

12



373en12

SCHOOL HEALTH PROGRAMME



Note

Read a conversation between two school kids. One of their classmates falls down and hurts his knees badly and it starts bleeding;

Rahul : Mayank fell down in the ground.

Kriti : His Knee is bleeding.

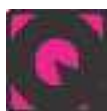
Rahul : What should we do?

Kriti : I don't know. Let us inform our class teacher. Class teacher comes and takes Mayank to a separate room with a First-aid box in her/his hand

Rahul : Look Kriti, Madam is bandaging his wounds.

Kriti : Oh, wow! Ma'am knows bandaging and we have a First-aid box in our school.

Both of them curious, go to their class teacher and ask why we had a First-aid box in our school and about the medical facilities provided in the school. In this chapter you would know about the school health programme implemented in the school in order to have a little understanding of its objective.



OBJECTIVES

After studying this lesson, you will be able to:

- explain the concept of School Health Programme;
- explain the aspects of School Health Programme and
- learn the organization of School Health Programme.

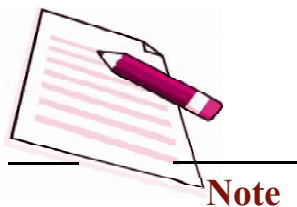


12.1 CONCEPT OF SCHOOL HEALTH PROGRAMME

The school Health Programme is applied across the country. It is the only community based program which specifically targets on nutrition and health of school aged children. It is focused to improve health outcomes, reduce risk of

Physical Education and Yog



Holistic Health

communicable and non-communicable diseases and improve the health and wellness of millions of children. Hence sports activities, physical education, yoga and counseling facilities have been incorporated to reduce the daily stress, which increase wholesome development of child. Successful health program fortifies healthier educational outcome, improved social equity, improved learning ability, cognitive function and school attendance among the children to handle the tasks fully developed world.

The scheme of a comprehensive School Health Programme, conceived in the 1940's, comprised the following major parts viz. medical care, hygienic school environment and nutritious midday meal and health and physical education. These major parts are important for the wholesome development of the child and hence need to be included as a part of the curriculum.

Schools are in the best position to promote health by providing the latest scientific information, forming and motivating health attitudes, and habits and by providing opportunity for the establishment of desirable patterns of healthy behaviour. School Health Programme empowers the stake holders, teachers, parents and children. It deals with comprehensive school health problem and it creates awareness, health promotion, school health care, child health care, assessment and evaluation of child health. The School Health Programme covers not only the students but also the teachers and other school personnel. It will check student's fitness level, eye check-up, dental checkup, physical pain checkup, Psychological check-ups and put records in electronic medical records for health analysis and diet consultation.

School Health Programme underlines developing healthy habits among the school going children. School Health Programme is concerned with the schools and the children in the schools. It focuses on the holistic health, nutrition of these children, physical education, Yoga, Swimming etc. This plays a major role in school.

**DO YOU KNOW?**

There is dire need for effective School Health Programme in India because, it is a requisite to improve both the education and health status of young people throughout the nation, because 180 million young children are attending nearly 15,00,000 schools. They are there for about 6 hours of classroom time each day for upto 13 years of the most formative lives. More than 95% of young students aged 5-17 years are enrolled in schools. It encourages reducing the illness, disability, and death from common infectious diseases caused among children.

Physical Education and Yoga

12.1.1 Definition of School Health Programme

W.H.O. states that “An effective school health programme can be one of the most cost effective investments a nation can make to simultaneously improve education and health.”

The **School Health Program** is defined as “the school measures that contribute to the preservation and enhancement of the health of children and school personnel, as well as health services healthful living and health education”.

In reality, it is evident that School Health Program has four inter related pillars, teaching and learning, social and physical environment, health school policy and partnership and services. It gives the efficacy in school health promotion, in improving health or preventing disease of every child.



ACTIVITY 12.1

Write a report on School Health Programme in India.



