





THEMATIC

APPLICATION

LEARNING

EXCHANGE



MONITORING

MANUALS

WinS

Transforming Schools into Healthy Places

FIT APPROACH

WASH FACILITIES

RESEARCH



Fit for School supports national ministries to monitor school health implementation and progress in their countries. Monitoring does not only provide national data for budget and activity planning, designed right it can also build capacities of those involved and sets incentives to implement improvements.





Fit for School stands for simple school health interventions that can sustainably be taken to scale by the respective education systems.

Learn more about the approach here:

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Fit for School has worked with various ministries of education around the world and collected implementation experiences in diverse contexts. Learn more about how the Fit for School approach and principles were contextualized in specific settings: PAGE 05

IMPLEMENTATION

MANUALS &

VIDEOS



Making Children Fit for School

WASH FACILITIES

Fit for School is focusing on improving school hygiene by promoting effective and affordable solutions. Water, sanitation and hygiene hardware and the operation and maintenance thereof are key components for which Fit for School has developed cost-effective designs and guidance materials. Find out here:

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THEMATIC APPLICATION

Depending on the specific context, different aspects of WASH in Schools and school health are of relevance.

Learn more about how the Fit for School principles can be applied to various thematic areas, like school feeding, menstrual health and hygiene:



& TRAINING

A key strategy of the Fit for School approach is to bring together those that implement it: teachers, school principals, education and health officials on various levels and even internationally to foster horizontal and vertical technical transfer and knowledge exchange. You can find the documentation of these learning exchanges and knowledge management here:

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RESEARCH

PAGE 10

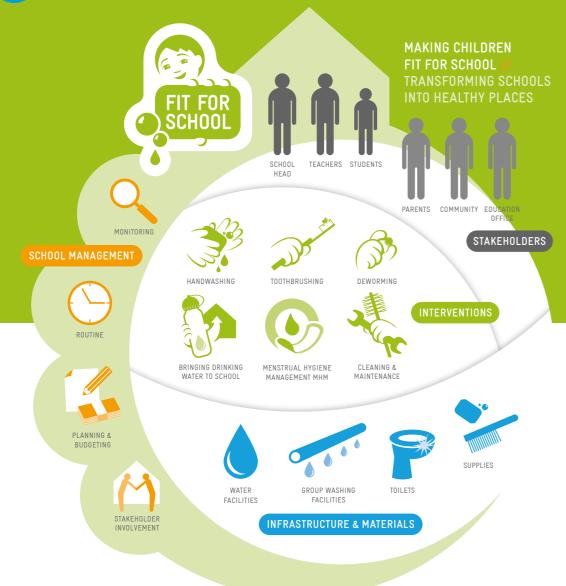
Fit for School focuses on evidence-based health interventions. Rigorous research to validate, verify and strengthen the Fit for School approach has been conducted over the years to compile a body of evidence for the effectiveness and efficiency of the approach. Learn more about our methodology and impact here:

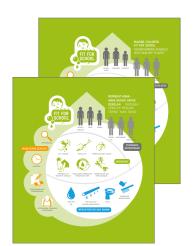
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> Fit Approach





Fit for School Infographic // Making Children Fit for School

> This is the Fit for School infographic that summarized and visualized transforming schools into healthy places.

FORMAT: Infographic, JPG, 1 page, 2018, available in English and Bahasa Indonesia SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)

LINKS: English - https://bit.ly/3DHKf8i
Bahasa Indonesia - https://bit.ly/3vWQlA1



> Implementation Manuals & Videos





School Community Manual // Primary Schools

> This School Community Manual outlines the practical steps for school heads, teachers, parents and community members on how to support and engage in activities based on the Fit for School Approach. It details the characteristics of a supportive school environment and describes the implementation of practical interventions. In addition, the manual provides guidance on cleaning, operation and maintenance, as well as regular and structured monitoring. Finally, roles and responsibilities of the different stakeholders are clarified.

FORMAT: Manual, PDF, 76 pages, 2017, available in English and Bahasa Indonesia
SOURCE: UKS teams West Java Province, Bandung City and Indramayu District in collaboration
with Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), Unicef

LINK: https://bit.ly/3pxNH1v



Fit Basic Orientation Videos for Public Primary Schools

> This Video addresses the role of the school principal, school committee, teachers, parents and local authorities in implementing the Fit for School Programme in schools in Indonesia.

FORMAT: Video, 17 Min, 2017, English and Bahasa Indonesia

SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)

LINK: https://bit.ly/3c4eSbR





Fit for School Programme Summary

> This video provides a summary of the Fit for School Programme in the Indonesian context.

