



**AN INFORMATION BOOKLET
ON SCHOOL HEALTH**



Assalam-u-Alaikum

I am Master Ilmuddin.

I teach Grade 6 and 7 Science
at a local village school.

I have something to tell you today!



I have been teaching for the past 10 years and have taught several kids like you. Some take very good care of their health while some are not careful and become ill. It is important for you to take care of your health as a healthy body will lead to a healthy mind. This will help you improve your studies .

Let me tell you a story of a girl called Alia . Alia is a little girl who lives in a village with her parents, her grandmother, and her brother Ali.

In many ways, Alia is like any other kid you know. She is friendly but is not afraid to ask questions.

Last year, Alia became very ill and missed several important school days. I became really worried and asked her to take good care of herself. She is an intelligent girl and understands the importance of good health. I told her school can play a vital role in staying healthy. The teachers, parents and students all can together can make a healthy society. Lets see how this can be done!

School: Important place to take care of your health

Approximately 50% of enrolled children drop out before completing primary education in Pakistan. Bad Health of children is one of the major reasons for this. Good health is a huge blessing. Its importance can be gauged by the fact that illness deprives us of the many bounties of life.

Good health thus allows us to become valuable citizen and virtuous human being.

The wellbeing of nation depends on the health and education of its children.

As children spend most of their active time at schools, school environment plays an important role in their inclusive growth. it must be conducive and healthy.

The School Administration should provide a healthy school environment to students with access to playgrounds, safe drinking water, proper sanitation facility and conducive classrooms.

Not only teachers but children themselves can play a vital role in improving their health at schools. All they need to do is start taking care of their personal hygiene, eating habits, physical fitness and lifestyle.

A comprehensive School Health Program should be in place at the school. All students should help one another and ensure all children follow school health rules.

This will keep them healthy and strong.



Drop-outs due to Poor Health

Bad health is one of the major reasons for students' drop outs from schools at primary level. As a result, the educated population is not growing fast enough for Pakistan to progress and prosper.

This is a critical situation as we are losing valuable citizens only because of their poor health, making it difficult for them to attend schools.

The well-being of Pakistan depends on the health and education of its children.

Did you know ?

There are more than 45% or over 50 million people in Pakistan illiterate, mainly because of hard or no access to basic education opportunities. Of the remaining, approximately 50% of enrolled children drop out before completing primary education in Pakistan!!

56% of primary schools do not have latrines!

61% of primary schools do not have access to clean drinking water!



What can be done to strengthen the support net around a student?

Article 24 of UN Convention on Rights of Children says:

Children have the right to good quality health care – the best health care possible – to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy.

Support System of a Student



A student's support system is made up of the following pillars:

- 1: Parents & Family
- 2: Teachers
- 3: Friends & Community
- 4: Government
- 5: Student himself/herself

If any of these pillars get weak, it affects the health of the student directly.
Let's see how.

When parents and family fail in playing their role, this affects the student's health directly.

If a child feels neglected: he will be emotionally under stress and may become sick.

If a child is unguided, he/ she will make unwise personal, food and hygiene decisions due to unawareness

If a child is left unprotected, he /she may fall into bad company leading to risky behavior like drugs etc.

If a child is financially insecure, he/she will not be able to have a holistic meal and may not have access to health care givers.

