



# School Health & Nutrition Project Newsletter

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## JICA' s Cooperation in Health Sector and SHNP

“School Health and Nutrition Project (SHNP)” has a great significance in JICA’s cooperation for Nepal in the health sector.

JICA has been cooperating in the child health sector since its early intervention and assistance in Nepal, whilst considerable progress has been made on maternal and child mortality in Nepal since 1990. The statistics are still alarmingly high- over 30,000 children die each year due to poor nutrition and nearly half of all children suffer from stunting in Nepal, thus still more effort is needed.

Particularly in the area of nutritional improvement, JICA

is emphasising on the school health field and stresses linkage with basic education. Thus, effective implementation of the projects will be some support in this regard. The project provides opportunity to pilot the National Strategy on School Health and Nutrition, which can be expanded to all over Nepal.

In Addition to the project, to support this effort JICA has been assisting in this sector through JICA NGO Partnership Program, dispatching Japanese volunteers to the recipient organizations under the Volunteer Support Program



**Mr. Noriaki NIWA**  
Chief Representative,  
JICA Nepal Office

and providing opportunity of training in Japan for governmental and non-governmental officials for the human resource development. JICA Nepal office is hopeful that these efforts will lead to “A Better Tomorrow for All” .

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### School Health & Nutrition Project

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### Poem from School

#### Good Health with Us



**Ms. Uma Dulal,**  
Class X,  
Sanghachowk High School  
Thulosirubari,  
Sindhupalchowk

All the green vegetables that had rich vitamin,  
We can grow them all, and those having protein.  
The nutritious food that we have let to go;  
Due to illiteracy, since long ago;

Here, there and from everywhere;  
We have to make people aware.  
May be we can live forever;  
Herbal production makes our life longer.

We and our society not being healthy;  
Poverty is not to be blamed'  
Diamond gold all are with us;  
But alas! They are still unrecognized.

All diseases, big or small;  
We can get rid of them all.  
Awareness, knowledge is lacking  
That is why we have been lagging.

Though we have all nutrition around;  
We are the ones being malnourished  
Vegetables in our farm, but empty are our pot;  
And the nutritious beans are left to rot.

Now we need to come out from the dark,  
And start cultivating in our own farm.  
The light of knowledge kills the dark  
Morning glory, working with our hand.

Like Kasturi searches for the source of fragrance;  
The pleasant smell, that is her own;  
We search for healthiness in other's zone;  
Not knowing what nutrition is in our own home.

We and our society not being healthy;  
Poverty is not to be blamed'  
Diamond gold all are with us;  
But alas! They are still unrecognized.

## Major Activities of SHNP:

### What is "School Health Minimum Service Package"?

Ministry of Health and Population (MOHP) and Ministry of Education (MOE), Government of Nepal jointly prepared and endorsed "National School Health and Nutrition Strategy" in June, 2006. The goal of the National Strategy is to develop physical, mental, emotional and educational status of school children.

JICA has been implementing "School Health and Nutrition Project (SHNP)" based on the National Strategy under the joint operation with the MOHP and MOE. SHNP has developed "School Health Minimum Package" based on the Strategy, which can be replicated by the Government to other districts in Nepal in the future.

There are mainly five components in the "School Health Minimum Service Package"; Physical Check up, De-worming Program, First Aid Services, School Check List and Child Club Mobilization.

#### ☆ Physical Check up

The objective of Physical Check up is (1) to assess the growth of children, (2) to make children understand on their own body size and its growth and (3) to monitor the health and nutrition status of children by analyzing the compiled data.



Although there are many components of Physical Check up, SHNP has decided to introduce "do-able" and "replicable" Physical Check up by school teachers. There are three components of Physical Check up: measuring height, weight and eye sight of children.

Physical Check up is to be conducted once a year, and children keep their own Health Recording Sheet so that they can understand their growth and share with family.



#### ☆ De-worming Program

The objective of De-worming Program is to make school children understand on worm infections and preventive measures from worm infestation.

De-worming tablets are supplied by MOHP and SHNP distributes the tablets to children at target schools twice a year to make children de-wormed. SHNP also provides necessary IEC materials for conducting De-worming orientation program at schools.



#### ☆ School Check List

School Check List is a self-evaluation check sheet used by schools to improve school environment and health and nutrition behaviors and habits of school children.

