



# School Health & Nutrition Project Newsletter

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## School Health & Nutrition Project

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## Message from Project Manager, CHD

Adequate nutrition is must for appropriate physical growth and mental development of human beings. Women of reproductive age group, children aged under five years and adolescents require nutrition-enriched daily food intake as these groups are more vulnerable to physical and mental ailments.

Health and nutrition become more crucial when a child starts schooling. Optimal development of learning capacity and normal physical growth is almost rare in the absence of good health and appropriate nutrition. So, focusing resources on school health and nutrition is considered as one of the best investments in terms of future returns for country in many ways.

In order to address this, Government of Nepal has formulated School Health and Nutrition Strategy in 2006 and started to implement the program in two districts as pilot project with help of JICA. In connection with this endeavor, a SHN Network of collaborative partners with common

vision and understanding also was formed. The aim of forming the Network is to establish an avenue for leveraging technical and financial assistance for improving SHN Program and rolling out in Nepal.

It is my pleasure to face with readers for the first time through this Newsletter published by SHN Project on regular basis. Contribution from members of SHN Network for this attempt is praise-worthy.

Publication of the Newsletter is aimed to inform on SHN Program carried out by the Project and by other collaborative organizations. This has tried to provide information on activities performed in different parts of the country. I hope this will be useful to them who are interested in School Health and Nutrition.

We always have anticipated constructive suggestions and valuable advices from readers, which helps to correct ourselves in future and gives us the "Windows for Opportunities" to implement improved activities more effectively



and efficiently.

Finally, I urge to our important readers to follow healthy behavior and practices in your daily life; contribute for betterment of health and nutrition not only for schoolers but also for population in general residing within the communities; and, have a good and adequate nutrition and hygienic practices everyday. Wish all of you a healthiest day throughout the year and for life-long. To improve health and nutritional status should be the motto of all of us. Cheers!

## Message from Project Manager, DOE



School Health and Nutrition activities are not new and were carried out by schools even before National SHN Strategy was approved by the Government of Nepal. For examples; Health and Sanitation Program, Midday Meal Program, Safe Drinking Water Program, Toilet Program, Healthful Environment Program, Deworming Program, "drug abuse elimination school environment program", "green school environment" and 'School Physical Health checkup program'.

Such programs are being supported by various national and international

agencies, external development partners and I/NGOs. Some schools are running SHN activities without external support.

After approval of the national Strategy on School Health and Nutrition by the government of Nepal in 2006 more SHN activities are being supported by several government agencies, national and international NGOs. Still we are not able to cover all schools in 75 districts. Main reasons for such situation may be due to confusion on how to implement SHN program?, how to mobilize resources?, is it possible to conduct some SNH activities without external support? Such questions are still not answered. To clarify such critical questions, Ministry of Health and Population and Ministry of Education, Government of Nepal have jointly prepared the School Health and Nutrition Implementation Guidelines" in simple Nepali language with financial support from Plan Nepal in 2008.

Likewise Government of Nepal also translated the English version of national strategy in Nepali language and published in 2009. The "National

Strategy" and "Implementation Guidelines" have been disseminated to DEOs, officers, School Supervisors, Head Teachers, Teachers, Resource Persons (RPs), Chairpersons of School Management Committees, Chairpersons of Parents'-Teachers' Association and members. Representatives from all 75 districts participated in this dissemination. This program was supported by external development partners including other organizations working in Nepal. They are JICA, Save the Children, Plan Nepal, Helen Keller International, CCS Italy etc.

This initiative undertaken by the Government of Nepal and various National and international development partners is still not accessible to all schools to start School Health and Nutrition Program. I would like to request all schools to initiate such important program from upcoming education year 2010. All schools are requested to receive the "National Strategy" and "Implementation Guidelines" from concerned DEOs if not received yet and initiate School Health and Nutrition activities at school level.

## Study Tour to Kailali and Kanchanpur

The Team of SHNP/JICA with EMMS/DOE and CHD/DOHS Officers visited Kailali District and Kanchanpur District from November 17 – 20, 2010 to observe the SHN Activities conducted by Save the Children through partner NGOs (BASE in Kailali and NNSWA in Kanchanpur). Mr. Hari Rana, Health Program Officer of Save the Children, Regional Office, Dhangadi, fully supported and coordinated the visit to their Project Sites.

### Participants:

- ♦ Ms. Rajya Laxmi Nakarmi, Deputy Director, EMMS, Department of Education
- ♦ Mr. Lila Bikram Thapa, Senior Public Health Officer, Nutrition Section, CHD, DOHS
- ♦ Mr. Tuka Raj Adhikary, Under Secretary, EMMS, Department of Education
- ♦ Ms. Rahita Pachhai, School Health Coordinator, Nutrition Section, CHD, DOHS
- ♦ Mr. Arun Khanal, National Project Coordinator, SHNP/JICA
- ♦ Mr. Raj Mukut Bhusal, National Project Coordinator, SHNP/JICA

### <Day 1 – November 17, 2010>

The Team arrived Dhangadi in the afternoon from Kathmandu. Mr. Hari Rana, Save the Children welcomed the Team and visited District Education Office of Kailali District. The Team briefed the purpose of the visit to Mr. Ganesh Bahadur Singh, Acting DEO and also met DSHNCC (District School Health and Nutrition Coordination Committee) members. The Team found that DSHNCC in Kailali was formed on April 21, 2009 and since then; they are meeting very actively with support of BASE (NGO), though members recognize that there should be major role of Government Sector in effective implementation of School Health and Nutrition Program.

