

# Establishment of Health Promoting School Teams in (60) selected schools in Yangon (Ways to strengthen Health Promoting School)



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Yangon Region**

# School is the second most influential environment after home



- School health program has been being strengthened since 2016 with greater emphasis on comprehensive school health services and health literacy promotion among students
- Key foundation to enhance the health literacy status

# Objective

- School health programme has been implemented with the objective of promoting the health status of students through health promoting school programme
- Yangon Region Health Department in good collaboration with Regional Education Office has been implementing the HPS activities very actively and draw the microplan for (2019-2020 school year) to accelerate the momentum of HPS.

# Medical Examination



# Mini- exhibition for school Health



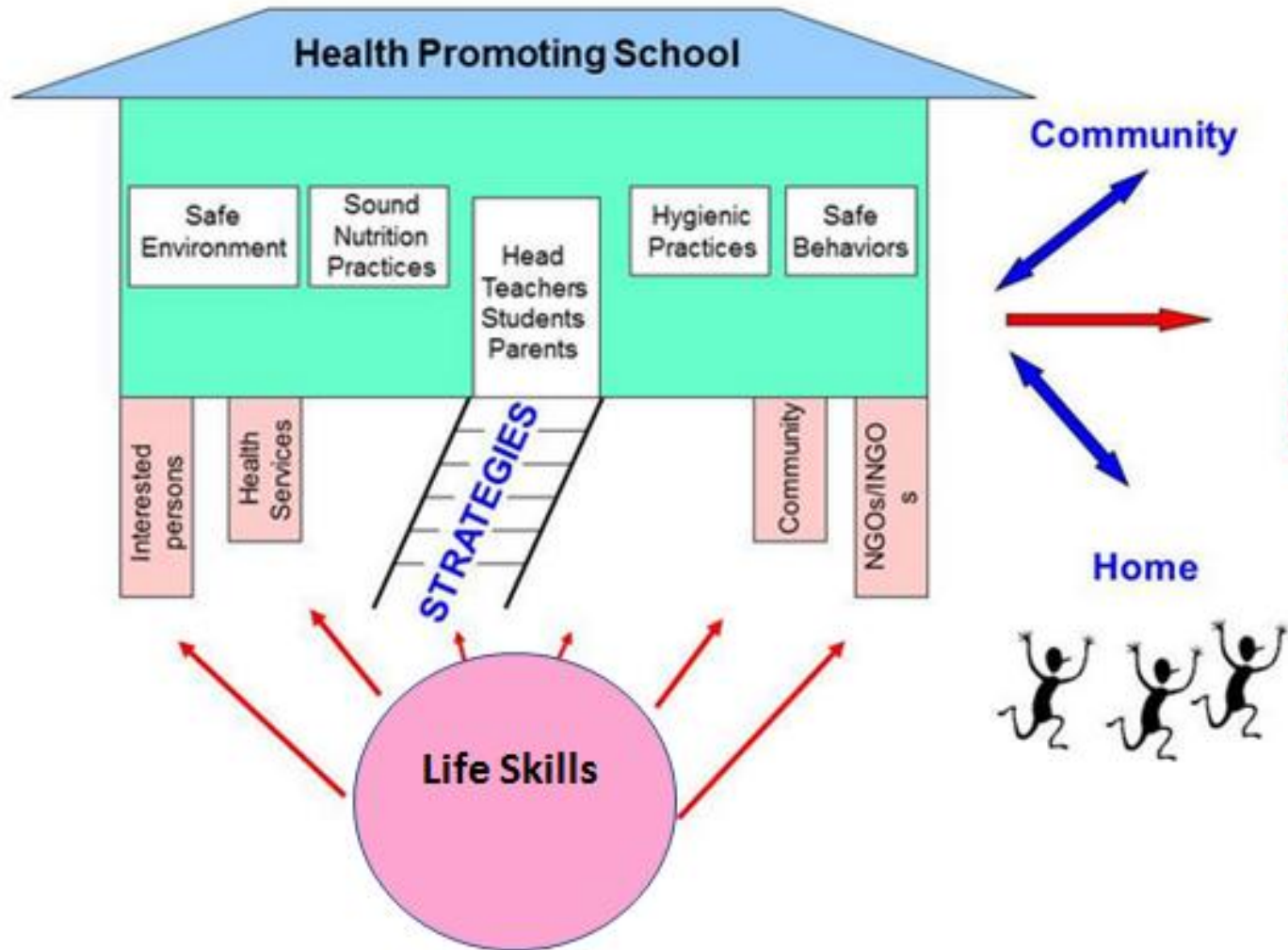
# Health education and demonstration



# Health education at monastic school



# Areas To Be Strengthened

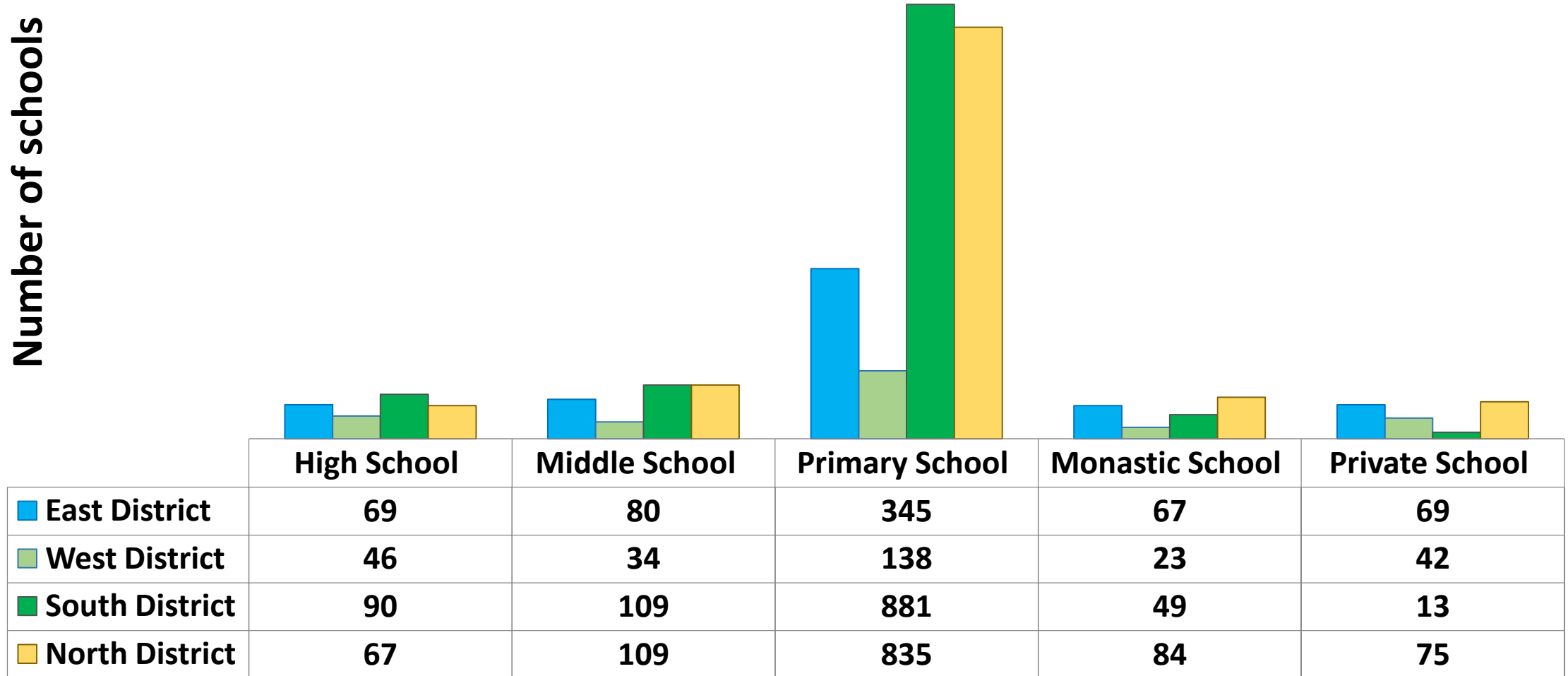


- Personal hygiene
- School environmental sanitation
- School-based disease control and promoting mental health
- Nutrition promotion
- Injury and violence prevention
- Comprehensive sexuality education
- Prevention of tobacco and alcohol consumption and drug abuse
- Healthy living lifestyle



