
- ☆ Short Term Expert will come from Japan to conduct Workshop on PDM (Project Design Matrix) in August, 2009.
- ☆ Nepali Version of National School Health and Nutrition Strategy will be coming soon!

## Project Staff in place



## Project Counterparts at Central Level



**Project Director (Health)**  
Dr. Shyam Raj Upreti  
Director, Child Health Division,  
Department of Health Services



**Project Director (Education)**  
Mr. Prakash Raj Pandey  
Director,  
Department of Education



**Project Manager (Health)**  
Mr. Raj Kumar Pokharel  
Chief, Nutrition Section, Child Health Division  
Department of Health Services



**Project Manager (Education)**  
Mr. Pramod Kumar Shah  
Deputy Director, EMMS  
Administrative Division, Department of Education