



School Health & Nutrition Project Newsletter

Volume 1, Issue 3

November, 2009 (Kartik 2066)



Ministry of Health and Population Ministry of Education



Japan International Cooperation Agency

Message from Director, CHD to SHNP

Many nutritional studies done in Nepal have shown that School Children are heavily affected by worm infestation and nutritional deficiencies such as iron, iodine and vitamin A. Due to lack of safe drinking water, poor hygiene, sanitation and environment in schools make the health and nutrition status of children worse. Infections and nutritional deficiencies can inhibit in their ability to learn by reducing attention and causing absenteeism. Many of diseases and deficiencies are preventable.

Health and education both are a side of coin, which completes the existence of each other. Healthier children stay in school longer time, attend more regularly, learn more, become more healthier and productive adults. On the other hand education helps to maintain the health of a person.

To improve the health and nutrition status of school children, government of Nepal has endorsed National School Health and Nutrition Strategy in 2006. Based on the Strategy, SHN program has been

piloted in two districts, Syangja and Sindhupalchowk with technical support by JICA. It is a first systemic SHN program jointly implemented by MOHP and MOE in a well coordinated way. It is an important step ahead to institutionalize the National Strategy.

The program has focus in four areas based on the National Strategy. It is a multi-sector program. There is a need of very close coordinated support from different stakeholders at different levels. I would like to give more emphasis on coordination and collaboration among all stakeholders which is very much crucial for its success.

MOHP and MOE are closely working together to provide clear policy guideline to the districts, and at district level DEO and DHO along with concerned stakeholders plan jointly to support the school health activities. Schools and their communities need to work closely from planning to its implementation and ensuring proper school physical environment and sanitation through building latrines,



Dr. Shyam Raj Upreti
Director, CHD, DOHS

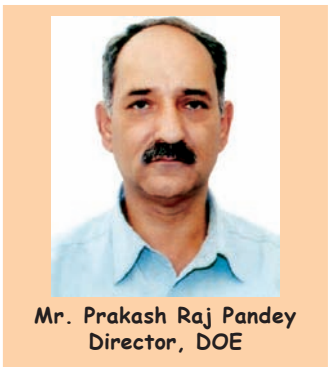
appropriate hand washing facilities and access to safe drinking water, using local knowledge and local resources in addition to the central support.

It is a very cost-effective intervention. Efforts made to implement the program will be a genuine investment in the production of healthy and economically active citizen for the future. At this juncture, I would like to call all concerned stakeholders to support and work together to implement SHN program successfully and scale up in all the districts.

Inside this issue:

Message from Directors	1
SHNP Project Bi-annual Review Meeting	2
Training in Japan	3
Project Counterpart in the District	3
Poem from School	3
Message from Schools	4
Next step of SHNP	4

Message from Director, DOE to SHNP



Mr. Prakash Raj Pandey
Director, DOE

Recognising that access to health services, and nutritious food, and better sanitary and hygiene practices have direct impact on the academic progress of the children, the Government of Nepal adopted National School Health and Nutrition Strategy in 2006. Moreover, development partners have come forward to collaborate to put the Strategy into action. In fact, the government and development partners, even in the absence of the document, were carrying many activities now

incorporated in the Strategy.

The main components of the programme are accessible health services facility for the school children, taking care of their nutritional need when they are in school, provision of sanitation facilities and water supply at schools, health education directed towards behaviour change, and healthful school environment. In nutshell, it is the convergence of education for all, health for all, sanitation for all, water for all, and something more.

A network of the most of players in the field has been established, and provides a forum for joint planning and monitoring. Annual National Workshop is a forum for wider deliberations. All this shows that we are moving in the right direction. However, what we have done is not adequate and what we plan to do is sketchy. Nevertheless, surveys conducted by the Department of Education, and by the Project have pointed the areas to focus our efforts.

However, the schools and parents are yet to recognise and be involved in the programme. A programme for the dissemination of the Strategy can prove important step in this direction, and schools can, with minimum additional efforts and resource, provide health education, school-based health services and healthful learning environment in the schools. With this end in view, the Strategy, written initially in the English, was translated into Nepali, and Department of Education organised a few dissemination sessions. Government has already come forward with a policy of extending the school tiffin programme.

As the country is now undergoing a process of change, a change that has many facets, we will have to critically read the Strategy in the light of experience gained during these years and changes we are planning in the governance, and in education and health policies. This process can inform us how we should move forward.

School Health & Nutrition Project

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SHN Project Bi-annual Review Meeting

The second bi-annual review meeting of School Health and Nutrition (SHN) Project was held on August 26, 2009 at Dhulikhel Lodge Resort of Kavrepalanchowk District, and Central and District Level Counterparts from Ministry of Education, Ministry of Health and Population and other related Ministries were participated.