# School Profile

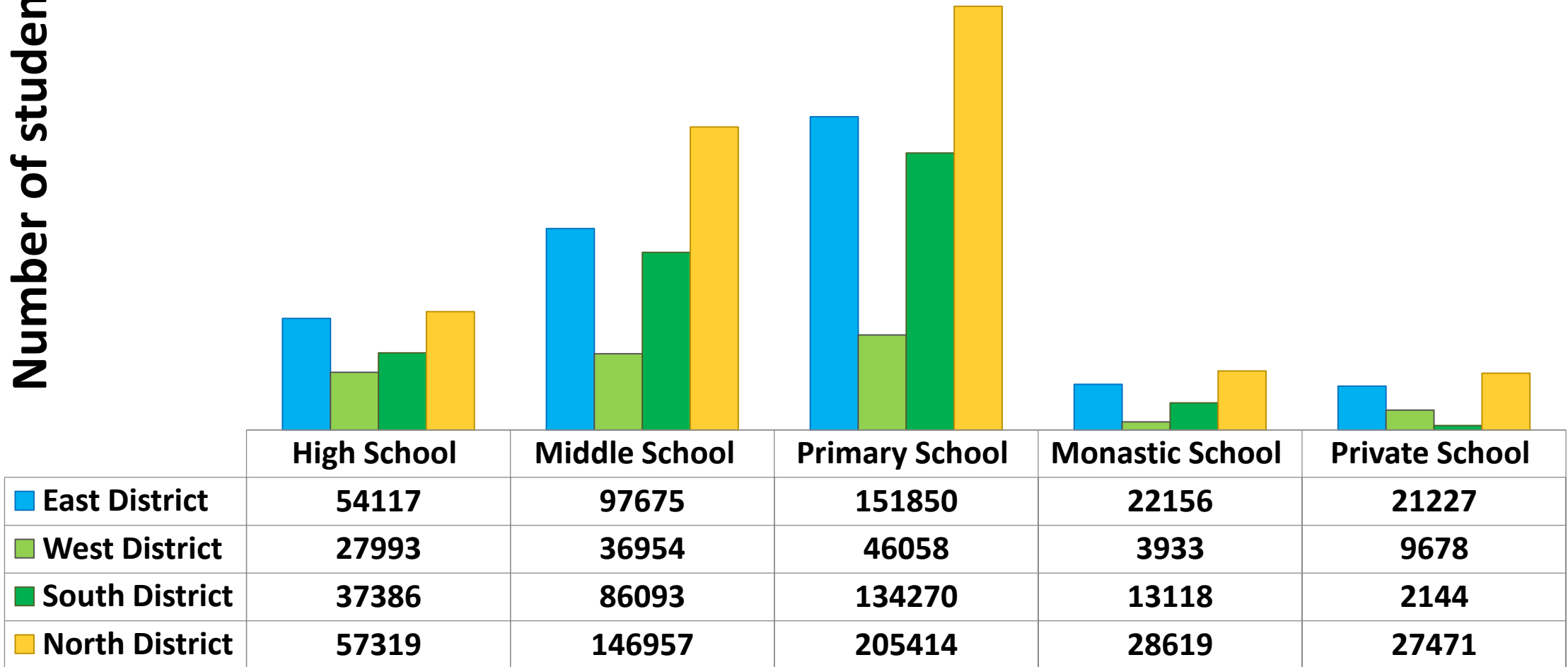
Number of schools



There are **3026** schools in Yangon Region and two third of them are primary schools **2199**

# Student Profile

Number of students



There are **1,200,432** students in Yangon Region and nearly half of the students are attending primary school **537,592**

# Problem statement

- School Health Committees
- Limitation of resources
- Functioning sanitary latrines
- Limitation for whole school approach (tobacco, alcohol and substance free)
- Health knowledge and adoption of healthy living lifestyle
- Interdepartmental cooperation and collaboration in implementing school health activities
- Uptake of life skill education curriculum.
- [Microplan 9-6-2019.docx](#)

# Objective of health promoting school microplan

## General Objective

To improve health promoting schools and activities in Yangon Region during 2019-2020 school year

## Specific objective

1. To strengthen, update and review the functions of School Health Committee at every level
2. To organize and strengthen the capacity of Health Promoting School teams
3. To enhance partnership with Parent-Teachers Association and community support groups in school health service provision
4. To implement whole school approach (tobacco, alcohol, substance free) for health promotion schools