INTEXT QUESTIONS 12.1

Choose the correct answer.

- i) What is the aim of School Health Programme?
 - a) To promote health care of child
 - b) To promote mid day meal
 - c) To promote first aid.
- ii) When was the School Health Programme introduced in India?
 - (a) 1942 (b) 1940 (c) 1944
- iii) School health programme reduces:
 - (a) Risk health factor (b) Headache (c) Illness
- iv) What is the benefit of School Health Programme ?
 - (a) treatment a disease (b) improving education & health hygiene
 - (c) control of anger
- v) What steps are involved in your School Health Programme?
 - (a) Mid day meal and diet



Note



**Note**

(b) all body checkup and fitness level

(c) all of above.

vi) W.H.O. defines School Health Programme:

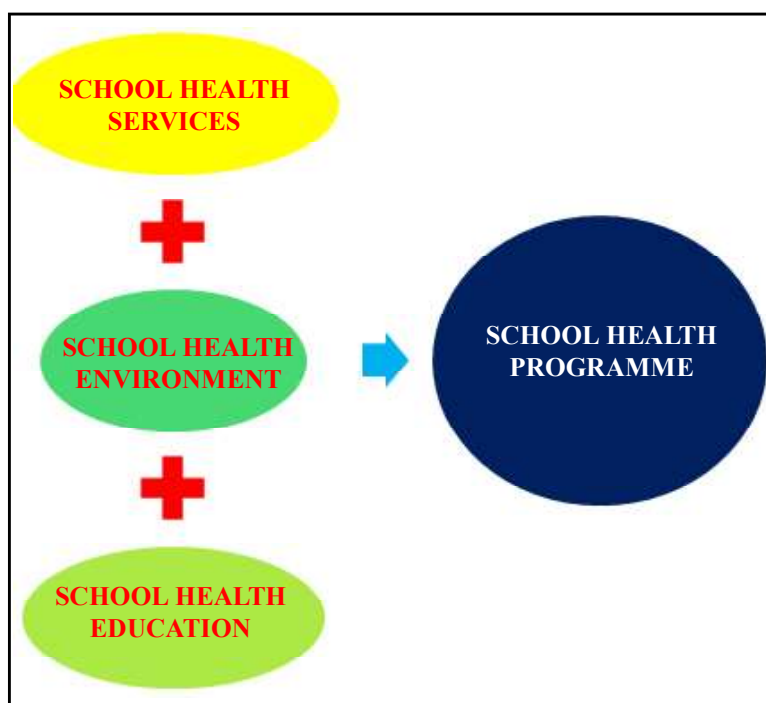
(a) to improve education & health simultaneously

(b) healthful living

(c) health education.

12.2 ASPECTS OF SCHOOL HEALTH PROGRAMME

The School Health Program has mainly three aspects:



12.2.1 School Health Services

School health services are the powerful means of developing a good community for future generation as it plays an important role in development of children. It is an important aspect of school health programme. A school health committee was formed to analyze the standard of health and nutrition among the school children and their improvement.

National Mass Deworming Programme is also a part of School Health Scheme which is executed by Govt. of India under National Health Mission on a fixed

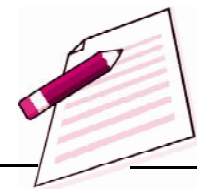


day approach across all states and union territories for school going children aged between 1 to 19 years. In this programme Tab Albendazole and Iron tablets are given to the school students to improve child health, nutritional status, access to education and quality of life.

