



School Health & Nutrition Project Newsletter

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School Health & Nutrition Project

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Message from Director, Admin Division, DOE

Today's healthy students are tomorrow's healthy citizens. It is quite challenging to create sound educational environment with initiation of education together with good health and provision of necessary nutrition. Pilot project of School Health and Nutrition Program (SHNP) has been implementing in schools from selected VDCs in Syangja and Sindhupalchowk since last two years with technical cooperation of JICA. This project is being implemented in a joint initiative under the agencies of MoHP and MoE which is found effective in the schools where it is being implemented. This project has formed child clubs; in addition of creating a healthy and sound educational environment and supported to raise awareness and capacity building of teachers, parents, students, health workers therefore value of healthful educational system is very much essential which need to expand others districts gradually.

Knowledge which is based on experience in health education and nutrition will support to improve students' health and also to raise awareness of parents and total population and ultimately contributes to strengthening the state's overall production and productivity. The project also plays a leading role to change habits of children from classroom. So that formation of child clubs and educational, intellectual and physical health and hygiene related information is providing to children to develop appropriate habits formation, such as de-worming, nail cutting, hand washing, wearing clean clothes.

Healthy citizens are valuable assets of the country. Mental and physical exercise is essential for a healthy and good character development. Education plays leading role for economic and social development of a nation. We also hope that implementation of School Health and Nutrition Program will get high priority by UN's Millennium



Hari Prasad Bashyal
Director
Admin Division, DoE

Development Goals (MDGs). Health and nutrition education creates an everlasting impact to the students. This will totally change in habits of students. So, if the project can create a nationwide campaign it would help to develop and manage healthy citizens in the country. For this, National Planning Commission (NPC)'s initiation and coordinated role among governmental and development partners will support for the overall educational and social development of Nepal and Nepali people.

Message from Director, Child Health Division, DOHS



Dr. R.P. Bichha
Director,
Child Health Division, DOHS

It is my great pleasure to be in this edition of this newsletter of School Health and Nutrition Project (SHNP). This newsletter provides information on the work of School Health and Nutrition (SHN) program that has been launched as a pilot program in June 2008 in two districts; Syangja and Sindhupalchowk with the technical support of JICA.

The twin goals, "Health for All" and "Education for All" are complementary to each other and could not be fulfilled in absence of one. In order to achieve these twin goals, the Ministry of Health and Population and Ministry of

Education have been working together with the support of JICA to formulate and implement school health and nutrition program and activities to bring about better education with good health and a better nutrition of school children.

Every child has right to good nutrition, to attain optimum growth and development. So as to attain a good nutrition, GON. has been piloting the SHN program in two districts with four strategic objectives of National SHN Strategy 2006.

The project equally aims to reduce malnutrition as well as dropout rate by enhancing knowledge on health and nutrition behaviors and habits, and healthy learning environment through behavior change communication (BCC) with capacity building to health workers, school supervisors, resource persons and school teachers.

On the other hand, we have an ample example i.e. due to lack of hand washing practice alone result in spreading the diseases like diarrhea, worm infestation, etc in the community which can be

preventable. Through this project, it has well maintained the personal hygiene of school children along with the teachers and community people. I am very delighted to see those remarkable progresses in the mid-term evaluation of SHNP is certainly fruitful for the beneficiaries that have completed on December 2, 2010.

This newsletter is one of the ways in which we hope to effectively update and communicate the work that is going in the area of piloted project districts. I feel proud that it would also help for the replication of this SHN program which is very cost-effective intervention to other districts in the future.

Finally, I would like to thank all the stakeholders of this SHN program and the school children who have contributed by taking health messages from school to family as well as community. Once again, I would like to request that let's put hands together to help create a better nation for girls and boys, and for generations to come. Thanks!

Project Activities: Updated Information

SHNP, jointly implemented pilot Project by MOHP/MOE, supported by JICA, in Syangja and Sindhupalchowk from June 2008 – May 2012 have completed two and half years period. The project covered twelve VDCs and 91 schools in both districts in its first two years activity. For 3rd year in 2010, Sindhupalchowk selected 9 more VDCs with 57 schools and Syangja selected 9 more VDCs with 69 schools. Thus the Project covered total 224 community schools in both districts to implement SHN activities.

SHN Minimum Package Development:

Project developed minimum SHN Service package includes; SHN Orientation, Physical check-up, Deworming, First Aid services, SHN Checklist including daily attendance sheet, weekly and monthly checklist, Child Club mobilization and Monitoring and Supervision of SHN activities. Project is promoting IEC Corner and utilizing pictorial materials for behavior change.