### <Day 2 – November 18, 2010>

The Team visited Shree Saraswoti Primary School in Badaipur VDC and Shree Chaudyal Lower Secondary School in Sirannagar VDC, in Kailali District. These are the BASE supported school since 2007. Visitors observed clean school compound and class room, well maintained hand washing facilities with soap, clean toilet with water facility and job chart in each class room to clean it daily. The local people at Shree Saraswoti Primary School also performed “Sakhiya Dance” from Tharu Community to welcome the Team.

The Team also visited Suryodaya Balclub (Child Club), is a kind of network of five Child Club based in the community, formed in 2007 and registered at District Level. It is found very active and well organized, conducts cleaning campaign and has developed Fund Generation Scheme by conducting regular cultural events.

### <Day 3 – November 19, 2010>

In Kanchanpur District, the Team visited Shiva Shankar Secondary School in Garjamuni VDC and Shree Baijanath Secondary School in Jhalari, the NNSWA supported schools.

Head Teacher of Shiva Shankar Secondary School was very dedicated and established many good examples in school. Teachers monitor the personal health and hygiene of students during the assembly in the morning. Class Teachers also conduct personal checking (nail, teeth, body, etc.) on every Sunday and Wednesday.

For Shree Baijanath Secondary School, visitors observed kitchen garden and vegetable production. It was found that agriculture activity is a part of local curriculum. School compound was well maintained like a park, where trees and fruits plantation seen.

The Team visited District Health Office at the end of the day. Several issues related to School Health were raised by the District Officers. Mr. Lila Bikram Thapa, SPHO, CHD took the opportunity to explain the recent plans of DOHS and answered the issues.

### <Day 4 – November 20, 2010>

At the end of the Tour, the Team had interaction at Save the Children, Far-Western Regional Office. All the Team Members expressed their feelings, learning and suggestions of the visit. The Team has realized the importance of mobilizing the local Health Facilities to implement SHN Activities effectively, significance of Monitoring and Supervision by District Offices and to conduct the Review Meeting for feedbacks to schools and further improvement, and a lot can be done without expensing much budget.



The Team would like to thank to all, who had enormous effort to make the visit very effective and successful. Special Thanks goes to:

- ♦ Mr. Hari Rana, Health Program Officer, SC, Dhangadi
- ♦ Ms. Durga Shrestha, SHN Officer, BASE
- ♦ Mr. Bikash Rokaya, Program Officer, NNSWA
- ♦ Mr. Lok Jung Chaudhari, Program In-charge, BASE
- ♦ Mr. Krishna Gopal Sinha, Focal Person, DPHO, Kailali

## Second National Workshop on School Health and Nutrition

### - better coordination for effective implementation -

The Ministry of Health and Population (MOHP) and the Ministry of Education (MOE) with the support of School Health and Nutrition Network organized 2nd National Workshop on School Health and Nutrition on December 7, 2009, at Hotel Radisson, Kathmandu.

More than 80 people from concerned Ministries, District Offices, External Developing Partners, I/NGOs, Teachers, Students and Parents participated to share the SHN learning programs and experiences in effective and efficient implementation of National School Health and Nutrition Strategy.

During the workshop, there were also the Launching of Newsletter and Website of School Health and Nutrition in Nepal, supported by SHN Network. Dr. Praveen Mishra, Secretary, Ministry of Health and Population launched the Newsletter and Mr. Mahashram Sharma, Director General, Department of Education, Ministry of Education launched the Website.

After the Lunch Break, participants had Group Discussion on related topics to Strategic Objectives 1 – 4, as well as on “importance of fund raising and sustainability” to clarify the current practices for effective coordination and scaling up of the Program.



## School Health and Nutrition Week Celebration

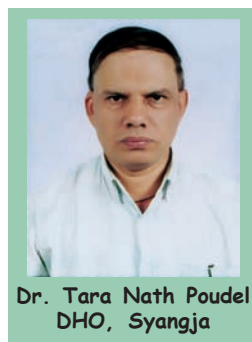
School Health and Nutrition Week was celebrated from December 26, 2009, in all over the country, aimed to make aware on malnutrition among children due to lack of nutrition, to inform local communities on nutrition necessities and effects of malnutrition to child growth and development and also to sensitize and build up consciousness among school children, teachers and community people on School Health and Nutrition Program. For the conduction of the Program, Nutrition Section, Child Health Division of Department of Health Services allocated necessary budget to each district, as well as SHN Project supported to conduct De-worming Program during this week in target schools.