Love & Affection

Guidance

Protection

Financial Security

Understanding the role of parents and family

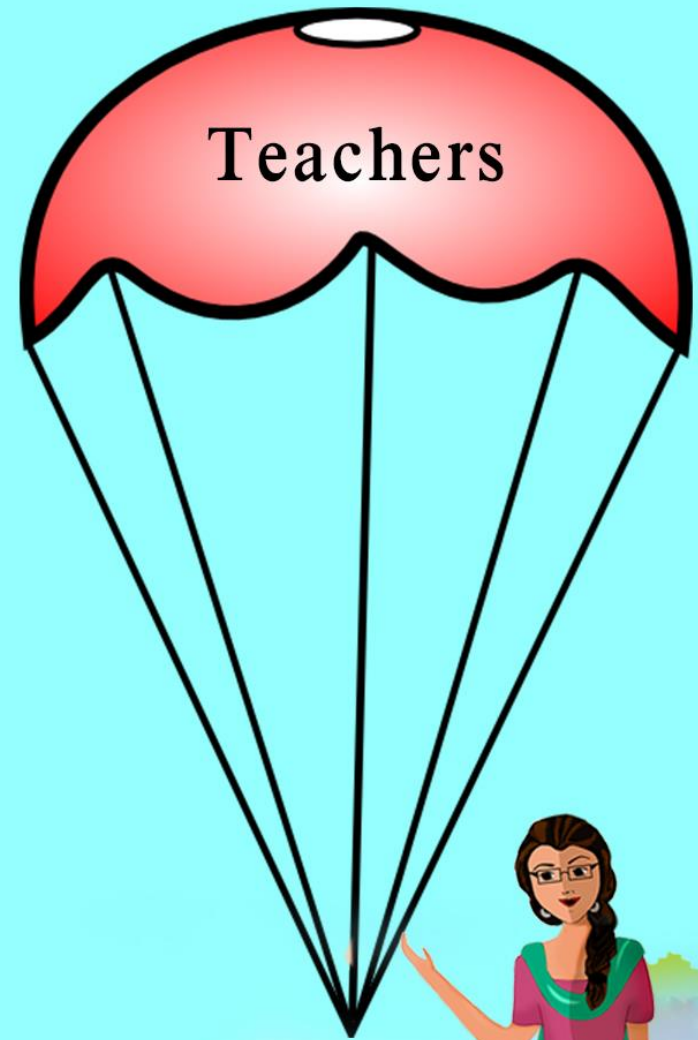
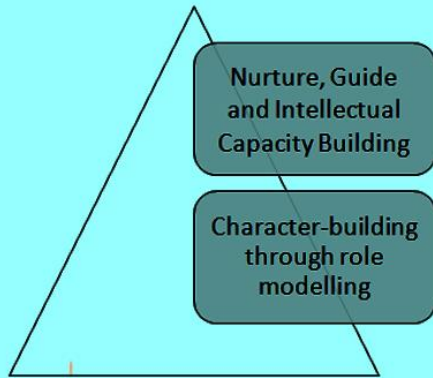


Understanding the role of teachers

When teachers fail in playing their role, this affects the student's health directly.

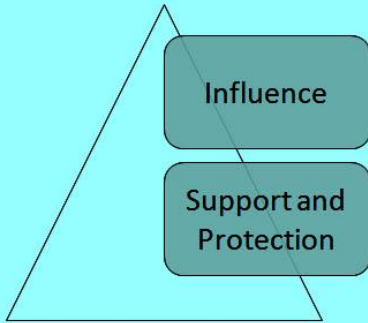
If a child is unguided, he/ she will make unwise choices, whether it is about education, personal hygiene, food, friends and everything else.

If there is no role-modeling, the child will feel no need to obey the teacher and listen to what she has to say. As a result, even if the teacher is giving good advice, the student will not feel compelled to listen to the teacher, neglecting the advice and letting his/ her health affect for the worse.