# Activities

- Level wise Advocacy and School Health Committee Meeting
- Regional level school health Training and multiplier training in townships
- Training for prioritized townships
- Formation of regional level Supervision and Monitoring team for school health (Team members -MOHS+ MOE)

# Health Promoting School Health Microplan Workshop (10-14/12/2018)



# Health Promoting School Health Microplan Workshop (10-14/12/2018)



<b>Strategic Actions</b>	<b>Intervention</b>	<b>Activities</b>
<b>Set clear roles for school health committees at all levels (already)</b>	Strengthen and review the function of existing Regional level school health committees	Review, update and strengthen the organization set up of existing school health committee at all levels
		Advocacy meeting on roles and responsibility of school health committee by respective level of health departments.



<b>Strategic Actions</b>	<b>Intervention</b>	<b>Activities</b>
<b>Organize HPS team in each school</b>	Organize the HPS team in school participate with students and teachers	Election/ existing teams for HPS team member

<b>Strategic Actions</b>	<b>Intervention</b>	<b>Activities</b>
<p><b>Organize HPS team in each school</b></p>	<p>Capacitate HPS teams</p>	<p>Develop the training package for the HPS team</p> <p>Training package include</p> <ul style="list-style-type: none"> <li>- Provide a safe and healthy environment including sufficient water sanitation</li> <li>- Provide school health education</li> <li>- Access to health services with screening, monitoring growth and development</li> <li>- Provision of materials required for HPS team function (IEC, Poster, etc)</li> </ul>

<b>Strategic Actions</b>	<b>Intervention</b>	<b>Activities</b>
<b>Organize HPS team in each school</b>	M& E and feedback on performance	M&E and feedback on : <ul style="list-style-type: none"> <li>– Keeping record</li> <li>– Regular updating,</li> <li>– Regular timely reporting</li> <li>– Scoring on the performance of HPS teams,</li> <li>– Rewarding base on the performance scores</li> </ul>

# **School Health Activity Acceleration for Yangon Region (2019-2020 School Year)**

- ❖ Establishment of Health Promoting School Teams  
in (60) selected schools in Yangon**
- ❖ Acceleration of Regular Health promoting School Activities  
in other basic education schools**

# Establishment of Health Promoting School Teams in (60) selected schools in Yangon



# Establishment of Health Promoting School Teams in (60) selected schools in Yangon

## Health Promoting School Team

### Definition

- **Health Promoting School Team composed of**
  - school level implementers
  - can maneuver health promoting school approach activities
  - collaboration with all students in respective school.

# Establishment of Health Promoting School Teams in (60) selected schools in Yangon

## Health Promoting School Team

### Objective

- To strengthen and enhance the health promoting school approach activities by means of self participation and self-evaluation in 60 selected schools

# Establishment of Health Promoting School Teams in (60) selected schools in Yangon

## Specific objective

1. To establish health promoting school teams in 60 selected schools in Yangon Region
2. To enhance capacity building of HPST by providing HPST training and distributing HPST kits, operational guideline books and checklists
3. To develop activities of health promoting school approach within selected schools



# Establishment of Health Promoting School Teams in (60) selected schools in Yangon

## Expected outcomes

- Increase awareness
- Improve attitude and practice on HPS approach activities
- Self -evaluation

# Establishment of Health Promoting School Teams in (60) selected schools in Yangon

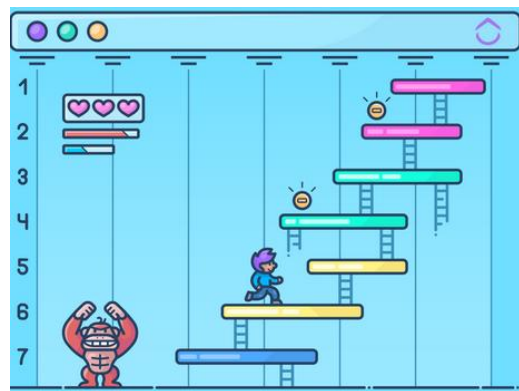


## WHO

- HPS team consists of 20 HPS members
- 15 representatives from 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> standard students
- 5 teachers (Facilitators)

## WHERE

Total- 60 schools (2% of total schools in Yangon Region) those received school health exemplary awards for 2017-2018 school year. (Primary schools, middle schools and High schools are included in these 60 schools)