Features of School Health Services

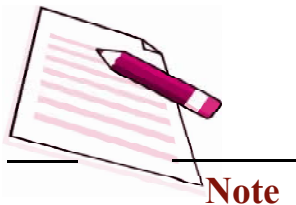
The task of School Health Services is manifold and varies according to local priorities. Some features of School Health Services are as follows:

- Health appraisal of school children and school personnel consists of periodic medical examination and observation of the children by the class teacher or a medical expert.
- Remedial measures and follow up includes not only the initial medical check-ups but also the regular follow ups and appropriate treatment.
- Prevention of communicable diseases comprises of recording all immunization reports and maintaining these reports as part of school health record.
- Nutritional services requires all the nutrients in proper proportion and adequate for the maintenance of the optimum health. Mid-day school meal is an essential part of program in order to raise the nutrition level of children in schools.
- First-aid and emergency care is a big responsibility on the shoulders of teachers who are trained to provide students basic emergency care in the situation of accidents leading to minor or serious injuries and medical emergencies such as fainting, gastroenteritis all etc. Also, a fully equipped first-aid post should be provided in every school as per the regulation St. John Ambulance Association of India.
- Mental health of the child affects her/his physical health and the learning process. Therefore, there is a great need for vocational counselors in schools for regulating the children into career aspects, drug addiction, mal-adjustment and juvenile delinquency.

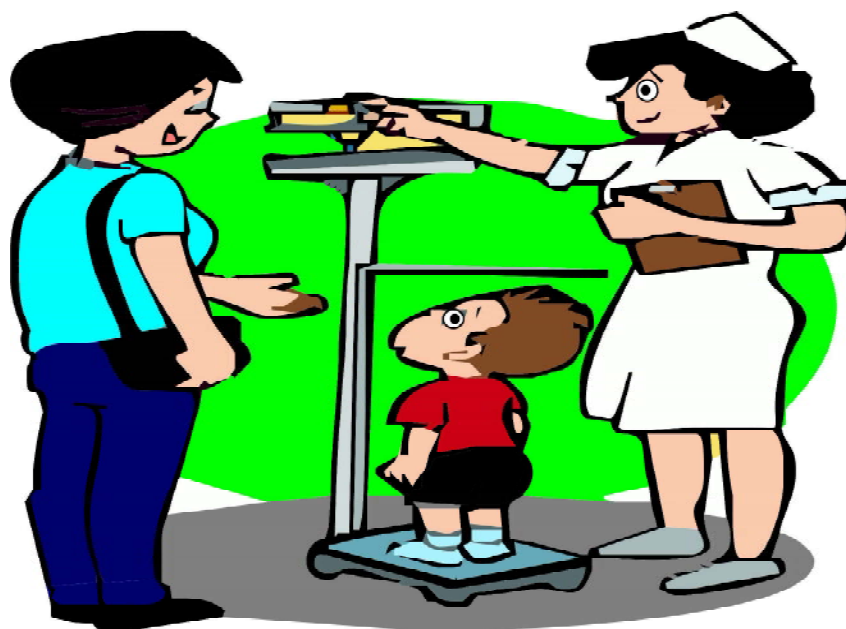


Note



Holistic Health**Note**

- Dental health comprises of dental caries and periodontal disease which are the two most common dental diseases in India. Although, the school health programs have a provision for dental examination still the children suffer from various dental diseases.
- Health education acts as the most important element of School Health Programme. It aims to bring necessary changes in health knowledge, in attitudes and in practice of the students.
- The education of children with special needs CWSN targets to assist them and their family to realise their maximum potential so as to lead a normal life and become productive and self-supporting member of the society.
- School health record means proper maintenance and use of health records. It should contain all
 - i) Identifying data, name, date of birth, parents name, address etc.



- ii) Past health history.
- iii) Record of findings of physical examination, screening test and records of service provided.



This record will also be useful in analyzing and evaluating school health programmes.



DO YOU KNOW?

- 1) What is the appropriate age of the children in School Health Programme?
School children aged between 5-17 years
- 2) What is the percentage of total population lies in this age group?
About 30% of the total population comprises this age group



ACTIVITY 12.2

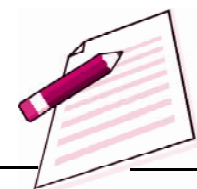
- 1) Prepare a medical Box for your family and enlist the 5 items which should be part of this Box.
- 2) Enlist the health record of your family members.
- 3) Visit any five schools near your locality and make a list of activities being performed about school health programme in those schools.



