



REPORT

Most Significant Change Stories

The People Seeing the Difference in ARMM



Table of Contents

Introduction	3
.....
1. An Inspired King	4
.....
2. Sittie Gains Her Confidence	6
.....
3. Gandawali Guides through Initiative	8
.....
4. Heroes for Health	10
.....
5. Norguiana Motivates with Understanding	12

Introduction

Education and health go hand in hand. Children need to be healthy to be fit for school. Sadly, too many children in the Philippines are afflicted by everyday ailments that impact largely on their physical and mental development and limit them from getting the most from their education. The majority of Filipino children very often suffers from worm infections, severe tooth decay and from infectious diseases. Toothaches have a huge impact on the quality of life of children and on their ability to learn. Diarrhea, stomachaches, and itchy skin infections also contribute to poor participation and school absenteeism. Even the best education system cannot guarantee high academic performance when students are frequently ill or in pain.

As part of Component 2 of the Australian Embassy's Basic Education Assistance to Muslim Mindanao (BEAM ARMM), GIZ has been providing technical assistance to the Department of Education ARMM (DepEd ARMM) to improve water, sanitation and hygiene (WASH) in schools across the region. In particular, GIZ provides assistance to DepEd ARMM to implement the Essential Health Care Program (EHCP), which consists of three simple interventions: daily group handwashing with soap, daily group toothbrushing with fluoride toothpaste, and bi-annual deworming.

EHCP is cost-effective and can be easily implemented on a mass scale, even in under-resourced communities. How? Through an existing, well-organized institution – the public school system. School is a second home to most children. In some cases, the school may be the only environment that is equipped with the resources to expose children to healthy practices, which may not be regularly practiced in their wider communities.

The following report shows the personal stories of people who have experienced the program on the ground and the impact it has had on their lives. In particular, stories are told by EHCP beneficiaries, a parent and PTA president, school nurses, and a Fit for School Inc. Project Officer. They were willing to share their experiences on EHCP and discuss the differences they experienced in health status, hygiene behaviour, school performance, attendance rates, and bureaucratic behaviour of DepEd ARMM. These stories demonstrate the potential that strong WASH in Schools can have on school communities.

Change Story // King, 13 years old

Person telling the story: King Fahad Tamano,
13 years old, male, Grade 7

Name of person recording the story: Ivan Sarenas

Location: Molavest, Magsaysay, Parang. Parang
National High School

Date: 03/18/2014

Brief summary: King Fahad was a beneficiary of EHCP at his elementary school, where he learned about the importance of daily handwashing with soap. Now he transferred schools he continues to wash his hands with soap new school and at home.

Interview

Tell me how you became involved with BEAM ARMM and what your current involvement is.

→ I was an EHCP beneficiary at grade school.

From your point of view describe a story that tells of the most significant or important change that has resulted from your participation in BEAM ARMM during the last 12 months.

What happened?

→ As a result of daily handwashing practices I engaged in at my elementary school I now always use soap during handwashing.

Why do you think this is a significant change?

→ I have always washed my hands even as a little boy but the use of soap was never a practice. Now we always have soap as a standard family supply.