## Project Counterpart in the District

### To Write on SHNP Program

“Health is wealth” is a concept of public as well as recognized by WHO. To be a fully healthy person physical, mental and social healthful environment is needed. Healthy person can do healthful activities and when school children get the proper nutrition they can get good education to become good children. Considering this fact, MOHP and MOE has been implementing SHN Project, in close coordination between them, which is a very good program. Paying attention on the educational and health condition of the Nation, this program would be a mile stone of joint implementation if it is succeeded. There are challenges in implementation of the program so that Government of Nepal has to involve Ministry of Local Development at central level and DDC and VDC at local level to make the program more effective and full success. It will be good if the program can cover whole VDCs specifically of Syangja and Sindhupalchowk for the improvement of positive attitude of the community towards the program.



Dr. Tara Nath Poudel  
DHO, Syangja

We wish the full success of the program and would like to thank to JICA for technical support and other stakeholders and agencies for their contribution. Government of Nepal has to evaluate the program and need to do the effort for its continuation in future. I do hope that coordination among Health, Education and Local Agencies will be further improved and the Nation can contribute effectively in health sector.

## Poem from School



Sirjana Lamichhane  
Class 5  
Sarswoti H. S. School  
Mahankal, Sindhupalchowk

### Friends

Keep classroom clean, we are aware for this  
Be always clean, say our habit is it  
We do hard our work to read and write  
Will be famous in future if we read well

No use of rainfall, if the farm not cultivated  
No meaning of tear falling, if the life is unsuccessful  
Preserve the forest, don't break the wood  
Read it well, don't tear our book

## Changes by SHNP Project

**Mr. Khum Kanta Khanal**  
Resource Person (RP)  
Dhapuk Simalbhangyanj,  
Syangja



I have tried to share the experiences of changes that I felt during the period in my last 15 years as working as a Resource Person (RP) in 27 years of my services.

With the initiation of SHN program in school some signal of changes are seen together with the context of the development of science and technology in the world. Although some changes are only for short time and there is complain from public that the investment in education looks like to put water in the sand. But it is sure that it takes time to get the output. I am confident that Nation has to internalize the positive changes of some new model in educational transformation.

We have felt some good impact after the implementation of SHN Project while visiting schools for monitoring and supervision. Conduction of meetings of different committees are one of the regular programs in school. Now schools are making preplans, organizing meetings, introducing agendas, flowing the decision and information as a good example of transparency.

Likewise, cleaning school compound, personal hygiene of school children, health promotion in school, management of IEC corner in school, conducting education information center, publication of wall magazine, etc. are the changes that can see after the implementation of SHN program in schools.

Communities have new feelings from health promotion and inter- school program supported by SHNP. There is a big change in mobilizing human and local resources. It is appreciable to create fund and mobilization in schools. The program is expecting continued support from concerned stakeholders and agencies to make the program sustainable in future.

## Next Step of SHNP

- ☆ VDC level training on SIP to incorporate SHN is planned for both Districts in March
- ☆ Project Design Matrix (PDM) will be revised and finalized by March
- ☆ Selection of New VDC and schools will be done by March to expand the Project Activities
- ☆ Orientation on School Health and Nutrition Program is planned for New VDCs in Both Districts in April
- ☆ Joint Coordination Committee (JCC) Meeting will be conducted in April to share the Progress of the Project as well as to get approval on revised PDM
- ☆ Midterm Evaluation Team will be dispatched in May to evaluate the Project Progress and Activities
- ☆ De-worming Program and Physical Check-up Program will be conducted in June at Project Target Schools

## School Health and Nutrition Program: A Glimpse

**Ms. Khika Nepal**  
Resource Person (RP)  
Thukosirubari  
Sindhupalchowk



Sindhupalchowk is a mountain district which is backward in all shorts of development. School aged children of this district are not provided with good environment for education even if they are enrolled in school. There is lack of knowledge on nutrition and health in schools and community. No one can expect active participation in teaching-learning activities from such unhealthy children. Without the active participation of students, quality education is not possible. Viewing this reality the Government of Nepal has formulated "National School Health and Nutrition Strategy". Under this Strategy, SHNP has been implemented jointly by Ministry of Education and Ministry of Health and Population in support of JICA.

The SHN Project tries to integrate health and education. In this respect various program like orientation program on health and nutrition, de-worming program in school, First Aid Service, School Checklist, School Tiffin program ,etc. are being implemented.

Wherever the program has been implemented some positive indicators of improvement are seen. Parents started to maintain their household and surrounding neat and clean and are aware on their health. Children are conscious enough on their personal hygiene and cleanliness of school. Programs have positive impact on teachers as well. Teachers are aware on personal hygiene and actively involved in teaching –learning activities. Active involvement of teachers and students indicates the relation of health and nutrition with education.

In the process of implementation of SHN Program there are some problems and challenges as well. The stakeholders expect the instant impact of the program because of their poverty and ignorance. But the program has a long term vision with the continuity of the program. So the emphasis in the beginning is on providing orientation.

Participation of stakeholders is active in later days. Now we can expect the quality education by the active involvement of students in child friendly environment, regular attendance and with close interrelationship of teachers, parents and students.

## Tips of Daily Check List