INTEXT QUESTIONS 12.2

1) Match the following words in column I with their meaning in column II

- | | |
|--|--|
| i) Dental Health | a) To raise nutritional status of students |
| ii) Mid day meal | b) Health report of every child. |
| iii) School health record | c) Oral check up of teeth |
| iv) School children age comprises | d) immediate treatment of an injury |
| v) Percentage of the total population is | e) thirty percent this group |
| vi) First Aid | f) Health Scheme |
| vii) Mass deworming | g) 5-17 |
| viii) School health services | h) 1909 |



Note



**Note**

- 2) Highlight the main features of school health services.

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12.2.2 School Health Environment

This is an important aspect of school health programme and it is also called school hygiene. Healthful school living includes a school building, site, and equipment amongst which a child grows and develops. Each school should also serve as best sanitation for every child. So it requires best emotional, social and personal health for students.

Features of Healthful School Living

Healthful school living has the aim of optimum efficiency of school hygiene which can be achieved in school environment. Some features of healthful school living are as follows:



Source- <https://www.saratogausd.org/domain/171>

- Adequate sanitation, safe drinking water and nutrition education
- Proper execution of mid-day meal programme.
- Location of school should normally be centrally situated with proper approach roads at a fair distance from market place.
- Class room and furniture should suit the age group of students.
- Periodical health examination of children.



- Separate toilets for girls and boys.
- Privacy and safety for girls
- Keeping school free of violence and any other distraction.
- No corporal punishments
- Regular practice of yog, physical education and health education.
- First aid room or first aid kit should be maintained



DO YOU KNOW?

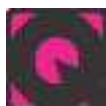
In India, central and state governments committed to ensure inclusive access to wash facility, school toilet, safe drinking water, sanitation and hygiene in the school under the one aspect of mission “SWACHH BHARAT ABHIYAN” which has great impact on school healthful condition.

Visit www.mdws.gov.in



ACTIVITY 12.3

Make a board on which healthful school condition such as food, sanitation and school hygiene information are displayed.



INTEXT QUESTIONS 12.3

Choose the correct answer

1. i) What is the aim of healthful school living?
 - a) Nutritional status
 - b) Best sanitation for every child
 - c) Treatment of injury
- ii) Which programme was initiated by government to ensure all over hygiene of people in the country?
 - a) Swachh Bharat Abhiyan
 - b) Deworming Programme
 - c) Capacity building programme



Note



**Note**

- iii) On which development of child can school health condition impact?
- Physical development
 - Social development
 - all round development.

12.2.3 Health Education

Health education is the most important part of the school health programme. It consists of teaching numerous types of health information including safety education, personal hygiene, environmental health and family life. The goal of health education should be to bring about beneficial changes in health knowledge, in mind-set, in practice; and not only that but to teach children a set of rules of hygiene also.

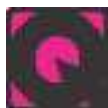
Features of Health Education

Some features of Health Education are as follows:

- Health related knowledge can be obtained by studying health education, while considering a variety of topics.
- Maintenance of school health record. These records are very helpful in monitoring and evaluating school health programme and it provides linkage between the school, the home and, the community.
- Provides curative services which include regular dental check up and rapid treatment wherever possible and referral for a special problem.
- A foundation of support to every child and adolescent.
- Well-implemented health education has been shown to improve the school achievement.
- Active student involvement, every school child is a health worker.
- Daily morning inspection of each child in order to know the sign of illness



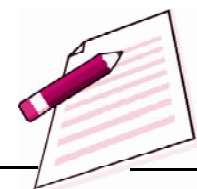
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INTEXT QUESTIONS 12.4

- 1) Which type of health information be given to students?
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**Note**

2) Explain the goal of Health Education?

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3) Explain the main four features of Health Education in School?