## WHEN

2019-2020 school year (Detail in action plan)

## Establishment of Health Promoting School Teams in (60) selected schools in Yangon

### Way to approach the activities

- Demonstration
- Students conduct performances on health education (simple hygienic habits including methods of washing hands, brushing teeth ..etc)
- Physical Activity (morning / evening exercises)
- Tobacco, Drugs, Alcohol (anti-smoking programme, anti-drug campaigns in schools, as part of extra-curricular activities in special days)
- Monitoring environmental sanitation around the school by check-lists

# Ways to approach the activities (Demonstration or performance)



Hand Washing



Tooth Brushing

# Ways to approach the activities (Demonstration or performance)



Physical Exercise



Demonstration of 3 groups of food

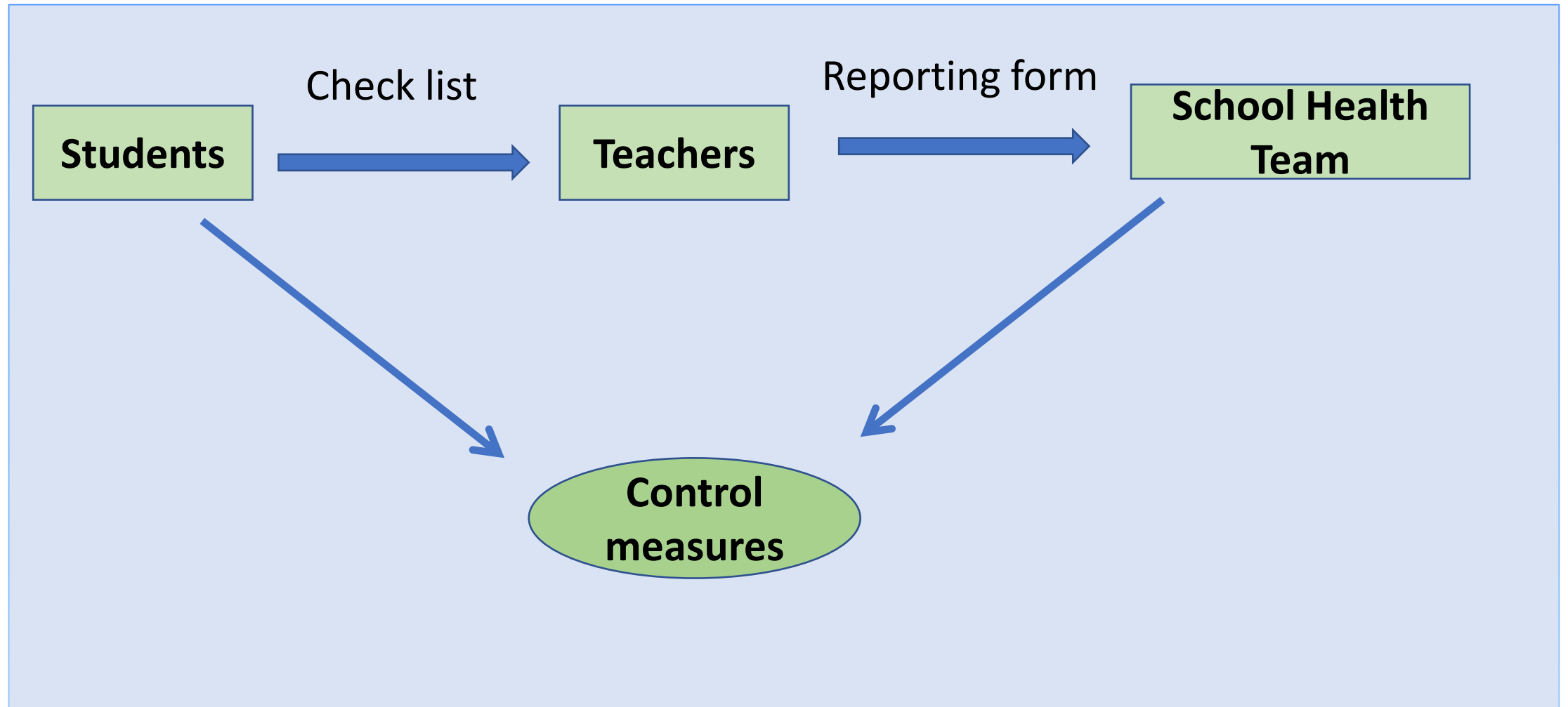
## Detailed Planned Activity Schedule:

