

Working Together for School Health



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Dear Parent,

Welcome back to the new school year!

To kick off this year, we would like to provide you with this EHCP guide to school health for parents and PTAs. This leaflet will not only help you understand how EHCP is promoting school health in your school and what your school is entitled too, it will also remind you of the great things you can do as a parent to help promote and maintain a healthy school.

By taking part in EHCP, your school has committed itself to implementing and managing a comprehensive school health program. In order for this to be successful, your PTA can help by ensuring a supportive learning environment and the smooth implementation of daily handwashing with soap and daily toothbrushing with fluoride toothpaste.

In the following pages, we hope to give you a clearer overview of your role as PTA member in school health. On the last page, you will find a PTA school health checklist to guide you in your monthly tasks in promoting school health within your school.

We hope that this publication is a useful source of information and a practical tool for your upcoming PTA meetings.

Have a great and healthy start to the new school year!

EHCP and your school

As a parent you can help promote healthy and hygienic behaviors in your school.

To help you do so, your school has been provided with a “Manual for Teachers” that contains valuable information on EHCP for PTAs. Several copies have been distributed to your school - ask for a copy! The manual explains your role within the school community regarding the implementation of daily handwashing, toothbrushing and bi-annual deworming.

Your school has also been provided with a sufficient number of EHCP kits each containing 1 pollypaste 500ml bottle, 8 toothbrushes and 4 bars of soap to implement EHCP for an entire school year. You can later advocate for further supplies with your school head.

Help clean and maintain sanitation facilities

All sanitation facilities across your school, need to be cleaned and maintained to ensure your children learn in a healthy environment. To achieve this the school community needs to have a system for managing cleaning and maintenance activities of toilets and washing facilities.

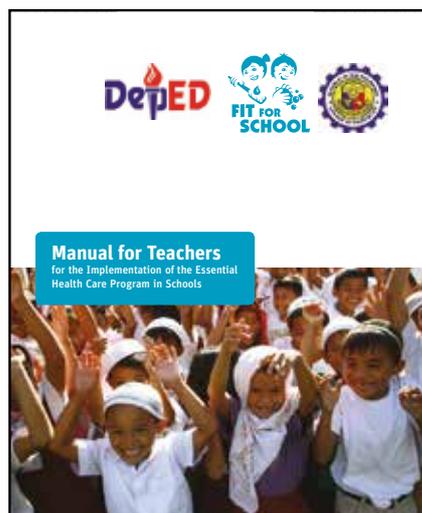
Along with start-up cleaning kits, your school has been provided with a sanitation planner. You can use it for your school’s own cleaning and maintenance activities and to help you create posters. Later in the school year, a school toilet rehabilitation manual will be delivered to you containing handy tips on how to easily and effectively make your school toilets child friendly.

Clockwise from bottom left:

Part of the sanitation planner’s guide to the cleaning and maintenance of school sanitation facilities

EHCP Manual for Teachers containing great tips for PTAs on school health

EHCP kit containing 1 pollypaste 500ml bottle, 8 toothbrushes and 4 bars of soap



1. Use it	2. Clean it	3. Maintain it
Sit down properly.	Toilet bowl/pan: <ul style="list-style-type: none"> ➤ Spray detergent across the toilet bowl/pan on the inside and outside. ➤ Scrub the inside of the bowl/pan with toilet brush. ➤ Wipe the outside of the bowl/pan with wet cleaning cloth. 	Refill: <ul style="list-style-type: none"> ➤ Water and soap.
Clean yourself.	Solid Waste: <ul style="list-style-type: none"> ➤ Collect solid waste. ➤ Dispose it. 	Check and Report: <ul style="list-style-type: none"> ➤ Leaking pipes or faucets. ➤ Broken drainage pipe, toilet bowl, doors ➤ Missing door lock, tabo, bucket, cleaning materials ➤ Clogged bowl
Dispose cleansing material in trashbin.	Floor: <ul style="list-style-type: none"> ➤ Sweep the floor with broom and dustpan. ➤ Spray the floor with detergent. ➤ Scrub the floor with wet floor brush. 	
Flush sufficiently to remove urine/ feces with a bigger tabo or bucket.	Sink: <ul style="list-style-type: none"> ➤ Spray the sink with detergent. ➤ Wipe the sink with wet cleaning cloth. 	
Check to ensure that there are no remains in the toilet.	Wash your hands with soap.	
Wash your hands with soap.	Wash your hands with soap.	



Beautify your handwashing facility

Your school has been provided with a number of prefabricated handwashing facilities and kick start painting kits. These facilities are fully functional and practical for use in schools. However, your school needs your help. Help beautify them!

Here are some tips on how you can make your facility more beautiful and user friendly:

- Paint the pipes colourfully.



- Add a flower or vegetable bed.



- Add a fence or roof.



Advocate for water access in your school

Providing access to safe water and sanitation remains a major challenge for most schools in ARMM. EHCP can serve as a starting point for making access to water and sanitation a priority for your school.

Involvement of the community especially your PTA and the support of the barangay council is the key to gain water access for your school. However until your school gains access to water, your PTA should help develop ways and means to ensure availability of water by encouraging the students and parents to bring water to the school.

Different affordable water access solutions exists. One possible solution for your school could be to build a rainwater catchment tank (see photo above). The tank requires low material costs (about PhP 25,000.00) and even unskilled labor can be easily trained in how to build them.

The role of parents in deworming

Tablets for deworming are available for all school children in ARMM two times per year. But, children are not dewormed if their parents have not signed the consent form. Ensure that parents attend deworming orientations and sign consent forms each time. Deworming is completely safe and keeps your child free from worms!

Checklist

Tasks	
Facilitate the construction of washing facilities and provision of toothbrush holders.	
Lobby for access to water and sanitation in the school.	
Participate in annual monitoring.	
Participate in PTA assembly, address questions and concerns to the health personnel and sign consent forms in deworming.	
Be a good role model by handwashing with soap, toothbrushing and reminding your children to brush their teeth in the evening.	
Provide access to soap, toothbrushes and toothpaste at home, so that children can grow up healthy.	

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