Training and Capacity Development of Counterpart Personnel:

Mr. Tuka Raj Adhikari, Under Secretary, DOE and Mr. Shankar Acharya, Supervisor Officer, DOHS participated in the School Health and Nutrition Training in Japan from 16th May to 3rd July, 2010. Similarly one Resource Person from Syangja and two SHP Incharge, one each from Syangja and Sindhupalchowk, participated in the School Health Training in Japan from 31 October - 13 November, 2010. Exposure visits to the community level personnel was organized in November 2011.



Participants of community level study tour from Syangja to Kaski

Selected SMC/PTA members, RPs, SS, PHC/HP/SHP In-charges, Focal Teachers, Head teachers and Child Club members from both districts observed the model activities in the same district and neighboring districts.

District and VDC level Training:

Since July 2010 to January 2011 Project has completed district and VDC level training on School Health Service Minimum Package in both districts. DEO/DHO Focal Persons, School Supervisors, Resource Persons, Ilaka Incharges, PHC/HP/SHP representatives from Project target VDCs participated in the district level training and Head teachers, Focal Teachers, SMC/PTA chairs and teachers were the participants at the Resource Center level training. Project also conducted the orientation program to District Health Supervisors on SHN Program in both districts



RC level Training at Barabishe for Gati VDC, Sindhupalchowk

Short Term Expert:

Two Short Term JICA experts; Ms. Mayumi Honda and Dr. Tadatoshi Kuratsuji served to the project to revise guidelines as well as developing the new initiatives. Ms. Honda supported in Health Education/Peer Education and also to revise the part of Child Club Mobilization in School Health Service Minimum Package guideline. Dr. Kuratsuji supported to revise the part of Physical Check-up in the guideline. Project will develop the national growth standard chart for school aged children as per the recommendation by Dr. Kuratsuji.

Mid-Term Review:

Mid-term review of the project was conducted jointly by the Government of Nepal and JICA from 10th November- 2nd December 2010. The joint team members from both sides were the following personnel:

Government of Nepal Side:

Mr. Hari Prasad Bashyal	Director, Administration Division, DOE
Ms. Sharada Pandey	Senior Public Health Administrator, MOHP
Mr. Raj Kumar Pokharel	Chief, Nutrition Section, CHD, DOHS
Ms. Neera Shakya	Under Secretary, Monitoring and Evaluation Division, MOE

Japanese Side:

Dr. Kyo Hanada	Leader, JICA
Mr. Hisakazu Hiraoka	Cooperation Planning, JICA
Mr. Yoshitaka Inagaki	Evaluation Planning, JICA
Mr. Kunio Nishimura	Evaluation Analysis, JICA

The team consulted with the central, district and community level counterparts, visited project area in both districts and produced the report with recommendations for further improvements and implementation.

The Mid-Term Review was conducted based on the five Criteria; Relevance, Effectiveness, Efficiency, Impact and Sustainability. The Mid-Term Review Team evaluated that Relevance, Effectiveness and Efficiency of the Project was high. Impact of the Project was evaluated as satisfactory and Sustainability was fair, because it was not high time to evaluate those criteria in this stage.

Finally, Dr. Y.V Pradhan, Director General, DOHS, Dr. Lava Deo Awasthi, Director General, DOE and Dr. Kyo Hanada, Leader, JICA Mid-Term Review Team signed the Minutes of Meeting with the reports of midterm review in a program organized on 2nd December 2010.

School Health and Nutrition in School Improvement Plan

School Health and Nutrition Program has been implementing in 15 VDCs of Sindhupalchowk with technical support by JICA since June 2008. This program has made an important aspect of any activity for implementing the work plan development. It is true that any work must be initiated by proper planning. Otherwise, it will be incomplete and also disturbs during preparing works, as a result, the targets could not be achieved within the timeframe. Besides this, labor, time and money could not be utilized

properly. Therefore, JICA conducted the training on School Improvement Plan (SIP) to four persons from each school; SMC Chair, PTA Chair, Head Teacher and Focal Teacher, from six VDCs where SHN Program has been implemented in the first and second year. This training was conducted with an objective to inform about the process of action plan formulation and its implementation. It made easier to schools in preparing and implementing the SIP. Fortunately, that year was also the year of making SIP by every school and includes the activities in District Education Plan; therefore, this training was useful even the training was provided only to piloting VDCs. The training was successful to influence the schools of neighboring VDCs as well. It mainly gave the following information to the participants:



Mr. Badri Poudel
Under Secretary and Focal Person
District Education Office, Sindhupalchowk

Poem from CC, S'palchowk



Bhimlal Tamang
Class: 5, Roll Number: 2
Shree Basuki Devi P. School
Ghumthang-7, Sindhupalchowk

Keep healthy and be free from Disease

If we are dirty
We may become sick,
It effects in memory
We seem like a lazy.