Dr. Govinda Prasad Ojha, Director General, Department of Health Services, Ministry of Health and Population was the Chief Guest in the Opening Program. Dr. Ayako Tokunaga, Chief Advisor of the Project briefly presented the outline of the Project and shared the overall progress carried out by the Project from January to August 2009.



Experiences from Department of Education and Department of Health Services as well as from District Syangja and Sindhupalchowk were also shared with the participants.

After the lunch break, discussion on the Effective Implementation of the SHN Activities was conducted. In this session, participants were divided into four groups and discussed on subject matters given as below:



Group 1:

Central Level Group

- ♦ Sustainable Training System of SHN Program
- ♦ Reviewing of SHN activities
- ♦ Strengthening the role of NSHNAC

Participants from DOE and DOHS had group work on above given topics. After the discussion, they came up to involve both Training Institutions of MOE and MOHP for sustainable Training System of SHN Program and to strengthen the Monitoring System of Central Level Offices for SHN Activities. For NSHNAC, they suggested to develop some policy level guideline and to conduct regular meeting.



Group 3:

District Level Group from District Health Office

- ♦ Reviewing of SHN activities
- ♦ Strengthening and activating the role of DSHNCC

Participants from DHO Syangja and Sindhupalchowk also had same topics as Group 2. They have reviewed SHN activities for its sustainability and ensured the commitments from different level of health personnel. For DSHNCC strengthening, they also had proposed to have regular meetings as according to their District Level Joint Action Plan, and also to think to reform the Committee to include some more essential officers.

Group 2:

District Level Group from District Education Office

- ♦ Reviewing of SHN activities
- ♦ Strengthening and activating the role of DSHNCC

Participants from DEO Syangja and Sindhupalchowk had discussion on above subjects. For sustainability of SHN activities, they have suggested to establish the coordination from Central to District and Community Levels, and also to conduct some refresher trainings. Regarding strengthening DSHNCC, they understand that they need to conduct monthly meeting as all of them are the member of DSHNCC.



Group 4:

DSHNCC Members

- ♦ Strengthening and activating the role of DSHNCC
- ♦ Reviewing of SHN activities

Participants from DSHNCC members had discussion on above topics. Regarding DSHNCC strengthening, they also realized the necessity of regular meeting at least once a month. They also have identified the roles of Local Government, especially on budget allocation by them for sustainability of SHN Program and to seek the support from NGOs/CBOs for successful implementation of the Program.

Training in Japan

For FY 2009, Project Counterparts from the District Level were selected to participate in the Training in Japan. The Project has dispatched 4 participants from District Syangja (2 from District Education Office and 2 from District Health Office) and 4 participants from District Sindhupalchowk (2 from District Education Office and 2 from District Health Office) from October 26 to November 16, 2009. The Project also has dispatched the Project Director from Ministry of Health and Population for shorter period.

The training was planned for the participants to understand the current situation of School Health Program in Japanese Schools and exchange the views with Local Government Officers and school health related personnel.



The training in Japan was coordinated by Professor Jun Sakurada, Saitama Prefectural University. Participants observed the School Health Activities in Saitama Prefecture, visited schools in Chichibu city and Koshigaya city and ate school lunch with children, experienced some Physical Check-ups and come up with some idea to think their own way to replicate School Health Activities in Nepal.

During the training in Japan, participants also presented and shared the District Level Joint Action Plan to implement the School Health Program in their Districts, and now they are preparing the report, "Improvement Plan for Effective Implementation of District Action Plan" as a supportive document for District Action Plan which will be presented and submitted to DOE and DOHS for further operation.



Project Counterpart in the District

To say on SHNP program from DEO, Sindhupalchowk

Healthy personnel can only perform health activities. It is difficult to get education if the person is unhealthy. There should be health check up regularly. JICA has been providing technical support to implement School Health and Nutrition Project in: Sindhupalchowk and Syangja. MOHP and MOE has the major responsibility to implement the project activities effectively. National SHN Strategy has been developed for the effective and sustainable SHN Program with an objective to improve health and nutrition status of the school children.



Mr. Surya P Gautam
DEO, Sindhupalchowk

Educational status of Sindhupalchowk is not satisfactory. Large numbers of Tamang community are living around the district. Education indicator shows that 59.8% are still illiterate, 15% school aged children are not enrolled and class repetition rate is high. In this context SHN project has been initiated which is beneficial to children.

One and half year of the project period has passed. Project activities are benefiting the school children directly. SMC, PTA, HM, Teachers and students capacity has developed by providing training to them. Formation and mobilization of Child Clubs helped to develop the leadership and positive attitude of children. Coordination between VDC, Health Post, Schools and parents has been developed effectively. There is gradual decrease in drop out and repetition in the class. Child to Child and Child to Parents approach has raised the awareness level of parents. There is change in children's health, hygiene and habits which is the major achievement of the project.