1. Development of HPST operational guideline book and checklists - Done by School health team, YRPHD
2. Advocacy and Workshop
  - Advocate the development of HPST in 2019-2020 school year
  - One day workshop/ meeting to review or finalize operational guideline book and checklists
3. Printing Operational guideline books, Checklists
4. Establishing HPST in 60 selected schools
5. Training for HPST team - 2 days training for representatives of 60 HPST
6. Facility support - Providing facility support for all HPST members  
HPST kits ( Cap/ Shirt, Stationary , Soap, Tooth brush, Torch)  
Guideline books, Check-list/Report form
7. Implementing HPST action plan – Performing health promoting school

## **Detailed Planned Activity Schedule: Cont:**

8. Supervision and monitoring – by Regional level S & M team and township SH team
9. Recognition and celebration - Rewarding the best HPST at Annual School Health Ceremony
10. Reviewing and planning for next year
11. Evaluation strength and weakness in health related activities of 60 HPST Planning to expand schools of HPST in Yangon region

# Monitoring mechanism





# Contents in HSPT operational guideline book

Operational guideline includes

## 1. WASH

1.1 Water

1.2 Environmental sanitation (Garbage, latrine)

1.3 Hygiene ( Hand washing , menstrual hygiene, food safety and hygiene in school canteen)

## 2. Dental & Oral health care

## 3. Larva control & Fever surveillance

## 4. NCD

## 5. Comprehensive sexuality education

## 6. Nutrition

## 7. Tobacco, alcohol, drugs related education

## 8. Road safety

## 9. Sports and physical activity

**Tentative Starting and Expected Completion Date** - June 2019 to March 2020

**9. Estimated Budget requirement and Budgetary Breakdown:**

(9.1) Advocacy and Workshop for establishing HPST - 5,559,500 MMK

(9.2) **Training ( 1<sup>st</sup> and 2<sup>nd</sup> Batch)** – 10,275,000 MMK

(9.3) Distributing HPST tools - 15,750,000 MMK

(9.4) Supervision and Monitoring -21,700,000 MMK

(9.5) Rewarding the Best HPST awards- 340,000 **MMK**

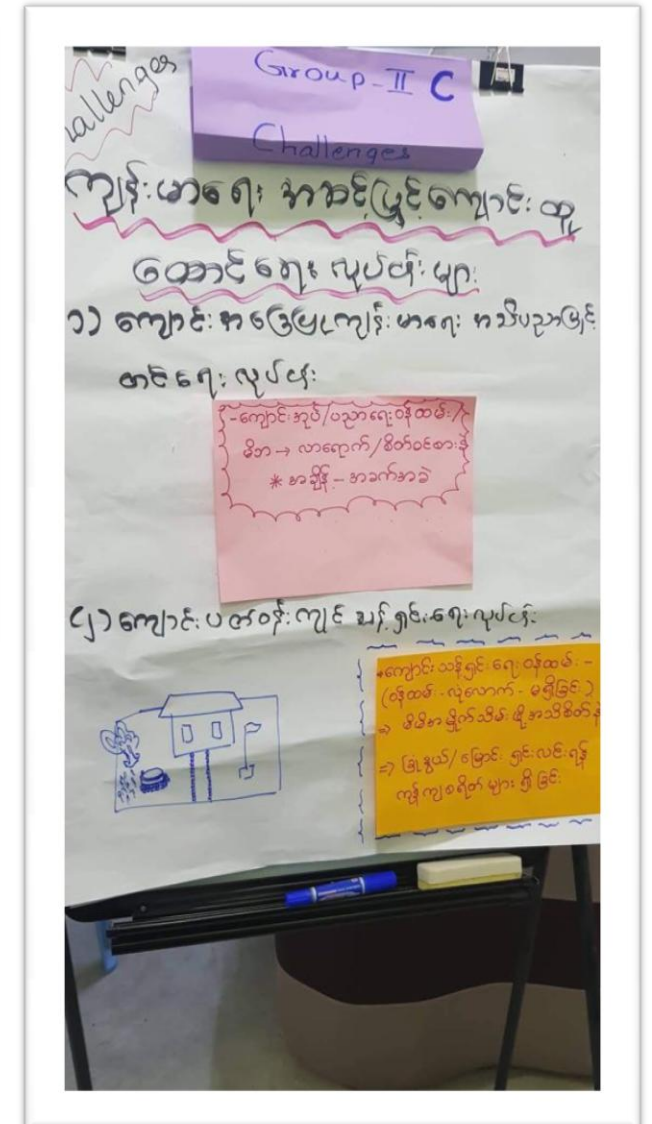
**Total Budget Requirement – 53,624,500 MMK**

