



FORMATION AND STRENGTHENING OF SCHOOL HEALTH CLUBS

Introduction

The main aim of forming and strengthening School Health Clubs and committees is to promote and maintain behavioural change towards good hygiene practices and proper use and maintenance of hygiene and sanitation facilities in schools. Children are more receptive to new ideas and practices and therefore provide a suitable opportunity to introduce knowledge and habits at an early stage hence making good future citizens and enabling reduction of water and sanitation related diseases. Children can be the catalyst for positive change in their household and community.

Key areas that will be addressed

- Definition of School Health Club
- Composition and formation of a School Health Club
- Roles and responsibilities of a School Health Club
- Follow up and monitoring activities for School Health Club
- Participatory sanitation situation analysis
- Prevention of diseases associated with poor hygiene and sanitation
- Action planning

SESSION 1: ESTABLISHING A SCHOOL HEALTH CLUB

Definition of School Health Club

A School Health Club is a school body comprising of representatives of the school management, teachers and all pupils, which commits itself to implementing hygiene and sanitation activities in the school.

It is important to note that a SHC is the implementing arm for hygiene and sanitation in a school whereas the School Management Committee is the planning and policy making body for sanitation and hygiene in a school.

Composition and formation of a School Health Club

In a School Health Club, it is important to have representation of the school management, teachers and pupils. A SHC should comprise of;

- Science Teacher- as the patron
- Senior Woman teacher
- All prefects
- All class monitors
- All teachers.

A School Health Club works voluntarily to the benefit of the school, its selection is spear headed by the head teacher and teachers in the school. Club members (Teachers and Pupils) should be selected upon the basis of interest by the members and being champions (influential figures in the school).

Roles and responsibilities of a School Health Club

School Health Clubs promote:

- Active participation of all teachers in sanitation and hygiene information dissemination and promotion of behaviour change
- Regular practicing of hygienic practices by the pupils
- Participation of pupils in the proper maintenance of latrines and hand washing facilities.
- Participation of parents/communities in the provision of latrines, hand washing facilities and other facilities related to hygiene and sanitation in the school
- Effective child to child and child to parent information dissemination for behaviour change
- Enhancement of club members' knowledge and skills for promotion of positive behaviour change in Primary Schools



- Enable club members to identify the different roles and responsibilities of the different actors in the promotion of positive behaviour change in primary schools
- Create a sustainable strategy for operation and maintenance of hygiene and sanitation facilities in a school

Follow up and monitoring activities for School Health Clubs

The School Health Club should be able to follow up and monitor some changes in the school i.e behaviour change and knowledge/ attitude change among the pupils.

The following should be discussed:

Behaviour change indicators

- Observe pupils making use of latrines (are all pupils (boys, girls, disabled) able to use the facilities)
- Observe pupils washing hands after latrine visit.
- Presence of hygienically maintained latrine with labels and shutters
- Presence of water in the hand washing facilities
- Wetness at the hand washing facility site to indicate use
- Displayed weekly rosters for hygiene and sanitation activities
- Displayed work plan for hygiene and sanitation activities
- Clean compound and environment

Knowledge and attitude change indicators;

- Displayed hygiene and sanitation messages
- Pupils can identify some of the contamination routes
- Pupils can identify some of the diseases caused by the above contamination routes
- Pupils can identify ways of preventing the above disease
- Presence of hand washing facility and hygiene knowledge in the homes neighbouring the school

SESSION 2: DISSUSION ON SANITATION AND HYGIENE

Participatory sanitation situation analysis

(Note: sanitation ladder tool and guidelines provided in the packs)

This session enables participants to;

- Establish and analyse the hygiene and sanitation situation in their school.
- Appreciate the need for improvement and suggest ways of improving the situation in their school.

Procedure (detailed guidelines provided in the tool pack)

- Divide the participants into groups
- Give out the pictures (PHAST tool: Sanitation Ladder)
- Ask the participants to arrange pictures from the least desirable (worst) situation to the most desirable (best) situation beginning from top to bottom to make a single file on the news print background
- Participants should number the pictures beginning with the worst situation

Discussion

- Each group presents its ladder
- Discuss the similarities and differences/advantages and disadvantages of each
- Ask members at what stage their school is
- Ask members to identify reasons why it is difficult to climb the ladder (Note the reasons down on a news print)
- By brainstorming ask participants to suggest possible solutions to improve sanitation and hygiene in the institution



Prevention of diseases associated with poor sanitation and hygiene

Tool: *Faecal Oral contamination routes*

This session enables participants to;

- Identify the various contamination routes which lead to transmission of poor hygiene and sanitation related diseases.
- List the diseases caused by poor hygiene & sanitation

Procedure: (detailed guidelines in the tool pack)

- Divide the Participants into groups
- Give each group a set of the PHAST tool: Faecal Oral contamination routes
- Ask each group to identify as many routes of contamination as possible using the pictures in the contamination route tool and to come up with a list of diseases caused by such contamination
- Each group fixes the pictures on the news print basement and inserts arrows showing the different routes/ paths through which contamination travels

Discussion:

- Each group presents its work in the plenary explaining how contamination really occurs at each route

Note: The facilitator should wrap up with more emphasis on the seriousness of the diseases yet they are preventable.

Tool: Faecal Oral contamination barriers

The purpose of this session is to:

- Enable participants to identify the barriers to the contamination routes and therefore the prevention of poor hygiene & sanitation related diseases

Procedure:

- Divide participants into groups (previous groups)
- The participants are given back their previous contamination routes work still fixed on the news print
- Give each group a set of contamination barriers tool
- Ask each group to fix appropriate barriers against the appropriate routes to prevent contamination occurring at each route. The barriers must be seen to block the routes

Discussion:

- Each group presents its work in the plenary
- By brainstorming participants are asked to suggest additional ways of prevention which they feel were not addressed by the tool

Note:

- Facilitator should stress that contamination/disease transmission occurs due to ingestion of faeces indirectly or unconsciously
- Facilitator emphasises that all these diseases are preventable and yet account for the top ten common diseases reported by Health Units
- Facilitator lays emphasis on the proper maintenance of the hygiene & sanitation facilities in the school to eliminate further contamination



SESSION 3: ACTION PLANNING

The purpose of this session is to

- Enable participants to appreciate the need to routinely plan and budget for Hygiene and Sanitation activities and facilities.
- Enable participants to have commitment to implement the hygiene and sanitation activities identified.
- Developing a shared vision and understanding on who is going to do what, when and how. So roles and responsibilities for the different activities are defined.

Procedure

- Divide participants into groups.
- Let each group develop an action plan to promote hygiene and sanitation.
- Identify what is needed to improve the sanitation and hygiene situation. Emphasis on latrine construction/provision of hand washing facilities etc.
- Make a detailed work plan for the next four to six months
- Try not to be over ambitious, start small and expand later on. Use the SMART tool for defining the goals and objectives: ensure that the objectives are: Specific, Measurable, Relevant, Achievable and Time-bound
- Identify main activities and termination date for the long term (develop a long term vision).
- Make an estimation of the time, resources (e.g. information, skills, hardware) and budget needed for the identified activities and who is responsible for what. Crosscheck whether the activities are still SMART.
- Develop a list of indicators to monitor progress

Note: The facilitator should encourage the School Health Club to make weekly or monthly plans (this can be agreed upon jointly) for Operation and Maintenance of Hygiene and Sanitation facilities in the school reflecting different duties for different classes. These duties are interchangeable from week to week.