Delay in implementing School Tiffin is a matter of comment by the community. Coverage should be increased, not limited in six VDCs. It will be effective to make DDC and VDC responsible at local level if Ministry of Local Development has been involved together with MOHP and MOE at national level.

It is sure that project purpose can be achieved if all stakeholders can support seriously for effective implementation of project activities.

Poem from School



Ms. Tulasi Gaire
Shree Baidi Lower Secondary School,
Class 5
Chapakot-2, Syangja

Health Education in School

Baidi is a School, Chapakot is a village
Land is plain, nearby Kali river
Duty reading-writing, learning for skills
Could be great person, if we work hard

We formed child club, being all united
Also like to participate, in many activities
Now we gain knowledge, for being healthy
Education forever, wishes for sustainability

Place is poor, lacking knowledge there
Remove such lacking, need to be cared
Getting knowledge here, for being healthy
Taking medicine, killing many worms

Health and nutrition, is a good course
Entered to the school, look this new source
We are very grateful, for such chance to JICA
Checking Height, weight, vision and for medicine

First to clean our home, to be healthy ourselves
Using toilet always, would be our practice
Creates many troubles, if environment is dirty
We need joint efforts, for being healthy

School Health and Nutrition Program in School

Mr. Tek Prasad Lamichhane
Focal Teacher,
Janapriya Secondary School
Bhatkhola, Syangja



Bhatkhola is one of the small VDC located in northern part of Syangja. This Village Development Committee (VDC) has been selected as per the criteria to implement School Health and Nutrition Project. Local communities and school families are grateful that this VDC has been selected for such important pilot project. All community people including children, parents and other sectors are happy from the project intervention. The project is focusing to the basic rights of the children in rural areas for their healthy life. This is the first SHN project jointly implemented by Nepal Government and JICA. The project is mobilizing VDC, Health Post, School Management Committee, Parents' Teachers' Association, Head teacher, teachers, school children, parents and pulling them to one place for its effective implementation in a coordinated way. Following are the key activities being conducted at the school level after the project intervention:

1. VDC and school level orientation to brief about the project to the relevant stakeholders
2. Baseline survey to see the current status of school children
3. Formation and mobilization of Child Club in school
4. Administered de-worming tablets to school children after orientation to them
5. Orientation on physical checkup and measurement of height, weight and vision acuity
6. Prepared annual work plan after the training program at VDC level
7. Orientation and distribution on First Aid Kit Box
8. Recording of all the accomplished activities and reporting to the concerned offices

Next Step of SHNP

- ☆ VDC level refresher training on School Check List is planned for both Districts in December
- ☆ Study Tour at Central and District level are planned from November to December
- ☆ School Health and Nutrition week will be celebrated in end week of December
- ☆ Japanese Short Term Expert on Developing SHN Materials will be assigned from December to February
- ☆ District and VDC level training on Monitoring and Supervision is planned for both Districts in January
- ☆ Meeting on New VDC Selection will be conducted in January
- ☆ Project Review Meeting at Central and District level are planned in February

Correction: The Poem "Good Health with Us" in Volume 1, Issue 2 was written by Ms. Uma Nepal. We apologize for any inconvenience caused by this error.

School Health Nutrition in School

Mr. Birdhoj Bomjan
Headmaster
Sansarimai Secondary School
Thulopakhar, Sindhupalchowk



School Health and Nutrition Project has been implemented in schools of certain VDCs in Sindhupalchowk district since June 2008. The project support is best to identify the health and nutrition status of primary level students for improvements. Another important aspect of the project is to inform the parents about health and nutrition status of their children. Getting quality education is the right of the children and it is the responsibility of stakeholders to provide. Therefore it is necessary for school children to be healthy.

The training program provided by the project are effective and immediately in practice. Project has developed skills to identify vision acuity of eye after the training program on physical check up. Project administered de-worming program in every six month and conducted the sample test of stool and blood of the school children. All schools have received First Aid Kit box and physical check up instruments. We are implementing the SHN activities as per the action plan jointly prepared by SHNC, SMC, PTA, CC and Teachers. School Tiffin is one of the prioritized programs in the plan which is yet to be implemented.

We have to think about the sustainability of the project activities after the project period. For the continuation of SHN activities capacity development and awareness raising training to the parents is realized.

SHNP is a child focused program, therefore major portion of the budget should be used for the children to make it more transparent. Finally, I would like to request all stakeholders to support for effective implementation of the project activities to improve health and nutrition status of school children.

Tips to Wash Hands

1. Wash palms



2. Wash back of hands



3. Wash between fingers



4. Wash thumb



5. Wash back of fingers



6. Wash inside nails



7. Wash wrists