[HPSTeam.docx](#)

[3.HPST Guideline.pdf](#)

[4.Check List \(HPST\).pdf](#)

# Acceleration of Regular Health promoting School Activities in other basic education schools



Regional Level Training of Trainers on School Health and Adolescent Health (5-6/9-10/6/2019)

# Acceleration of Regular Health promoting School Activities in other basic education schools



**Regional Level Training of Trainers on School Health and Adolescent Health  
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**Regional Level Training of Trainers on School Health and Adolescent Health  
(5-6/9-10/6/2019)**

# Acceleration of Regular Health promoting School Activities in other basic education schools

## Some recommended activities by Trainees

- Do not allow betel, cigarette and alcohol shop, game center within 100 feet from school compound and supervise by related departments such as GA, City development committee and school health committee with law enforcing
- To establish smoke free zone/ tobacco free zone at near public area around the school
- Enhance sport, arts, music activities to promote their interest and reduce drug, game addicts

# Acceleration of Regular Health promoting School Activities in other basic education schools

## Some recommended activities by Trainees

- To give more chance to explore their hobbies about arts and music and give more supports for play-grounds, sports materials and also to more trainers
- To develop school feeding program under leadership of school principle, PTA, community support group and others interested person.
- Plan to feed milk and eggs twice per week.
- enhance to take regular and sustain sport activities to reduce NCD and brought up strong physical and moral state among students.



# Acceleration of Regular Health promoting School Activities in other basic education schools

## Some recommended activities by Trainees

- To create clean and safe play grounds in all schools within school resources.
- To do group physical exercise at the start of the school time, every day and in all schools(To get sense of ‘Exercise is Medicine’)
- To exercise “Body Fitness” and “Yoga”, 30minutes per day and 5days per week in all schools..
- To give health education and training about balance nutritional diet and BMI by self-assessment (Sense of Ownership).

# Acceleration of Regular Health promoting School Activities in other basic education schools

## Some recommended activities by Trainees

- Increase reproductive health knowledge by distribution of pamphlets, flyers among students and give health education by using Posters and flip-charts as well as uptake of life skill curriculum.
- Promote more peer group discussion for reproductive health among students at school meetings days or at school ceremonies.
- To do hand washing practice effectively (also enabling environment)

# Acceleration of Regular Health promoting School Activities in other basic education schools

## Some recommended activities by Trainees

- To promote the personal hygiene practice of students by understanding and doing themselves
- To do the individual daily sanitation practice within five feet around the student
- To promote discarding the waste systematically
- To collect the waste in daily through assigned class and to do the good drainage
- To clean the toilets routinely (team work by senior grades together with teachers)  
(PTA coordination for hiring)

# School Health Week (15-8-2018)







### ကျောင်းကျန်းမာရေးမှတ်တမ်းထိန်းသိမ်းမှုစနစ် ရှင်းလင်းတင်ပြခြင်း တွေ့ဆုံဆွေးနွေးပွဲ

ရန်ကုန်မြို့၊ ဒီဇင်ဘာလ (၁၀)ရက်

(၁၀.၂၂.၂၀၁၈)ရက်နေ့ မွန်းလွဲပိုင်းတွင် Healtppy Co.Ltd မှ တာဝန်ရှိသူများက ရန်ကုန်တိုင်းဒေသကြီးကျန်းမာရေးဦးစီးဌာန မီဒီယာခန်းမ၌ ကျောင်းကျန်းမာရေးမှတ်တမ်း ထိန်းသိမ်းမှုစနစ် ရှင်းလင်းတင်ပြခဲ့ပါသည်။