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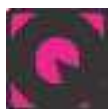
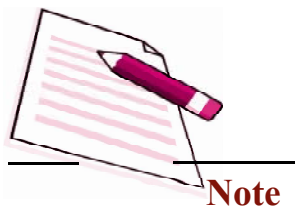
12.3 ORGANIZATION OF SCHOOL HEALTH PROGRAMME

There is no stable pattern of school health administration in India as well as in other countries. Health of the school child is the main responsibility of the parents, teacher, stakeholders, health administrators and the community. The school health committee set up by the government of India in 1960 recommended that it should be an integral part of the general health services.

Features of Organizing School Health Programme

- In each school, a health council and health committee should be constituted.
- Health committee should provide leadership and guidance to the health education programme in the school, which will assist the welfare of community.
- The members of this council should include the head of the school, the school medical advisor, health coordinator, various teachers, students and parents' representatives like school management committee members.
- Every school should have a counselor, trained teacher of first aid, nutritionist or a dentist.
- Medical advisor/doctor should be full time or part time in the school because students need medical care and emergency care anytime.
- Health coordinator is most important and responsible person for well implementation of school health programme in school. He/she may be head of the department, Principal and physical educationist.





INTEXT QUESTIONS 12.5

1) What does health committee provide to the children?

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2) Who is main responsible person in health school health committee?

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WHAT YOU HAVE LEARNT

- Identify the health status of a child by optimizing her/his physical, mental, social, emotional state and prevent health risk threats amongst children.
- Understand the supervision and guidance of the health of children.
- Deliver special health provision for the children with special needs.
- Development of the optimum possible health for each child and adult
- Detect, prevent and correct defects and disorders amongst children at early stage.
- Develop wholesome attitude and social adjustment.
- Incorporate health consciousness in children as well as in the teachers, parents and stake-holders
- Reduce the incidence of communicable and non-communicable diseases
- Identify early diagnosis, treatment and follow up of deficits
- Learn the first aid and emergency care.
- Discuss the importance of training of teachers in the primary school and other stake holders in the areas of promotional, preventive and curative services.
- To analyze the impact of regular health check-ups and screening of children for appropriate referral services by well trained teachers and other organization.





TERMINAL QUESTIONS

- 1) Explain the meaning of School Health Programme.
- 2) Define school health Programme by W.H.O.
- 3) Why is Health School Programme needed for students?
- 4) Explain the different aspects of School Health Programme.
- 5) Highlight the objective of School Health Programme.
- 6) Explain each aspect of school health Programme in your words.
- 7) Why school health Programme is necessary for wholesome development of children?



ANSWER TO INTEXT QUESTIONS

12.1

- 1) i) a)
- ii) b)
- iii) a)
- iv) b)
- v) c)
- vi) a)

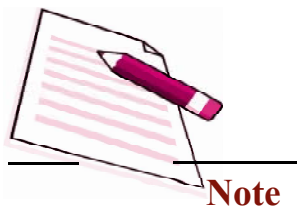
12.2

- 1) i) c
- ii) a
- iii) b
- iv) g
- v) e
- vi) d
- vii) f
- viii) h



Note



Holistic Health

- 2) Health appraisal of school children, regular medical checkup, prevention of communicable disease, nutritional services, first aid & health education.

12.3

- i) b
- ii) a
- iii) c

12.4

- 1) Health education is the most important part of the school health programme. It consists of provision of numerous types of health information including safety education, personal hygiene, environmental health and family life.
- 2) The goal of health education should be to bring about beneficial changes in health knowledge, in mind-set, in practice and not only that but to teach the children a set of rule of hygiene also.
- 3) Main four features of health education in school are health related knowledge, attitudes, skills and practices.

12.5

- 1) Health committee provides leadership and guidance to the health education programme in the school, which assists in the welfare of community.
- 2) Health coordinator is the most important responsible person for a well implemented school health programme in school. He/she may be head of the department, Principal and physical educationist.