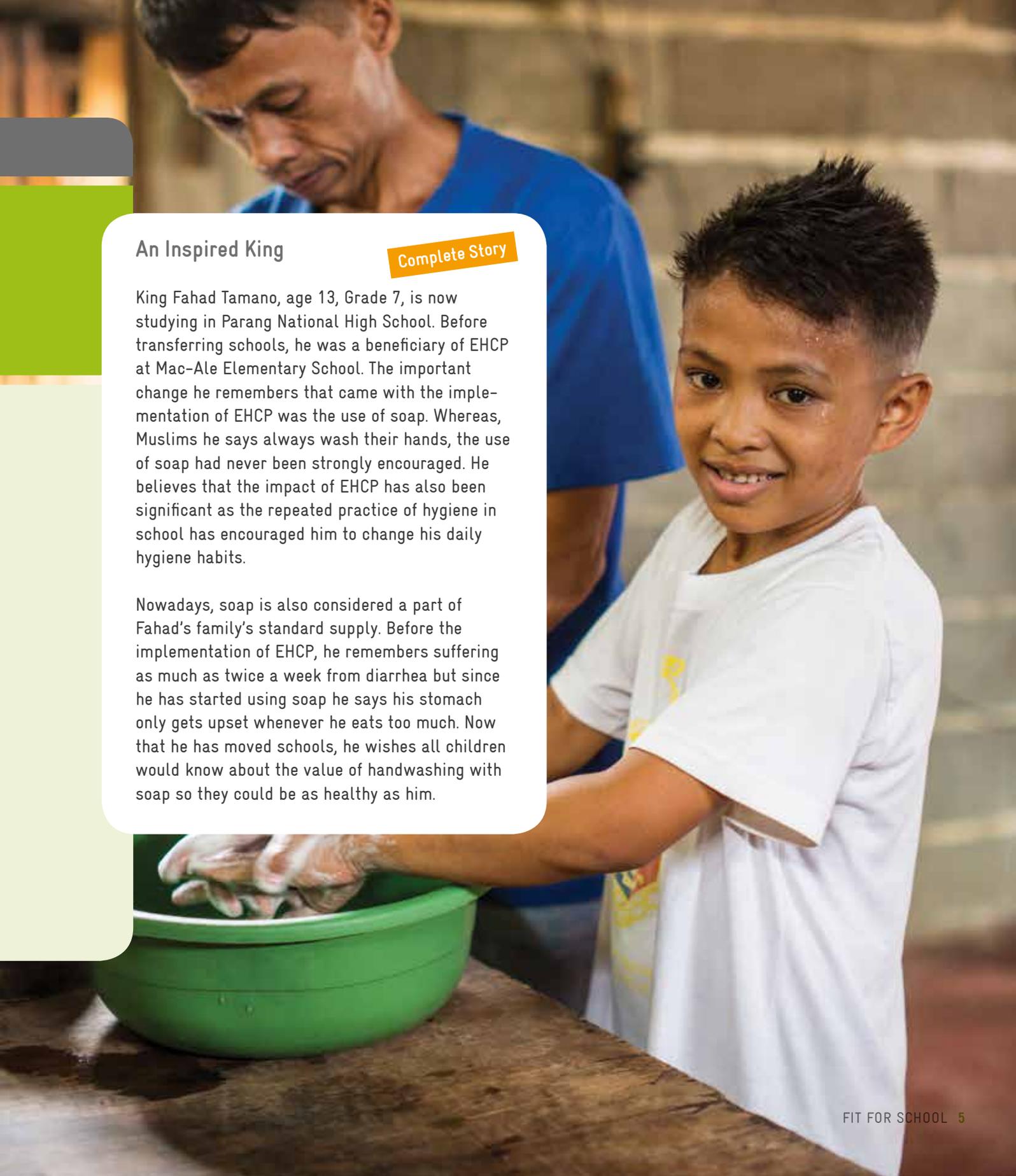
How do you know that this has made a difference?

What evidence do you have e.g., observation, statistics from tests, reports etc.?

→ Twice a week I used to have diarrhoea before the use of soap. Now I only have stomach ache if I eat too much.

What lessons can we learn from BEAM ARMM's interventions and what could be done differently?

→ Now I have moved schools, I wish all the children knew how to wash their hands with soap so they can avoid getting stomach ache.



An Inspired King

Complete Story

King Fahad Tamano, age 13, Grade 7, is now studying in Parang National High School. Before transferring schools, he was a beneficiary of EHCP at Mac-Ale Elementary School. The important change he remembers that came with the implementation of EHCP was the use of soap. Whereas, Muslims he says always wash their hands, the use of soap had never been strongly encouraged. He believes that the impact of EHCP has also been significant as the repeated practice of hygiene in school has encouraged him to change his daily hygiene habits.

Nowadays, soap is also considered a part of Fahad's family's standard supply. Before the implementation of EHCP, he remembers suffering as much as twice a week from diarrhea but since he has started using soap he says his stomach only gets upset whenever he eats too much. Now that he has moved schools, he wishes all children would know about the value of handwashing with soap so they could be as healthy as him.