Body makes healthy
Eating balanced diet,
Able to know nutrition status
Measuring height and weight.

To be healthy forever
Brush our teeth regular,
In village, neighbor, school
Spread this message over.

Fruits and green vegetables
Contain more vitamins to eat
Taking bath twice a week
Let us make body active.

Before eating food, tiffin
Need to wash our hands
If no hand washing by water and soap
May transfers many germs

Not only we be healthy
Also to father mother
To make family healthy
Keep clean village further.

- Process and procedure to identify the real situation of school, school observation, techniques of data analysis based on the Attendance Register and SIP.
- Role, responsibility and duty of SMC, PTA and self assessment process of school.
- Use and implementation of essential tools of the school, eg; Education Act, Rule, Educational Code of Conduct, School Accreditation and Social Auditing.
- Concept of Child Friendly School.
- Review of SIP and preparation of implementation in the remaining time.

Training program was conducted covering the above mentioned subject matters, so the participants could identify their roles, observed real condition and situation of the school after returning back to their schools. Besides this, participants were taken to observe one school during the training period to give them an opportunity to identify the real situation and discuss and interact with stakeholders. This made the participants understood the school situation and their roles. By looking all these things, it is true that the following things have gained by the participants:

- Understood their roles in identifying the real situation of School.
- Well informed about the existing education policy and government program in relation with school management.

- Reviewed the SIP, prepared and implemented new SIP with action Plan.
- Information and practice of the concept of child friendly school.
- Process and procedure to identify the real situation of school.

The above mentioned things were explained during the training period. SIP was prepared in schools after the training. Those plans were collected in DEO and analyzed it. SIP was prepared by 47 schools of six VDCs of Sindhupalchowk where SHN program has been implemented in the first and second year. The SHN activities such as school health and sanitation, students' nutrition were included in SHN piloted schools to compare to non program schools. First Aid Services and Co- ordination with local agencies were also included in the piloted schools might be due to the good practices and continues efforts from the preceding years. The program like; school deworming, Child Club formation and action plan preparation were also included in SIP. It is mentioned in SIP that all schools have formed School Health and Nutrition Committee (SHNC), having regular meeting of SHNC, and parents are also aware on their children's activities. It seems that it is encouraging participation of community and stakeholders towards the school. The SHN rally is included in SIP prepared by Ganesh Primary School form Thulosirubari VDC, which set the goal to aware the community on SHN. On the other hand, School seems more sensitive and conscious towards the health condition of the school

children. Sansarimai Secondary School of Thulopakhar VDC included Physical check up program twice a year in their plan though the instruction is once a year. All schools from program area including Bhangyanj Primary School of Mahankal and B.P.Memorial Lower Secondary School of Thulosirubari have developed their plan to implement sanitation and environment awareness activities to be conducted from their mutual cooperation by students, teachers and parents under the School Health and Nutrition Program without budget.

In action plan, some schools have included SHN activities in one topic while others included it in different topics. Even so, all schools have included school health, nutrition, sanitation, physical check up and techniques of performance review and the methods of making those plans were also included. The necessary time for making plans and responsible persons are also assigned. Participation in work- performance has been increased. It has increased the ownership towards the program and easier to achieve the set goals. By looking all these things, it is felt that children are made center- point for making planning. It is true that children are respected person and future nation pride. Their present health and education status reflects future reality of country's development. Therefore, it is related to the issue of human development. Thus, giving the suitable space in the school by including all these activities in their action plan is the praiseworthy steps.

Next Step of SHNP

- ◇ National SHN Workshop is planned in February, 2011
- ◇ District and RC level training for new VDC on SIP will start from Middle of February, 2011.
- ◇ Dr. Kyo Hanada, a Japanese Short Term Expert on developing National Growth Monitoring curve will be assigned from 20th February- 09th March, 2011.
- ◇ Survey on Developing National Growth Monitoring Curve will be conducted from February, 2011.
- ◇ Review on SHN related Legal Framework will be conducted from middle February- march 2011.
- ◇ Dissemination of Daily and Weekly SHN Checklist will be conducted at regional level in February, 2011.
- ◇ Third Joint Coordinating Committee (JCC) meeting is planned in April 2011.

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