Healtppy Co.Ltd အနေဖြင့် 4th INDUSTRIAL REVOLUTION ခေတ်ကာလတွင် အခြေခံကျန်းမာရေးဦးစီးဌာနလက်အောက်ရှိ စာသင်ကျောင်း များမှ ကျောင်းသား/ကျောင်းသူများ၏ ကျန်းမာရေးဆိုင်ရာ အချက်အလက်မှတ်တမ်း (Health Record)များကို ဆော့စ်ဝဲနည်းပညာ အကူအညီဖြင့် Electronic Data အဖြစ် လွယ်ကူလျင်မြန်စွာ သိမ်းဆည်းထားနိုင်ပြီး ကျောင်းကျန်းမာရေး (School Health) ဆိုင်ရာ ကဏ္ဍများတွင် အကျိုးရှိစွာ ပြန်လည်အသုံးပြုနိုင်ရေးဆွေးနွေးခဲ့ပါသည်။



### (၂၀၁၉-၂၀၂၀)ပညာသင်နှစ် ရန်ကုန်တိုင်းဒေသကြီးအဆင့် ကျောင်းကျန်းမာရေးလုပ်ငန်းများ အရှိန်အဟုန်မြှင့်ဆောင်ရွက်နိုင်ရန် အကူစိတ်စီမံချက်ရေးဆွဲခြင်း ညှိနှိုင်းဆွေးနွေးပွဲကျင်းပ

ရန်ကုန်မြို့၊ ဇန်နဝါရီလ (၁၄)ရက်

(၁၄.၁.၂၀၁၉)ရက်နေ့ နံနက်(၉)နာရီတွင် ရန်ကုန်တိုင်းဒေသကြီးကျန်းမာရေးဦးစီးဌာန အစည်းအဝေးခန်းမတွင် (၂၀၁၉-၂၀၂၀)ပညာသင်နှစ် တိုင်းဒေသကြီးအဆင့် ကျောင်းကျန်းမာရေး လုပ်ငန်းများ အရှိန်အဟုန်မြှင့်ဆောင်ရွက်နိုင်ရန် အကူစိတ်စီမံချက်ရေးဆွဲခြင်း ညှိနှိုင်းဆွေးနွေးပွဲ ဖွင့်ပွဲအခမ်းအနားကို ကျင်းပခဲ့ပါသည်။



### ရန်ကုန်တိုင်းဒေသကြီးတွင် ကျောင်းကျန်းမာရေးနှင့် ဆယ်ကျော်သက်လူငယ်ကျန်းမာရေး တိုင်းဒေသကြီးအဆင့် ဆင့်ပွားသင်တန်း(ဒုတိယအသုတ်) ကျင်းပပြုလုပ်

ရန်ကုန်မြို့၊ ဇွန်လ(၉)ရက်

ရန်ကုန်တိုင်းဒေသကြီးတွင် ကျောင်းကျန်းမာရေးနှင့် ဆယ်ကျော်သက်လူငယ်ကျန်းမာရေး တိုင်းဒေသကြီးအဆင့် ဆင့်ပွားသင်တန်း(ဒုတိယအသုတ်) ဖွင့်ပွဲအခမ်းအနားကို (၉.၆.၂၀၁၉)ရက်နေ့ နံနက်ပိုင်းတွင် ရန်ကုန်တိုင်းဒေသကြီး ကျန်းမာရေးဦးစီးဌာန အစည်းအဝေးခန်းမတွင် ကျင်းပပြုလုပ်ခဲ့ပါသည်။ အစီအစဉ်အရ ရန်ကုန်တိုင်းဒေသကြီး ကျန်းမာရေးဦးစီးဌာနမှူး၊ ဒုတိယညွှန်ကြားရေးမှူးချုပ် ဒေါက်တာထွန်းမြင့်နှင့် အခြေခံပညာဦးစီးဌာန၊ ရန်ကုန်တိုင်း ဒေသကြီး ပညာရေးမှူးရုံးမှ ဒုတိယညွှန်ကြားရေးမှူးချုပ် ဒေါ်ခင်မာဆွေတို့က သင်တန်းကျင်းပရခြင်းနှင့် စပ်လျဉ်း၍ အဖွင့်အမှာစကား ပြောကြားခဲ့ပါသည်။

# Thank You!



Ministry of  
Education



Health  
Promoting  
Schools



Ministry of  
Health and  
Sports

**Get Collaboration? Collaboration divides the task and multiplies the success**