Change Story // Sittie, 16 years old

Person telling the story: Sittie Salik, 16 years old, female, Grade 6

Name of person recording the story: Ivan Sarenas

Location: Brgy. Linek, Datu Odin Sinsuat. Linek Elementary School

Date: 03/18/2014

Brief summary: Bi-annual school deworming has allowed Sittie to attend school more regularly and gain confidence as her school performance improved. Sittie believes that having worms contributed to her low grades.

Interview

Tell me how you became involved with BEAM ARMM and what your current involvement is.

→ I am a student in a school that implements EHCP.

From your point of view describe a story that tells of the most significant or important change that has resulted from your participation in BEAM ARMM during the last 12 months.

What happened?

→ I have noticed the benefits from participating in deworming practices. Before I often felt nauseous and weak, and because of that I was forced to skip school. Since I take a deworming tablet twice a year I feel healthier and I am happy to go to school. It is my dream to become a teacher one day.

Why do you think this is a significant change?

→ I am able to study better. English is my favourite subject and my scores are better now.

How do you know that this has made a difference?

What evidence do you have e.g., observation, statistics from tests, reports etc.?

→ I feel more confident about my school performances. I can attend classes and I am able to pay attention because I feel healthy.

What lessons can we learn from BEAM ARMM's interventions and what could be done differently?

→ I hope all children can be provided with deworming tablets, so that they are also able to attend classes and do not longer feel sick. If I become a teacher, I will make my pupils aware of the advantages of deworming.



Sittie Gains Her Confidence

Complete Story

Sittie Salik, 16, is a Grade 6 student of Linek Elementary School, one of the schools implementing the Department of Education of the Autonomous Region of Muslim Mindanao (DepEd-ARMM) Essential Health Care Program (EHCP). For Sittie, one important benefit of EHCP has been bi-annual deworming.

Before this intervention she often felt weak and nauseous forcing her to be absent from school, which in turn led to a poor school performance. Although, she links part of this performance to her family's poverty, she believes that other factors including having worms contributed to her low grades. She also suffered from a lack of confidence as she is two years older than most of her classmates.

After being dewormed, however, she feels able to perform better at school. Moreover, she gained self-confidence and now has her sights set on becoming a teacher. Sittie's younger siblings attend a school that does not benefit from EHCP. She knows that her siblings are suffering from worms and would like them to also have access to deworming medication at their school through EHCP.

Change Story // Gandawali, 57 years old

Person telling the story: Gandawali Gorigao, 57 years old, male, parent and president of the Parents and Teachers Association

Name of person recording the story: Ivan Sarenas

Location: Barithes, Barith - Rogan and Poona - Bayabao, LPS

Date: 03/17/2014

Brief summary: Gandawali, a parent and the president of the Parents and Teachers Association, has noticed significant and positive changes in the health and behaviour of the students since the implementation of the Essential Health Care Package (EHCP).

Interview

Tell me how you became involved with BEAM ARMM and what your current involvement is.

→ I am a student in a school that implements EHCP.

From your point of view describe a story that tells of the most significant or important change that has resulted from your participation in BEAM ARMM during the last 12 months.

What happened?

→ I have noticed the benefits from participating in deworming practices. Before I often felt nauseous and weak, and because of that I was forced to skip school. Since I take a deworming tablet twice a year I feel healthier and I am happy to go to school. It is my dream to become a teacher one day.

Why do you think this is a significant change?

→ I am able to study better. English is my favourite subject and my scores are better now.

How do you know that this has made a difference?

What evidence do you have e.g., observation, statistics from tests, reports etc.?

→ I feel more confident about my school performances. I can attend classes and I am able to pay attention because I feel healthy.

What lessons can we learn from BEAM ARMM's interventions and what could be done differently?

→ I hope all children can be provided with deworming tablets, so that they are also able to attend classes and do not longer feel sick. If I become a teacher, I will make my pupils aware of the advantages of deworming.

A man in a white shirt and trousers stands outdoors, smiling. In the background, several children are seated on green plastic chairs, wearing red and white uniforms and red hats. The setting appears to be a school event or assembly.

Gandawali Guides through Initiative

Complete Story

Gandawali Gorigao, 57 years old, is a parent and president of the Parents and Teachers Association of Barith Elementary School. Being a parent-leader, Gandawali participates in all the programs being implemented at the school. This includes Brigada Eskwela, the yearly tradition where parents give their time and labor to help clean and refurbish the school before the start of classes.