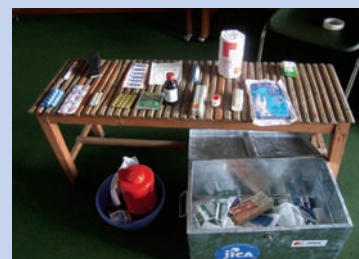
There are three kinds of School Check List;

- 1) "Monthly School Check List for Teachers",
- 2) "Daily School Children Check List" and
- 3) "Weekly School Children Check List".

"Monthly School Check List for Teachers" is the check list which teachers will check the progresses in SHN activities at school. On the other hand, "Daily School Children Check List" and "Weekly School Children Check List" are the check list which school children evaluate their health status and behavior by themselves with the support of class teachers.

#### ☆ First Aid Services

The objective of First Aid Services at school is to provide appropriate First Aid Services to school children by providing First Aid Kit Box. SHNP trains Head Master, SHN focal teacher and chairperson of School Health and Nutrition Committee at target schools so that they can give First Aid Care to school children.



The characteristic of this First Aid Services is that MOHP ensures the refilling system of basic medicines by utilizing National Free Health Service Program of MOHP.



#### ☆ Child Club Mobilization

SHNP supports to mobilize Child Club in all the target schools because "Child to Child" and "Child to Parents/Community" approach is very effective in School Health. Members of Child Club are the main actors of supporting School Health and Nutrition Activities in the schools as well as community.

## SHNP Training Report

Training on SHNP was conducted from June to August 2009. The training was implemented in Cascade method. Firstly, Training of Trainers (TOT) was organized at the District level to train facilitators for VDC level training. Main participants of the District TOT were Focal persons of DEO/DHO, Resource Persons, School Supervisors, Sub/Health Post in Charge, etc. After the District TOT, VDC level training was conducted to train Head Maters, Focal Teachers, Chairpersons of School Health and Nutrition Committee (SHNC), etc. in the target schools.



The total number of participants of the District TOT was 106 persons in Sindupalchowk and 107 persons in Syangja District. VDC Level Training's total number of participants was 1,261 persons in Sindupalchowk District and 1,157 persons in Syangja District.

### Participants of SHN Trainig

#### Sindhupalchowk District

Activities	District TOT	VDC Level Training							G. Total
		Bansbari	Thulosirubari	Thulopakhar	Mahankal	Ghumtang	Baramchi	Total	
New VDC Orientation	-	-	-	-	57	53	41	151	151
School Action Plan Orientation	-	36	45	18	52	46	27	224	224
Physical Check up	30	46	53	30	52	57	39	277	307
School Check List	27	33	47	23	43	43	29	218	245
De-worming	22	33	47	23	43	43	29	218	240
First Aid Kit Box	27	28	37	20	34	30	24	173	200
<b>Total</b>	<b>106</b>	<b>176</b>	<b>229</b>	<b>114</b>	<b>281</b>	<b>272</b>	<b>189</b>	<b>1261</b>	<b>1367</b>

#### Syangja District

Activities	District TOT	VDC Level Training							G. Total
		Bhatkhola	Dhapuk	Tindobate	Thumpokhara	Chapakot	Kolmabarachaur	Total	
New VDC Orientation	-	-	-	-	61	48	39	148	148
School Action Plan Orientation	-	21	41	33	29	37	27	188	188
Physical Check up	22	28	56	36	56	40	32	248	270
School Check List	22	19	47	27	47	31	23	194	216
De-worming	22	19	47	27	47	31	23	194	216
First Aid Kit Box	41	21	42	26	43	30	23	185	226
<b>Total</b>	<b>107</b>	<b>108</b>	<b>233</b>	<b>149</b>	<b>283</b>	<b>217</b>	<b>167</b>	<b>1157</b>	<b>1264</b>

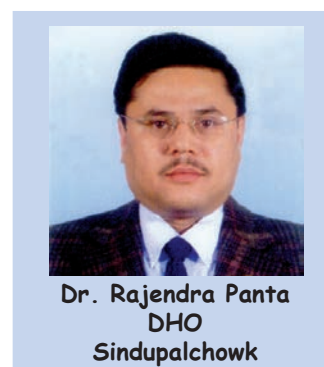
## Project Counterpart in the District

### Views from District Health Office, Shindupalchowk

It is obvious that health condition of under five children is improved and mortality rate is decreasing remarkably because the nation has been implementing various effective programs for health promotion and to reduce the mortality rate. In this context there was no program implemented effectively to promote the health status of above five years' children targeting the school aged children in Nepal.