Understanding the role of friends and community

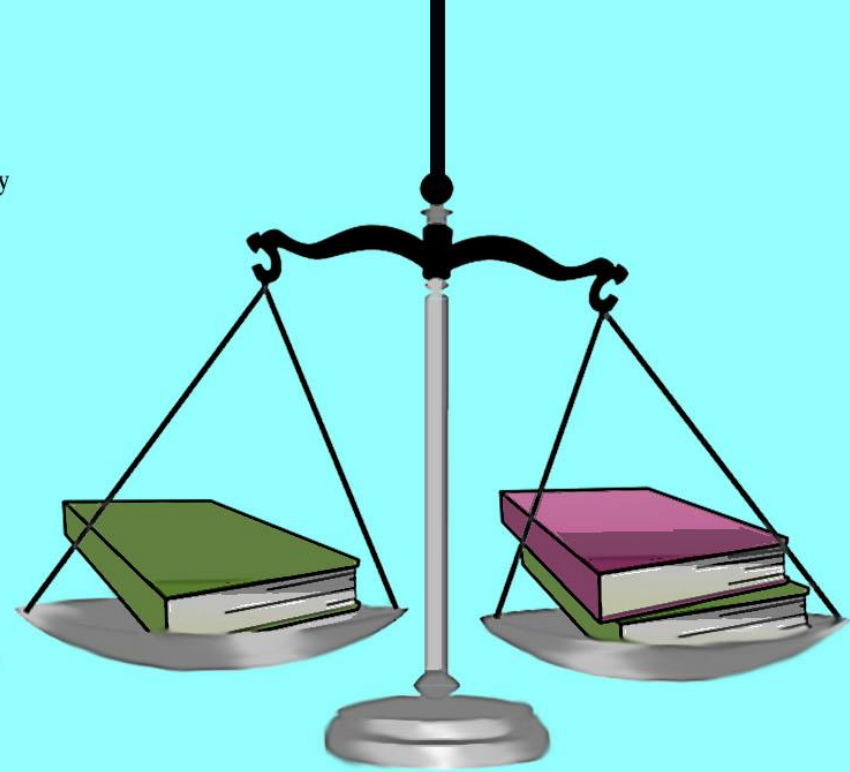
When friends and community members fail in playing their role affectively this affects the student's health directly.



Understanding the role of the government

When the Government fails in ensuring the rights of the children, this has an overall detrimental affect on the child, including his/her health.

Ensure the rights of the children



Understanding the role of students

What can the Students do?

All they need to do is start taking care of their personal hygiene, eating habits, physical fitness and lifestyle and most importantly, their fellow students. They should help one another and ensure that everyone follows school rules. They should also seek guidance related to keeping good health from their teachers frequently because teachers are the best and most reliable source of information.

They should be communicative with their parents .

As students spend most of their active time at schools, school environment plays an important role in their inclusive growth. It must be conducive and healthy, including a healthy school environment, with access to playgrounds, safe drinking water, proper sanitation facility, boundary walls and facilitative classrooms.



**A HOLISTIC SCHOOL
HEALTH PROGRAM CAN
CHANGE THINGS FOR
THE BETTER!**

What will a holistic school health program do?

A number of factors influence the physical and mental health of school children, and their learning process. These factors include health conditions of the children themselves, physical and social environment in their school, quality of life of their parents, their own knowledge about health promoting practices, and availability of health services around them. Delivery forms of school health related activities can be grouped into following categories:

Healthy Education

School Environment

Healthy Services

School Nutrition



Role of Health Services

In the developing countries, where health services for the general public are poor and overall knowledge about health care is low, parents and teachers are unable to detect health problem of children which impede their learning as well. Provision of health services to the children and young students should be done through:

Health screening (medical check up) of students on regular basis

Referral of students with health problems to medical centers for treatment

Children should be checked for personal hygiene including eyes, nails, skin, and ears by their teachers or a health supervisor on regular basis. If some major health problem or disease is identified in a student, the student should be referred to the nearby medical center for treatment. If the student feels sick or unwell, he/she should inform their class teacher immediately.

If the teacher is unable to provide the help, visit the Head Teacher or Principal of the school for their help.



Role of School Nutrition

Nutritional level affects overall health, and consequently the pace of learning among the children.

In Pakistan, a large ratio of children is malnourished, particularly in underdeveloped areas. Good health is dependent on good nutrition. Building wholesome eating habits from the childhood bears extreme importance, as they develop into healthy lifestyle in adulthood and old age. Apart from parents, teachers also bear responsibility in educating children the importance of healthy eating and drinking.

Students must be stopped from consuming food and drinks that are junk and exposed to dust, dirt, flies etc.

Balanced Diet constitutes all the nutritional elements needed for body growth such as Carbohydrates, Fats, Vitamins, Proteins and Minerals. The intake of balanced diet is important for good health and development, as it keeps the human body physically fit and resistant to diseases. Students themselves ensure eating balanced diet and avoid junk food from canteens or stalls.