During one Brigada Eskwela, Gandawali was involved in the construction of a group handwashing facility, which was installed as part of EHCP. Due to the performance of hygiene practices, Gandawali has noticed several key changes in the children and their behavior. There is less tardiness and the general wellbeing of the children has improved. Moreover, there is more discipline during and outside of class and drop-out rates have been reduced to 20%.

Gandawali would like to highlight that some improvements can still be made to facilitate EHCP. He recommends producing a more user friendly construction manual for group handwashing facilities, e.g. one that includes suggestions on how to build a facility that is not reliant on electricity, as his school and village are not always supplied with power.

Change Story // Laona and Aslia, 45 years old

Person telling the story: Laona U. Almad and Aslia S. Tatao, female, health personnel for DepED-ARMM

Name of person recording the story: Ivan Sarenas

Location: Health and Nutrition Section, Datu Sabek, Marawi City, Lanao del Sur 1B

Date: 03/19/2014

Brief summary: Laona and Aslan, health personnel for the Department of Education ARMM (DepEd - ARMM) have noticed some important changes in their district schools since the start of the Essential Health Care Program (EHCP) implementation in 2011, over 3 years ago. Both women have noticed increased school acceptance of the program and a decreased student drop-out rates.

Interview

Tell me how you became involved with BEAM ARMM and what your current involvement is.
→ Health personnel in charge of EHCP and all other health programs.

From your point of view describe a story that tells of the most significant or important change that has resulted from your participation in BEAM ARMM during the last 12 months. What happened?

→ Laona: Initially, heads of schools were hesitant to implement EHCP but nurses together with the local barangay representative pushed it through. Soon, parents reckoned the positive changes and attendance spiked. The program is now strongly supported.

→ Aslia: EHCP implementation encourages closer cooperation among school staff. It appears enhanced relationships also make it easier to implement other programs.

Why do you think this is a significant change?

→ We have witnessed that, despite initial skepticism, schools and communities started to fully embrace EHCP and model schools function as examples for successful hygiene habit formati

among children. This provides room for scaling up, thereby tackling more disadvantaged children in the region.

How do you know that this has made a difference? What evidence do you have e.g., observation, statistics from tests, reports etc.?

→ Laona: It is reflected in attendance and enrollment rates. Drop-out rates have decreased.

→ Aslia: We notice that non EHCP schools want to include aspects of the policy and apply similar measures in their school context.

So far, four other schools have taken the initiative to build their own facilities and carry out their own implementation.

What lessons can we learn from BEAM ARMM's interventions and what could be done differently?

→ Laona: Deworming is a challenge because in most families, all have worms so parents also need to be dewormed. Nail cutters should be hung. Some nurses are made to donate soap as some supplies are limited.

→ Aslia: Moreover, some implementations are not really effectively implemented despite the presence of a facility because there is no water or they are prone to theft.



Heroes for Health

Complete Story

Laona Almad and Aslia Tatao, both 45 years old, work for DepEd-ARMM's Health and Nutrition Unit in Marawi City. They have been directly involved in implementing EHCP in their district schools since 2011.

Both women have noticed a significant change in the attitude of school heads towards the program. Whereas the program was met with some hesitation in the beginning, over the years school heads' support has grown substantially. They have even received requests for EHCP implementation from non EHCP implementing school heads. Furthermore, Aslia has visited non-EHCP implementing schools that are attempting to duplicate the program and have secured the necessary supplies, such as soap, toothpaste and toothbrushes, from their local government and communities.

As a result of EHCP other school programs have been easier to implement too thanks to closer cooperation among school staff. One recommendation that Laona and Aslia have with regard to EHCP improvement in the future would be to include parents in the biannual deworming. They describe that often the student who is benefitting from the deworming program has family that are also suffering from worm infections, causing repeated worm infections.

Change Story // Norguiana, 38 years old

Person telling the story: Norguiana Mohamad, 38 years old, female, Fit for School Project officer
Name of person recording the story: Ivan Sarenas
Location: Givfrell Building, Governor Gutierrez Street, Cotabato City
Date: 03/19/2014

Brief summary: Norguiana works as a project officer for Fit for School Inc (FIT Inc.), an NGO that has played a key role in assisting the Department of Education of ARMM (DepEd-ARMM) to implement and scale up the Essential Health Care Package (EHCP). In her years as Project Officer, Norguiana has noticed some key changes in DepEd-ARMM's staff's awareness and acceptance for a now widely accepted program.