Now the School Health and Nutrition Project (SHNP) has been implementing integrated activities like sanitation, nutrition, health check up, First Aid

services, anemia and de-worming which directly effects children's health within the selected 47 schools of six VDCs in Sindhupalchowk district for the school going children. The main objective of this project is to improve the health condition of school aged children in order to develop healthy citizen for future. To achieve the project goal within the project time-frame, besides the support from concerned agencies of MOHP, MOE and JICA; active support from other related agencies like GOs, NGOs, Political Parties and social workers is essential.



**Dr. Rajendra Panta**  
DHO  
Sindupalchowk

I hope that the project will be successful to achieve the goal within the given time-frame, implementing the activities effectively from the support of all stakeholders and will play a remarkable role to prepare healthy citizen which is the basis to expand the program in other districts.

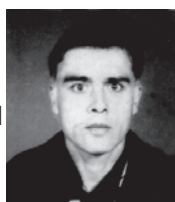


## SHN Program in School

**Mr. Eka Narayan Aryal**

**Head Teacher**

**Shree Public Academy Secondary School  
Dhapuk-4, Syangja**



In Nepal all school aged children are not enrolled and the literacy rate is around 60%. Dropout rate is high in remote mountainous area. Majority of the children from poor families are weak in health and cannot attend the class regularly.

Education is the backbone for the development of country. Children's' health play vital role in their learning process. Therefore, School Health and Nutrition Program is very important for the improvement of health and nutrition status of school children in Nepal.

School Health and Nutrition Project is the pilot project jointly initiated and implemented by Ministry of Education (MOE) and Ministry of Health and Population (MOHP) in technical and financial support from Japan International Cooperation Agency (JICA) after the endorsement of National SHN Strategy by the Government of Nepal. The project supports in changing children's behavior and habits, developing teacher skills and maintaining coordination among, SMC, PTA, CC, VDC, Health Posts and the communities. It is also expected that project will contribute to increase the leadership capacity of school children and aware the communities through Child Clubs.

We hope that project will implement the planned activities as scheduled in the school and local communities will support and participate in effective implementation considering the sustainable part of the program.

## Next Step of SHNP

- ☆ VDC level training on Child Club Mobilization is planned for both Districts in October
- ☆ District Counterparts will participate in 3 weeks SHN Training Course in Japan from 26 September
- ☆ National SHNP Workshop is planned in October
- ☆ Refresher District TOT on De-worming Program and School Check List is planned in October
- ☆ Refresher VDC level Training on De-worming Program and School Check List is planned in November
- ☆ The Third De-worming Program is planed from November to December
- ☆ District and VDC level Training and SIP is planned from November to December
- ☆ Japanese Short Term Expert on School Health will be assigned from November to January
- ☆ Japanese Short Term Expert on Monitoring and Evaluation will be assigned from November to December

## School Health and Our Responsibility

**Mr. Bishnu Prasad Gautam**

**Head Teacher**

**Shree Jalpa Devi H.S.School  
Bansbari-7, Sindhupalchowk**



School Health and Nutrition Project (SHNP), implemented jointly by MOE and MOHP in technical and financial support from JICA, is very attractive and good to hear but the management and implementation aspect is yet to be strengthened. Project support for the improvement of physical, mental and education development of the school children is highly appreciated. Communities of the selected VDCs accepted the project.

We can find some positive aspects of the project and some weakness. Communities are aware on child health and nutrition and have the feeling of ownership. Child Club is making plan to transfer the learning to their friends and community participation is in increasing trend. VDC started to allocate the budget for SHN program. Management and implementation should be decentralized and not to be done by the project itself. School Tiffin should be implemented as soon as possible. Activities should be conducted timely based on the plan.

One and half year project period have been already passed conducting some activities like trainings, de-worming program and physical check-up. In the coming days project activities should be implemented effectively to make it self-sustain and develop ownership by the community. Monitoring and supervision should be through Resource Center with the coordination of Health Institutions. We should think for sustainability which is our main responsibility that ensures good health, good education and good children.

### Welcome!!

#### New Project Counterparts at Central Level



**Project Manager (Education)**  
Ms. Rajya Laxmi Nakarmi  
Deputy Director,  
Education Material Management Section,  
Department of Education



**SHN Coordinator (Health)**  
Ms. Rahita Pachhai  
Nutrition Section, Child Health Division,  
Department of Health Service



**New Project Staff in place**  
**National Project Coordinator**  
**SHNP**  
Mr. Raj Mukut Bhusal