Interview

Tell me how you became involved with BEAM ARMM and what your current involvement is.

→ I am the Fit for School project officer for Maguindanao.

From your point of view describe a story that tells of the most significant or important change that has resulted from your participation in BEAM ARMM during the last 12 months.

What happened?

→ Since the implementation of the EHCP program, I have especially recognized a positive change in the bureaucratic behavior of DepEd ARMM. Communication with them has enhanced because they no longer require various allowances and remunerations to attend meetings. Now they simply work for the activity, while they see how much impact the program has. A change in the attitude of nurses is also visible since they acknowledge the importance of EHCP intervention.

Why do you think this is a significant change?

→ The Schools Division Superintendent has

stressed that all schools in Maguindanao II now embrace the EHCP program and are implementing it.

How do you know that this has made a difference? What evidence do you have e.g., observation, statistics from tests, reports etc.?

→ From my observations I can state that there is a clear difference in participation of stakeholders since they recognize the importance of EHCP. It is easier to cooperate and arrange meetings with government and school officials and nurses visit schools on a regular basis and do not wait for special activities.

What lessons can we learn from BEAM ARMM's interventions and what could be done differently?

→ The most important lesson we can learn from EHCP implementation in BEAM ARMM is the change in bureaucratic behavior it generated, which is reflected in good awareness and acceptance by all parties involved of the importance of EHCP implementation. However, I feel that the relationship between FFS, DepEd ARMM and the municipal and provincial government can still deepen in order to strengthen the synergy of the program.



Norguiana Motivates with Understanding

[Complete Story](#)

Norguiana Mohamad, 38 years old, is a Fit For School Inc (FIT Inc.) project officer, an NGO that assisted DepEd ARMM during the pilot implementation of EHCP. Norguiana was Project Officer in the province of Maguindanao, ARMM. She considers the most significant change since starting the implementation of EHCP to be a change in the bureaucratic behavior of DepEd ARMM, which occurred in part thanks to the work of FIT Inc.

The project officer explains that it has been increasingly easier to cooperate and arrange meetings with government and school officials, who no longer require various allowances and remunerations to attend meetings. Slowly, she explains, the motivation of EHCP stakeholders has increased as they understand the value and impact of the program. This has further resulted in DepEd ARMM school nurses scheduling an increasing number of schools visits, allowing for a better implementation of EHCP. Norguiana explains that there is now a good awareness and acceptance by all parties involved of the importance of EHCP interventions. She highlights, however, that the relationship between FIT Inc, DepEd ARMM and the provincial and municipal governments can still deepen, which in turn would help to strengthen the synergy of program.

Imprint

Published by the

Deutsche Gesellschaft für
Internationale Zusammenarbeit (GIZ) GmbH

Registered offices

Bonn and Eschborn, Germany

Fit for School

7/F PDCP Bank Centre cor. V.A. Rufino and L.P. Leviste Streets
Salcedo Village, Makati City 1227, Philippines
T + 63 2 651 5173-74
www.giz.de

As at

July 2016

Printed by

XXXXXXXXXX

Design and layout

Malzwei, Berlin, Germany and Dang Sering, Manila

Photo Credits

Ivan Sarenas

Text

Ivan Sarenas, Anna Goelnitz, Melf Kuehl, Marie-Claire Lutters

Acknowledgments:

GIZ Fit for School is grateful to the Department of Education
Autonomous Region in Muslim Mindanao, and to the many
people who contributed both content and their knowledge and
insights to the final publication.

Disclaimer:

The publication is distributed free of charge and commercial
reproduction is prohibited. GIZ encourages the distribution in
the school health community; photocopying of the report and
part of it for personal and educational purposes is allowed with
recognition of the source. Requests for reprint and
other inquiries should be directed to GIZ Fit for School, Manila,
Philippines



german
cooperation

DEUTSCHE ZUSAMMENARBEIT

Published by:

giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



www.fitforschool.international