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FORMAT: Video, 5 Min, 2015, English and Bahasa Indonesia

SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)

LINK: https://bit.ly/3g8WEYr



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> WASH Facilities







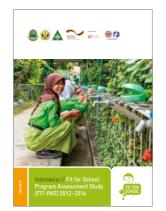
Scaling up Group Handwashing in Schools // Compendium of Group Washing Facilities Across the Globe

> The "Compendium of Group Washing Facilities around the Globe" (UNICEF-BMZ-GIZ) comprises such examples from Afghanistan, Cambodia, Fiji, India, Indonesia, Kiribati, Lao PDR, Liberia, Mali, Nigeria, Philippines, Tanzania and Zambia. This publication is a collection of exemplary designs for group washing facilities. It is intended as an introduction to the topic and the concept of group handwashing, as well as the principles and the basic requirements for facilities.

FORMAT: Compendium, PDF, 88 pages, 2016, English

SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), UNICEF,

Fit for School International LINK: https://bit.ly/3B2FDsh



Fit for School Programme Assessment Study (FIT-PAS) // Long Report 2012-2014

> To assess the effect of Fit for School interventions, a comprehensive FIT Program
Assessment Study was conducted between 2012–2014 with three major components:
a WASH survey, which assessed the status of water, sanitation and hygiene resources in schools, a behavior study in Cambodia, which investigated independent handwashing practices and social norms of primary school children, and a Health Outcome Study.

FORMAT: Long report, PDF, 32 pages, 2016, English

SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)

LINK: https://bit.ly/3E6c0HL



GITTALE GRAND GRAN

WASHaLOT 3.0 // User's Guide for Group Washing Facility

> This User's Guide features the installation, operation and maintenance of the WASHaLOT 3.0 prefabricated group handwashing facility, including how parents and community members can play a role in keeping it clean and functional.

FORMAT: User's Guide, PDF, 4 pages, 2020, available in English and Bahasa Indonesia SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ),

Hygiene & Behaviour Change Coalition, UK Aid, Unilever LINK: https://bit.ly/3pTzXwM





Fit for School Programme Assessment Study (FIT-PAS) // Short Report 2012-2014

> A short report on the Fit for School Program Assessment Study from 2012 to 2014 done in Cambodia, Indonesia, Lao PDR and the Health Outcome Study in the Philippines (2009 – 2011).

FORMAT: Short report, PDF, 4 pages, 2016, English

SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)

LINK: https://bit.ly/3vBhbMC



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> Learning Exchange & Training





Nutritional Status, Dental Caries and Tooth Eruption in Children

> Untreated dental caries is reported to affect children's nutritional status and growth, yet evidence on this relationship is conflicting. The aim of this study was to assess the association between dental caries in both the primary and permanent dentition and nutritional status (including underweight, normal weight, overweight and stunting) in children from Cambodia, Indonesia and Lao PDR over a period of 2 years. A second objective was to assess whether nutritional status affects the eruption of permanent teeth.

FORMAT: Research article, PDF, 11 pages, 2013, English SOURCE: Dimaisip-Nabuab, J., Duijster, D., Benzian, H. et al. BMC Pediatr 18, 300 (2018). https://doi.org/10.1186/s12887-018-1277-6 https://bit.ly/3bhAnXq

Fit for school // A School-based Water, Sanitation and Hygiene Programme to Improve Child Health

> Over the initial two-year implementation, FIT led to improved access to handwashing facilities with water and soap and stimulated healthy hygiene practices such as individual handwashing with soap at critical times. Further, FIT supported the implementation of the national deworming programme in each of the countries. Most importantly, FIT was seen to reduce development of new dental caries by 24%.

FORMAT: Research article, PDF, 15 pages, 2017, English

SOURCE: Duijster, D., Monse, B., Dimaisip-Nabuab, J. et al. BMC Public Health 17, 302 (2017). https://doi.org/10.1186/s12889-017-4203-1

http://bit.ly/3rj00La





Analysis of the Interface between UKS and SBM

> In 2016, SEAMEO INNOTECH and GIZ, in coordination with the UKS coordinating team of the City of Bandung, jointly conducted a study to describe and analyze the structures, processes, roles and responsibilities involved at the interface between the UKS programme and School-Based Management. Group interviews were conducted with UKS teams at city, subdistrict, and school levels, supported by a review of the UKS Joint Agreement and the UKS Guidelines of the Ministry of Education and Culture The study was conducted to inform strategies for sustainably scaling up the Fit for School Programme in Bandung as a model for West Java and other parts of Indonesia.

FORMAT: Short Report, PDF, 6 pages, 2017, English

SOURCE: Ministries of Education and Culture Indonesia, UKS programme, supported by Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), Seameo Innotech

https://bit.ly/3t0AVHe





5th WASH in Schools International Learning Exchange in Indonesia

Outcome Document

> This outcome document provides a summary of the most relevant observations, learnings and recommendations, including the commitments and action plans of the 5th WinS ILE in Jakarta (14-18 November 2016). The document represents the consensus among all participants on key areas of action to strengthen national systems and capacity for WinS and recognizes the positive spirit and forward-looking motivation of delegates, who expressed their commitment to use this document as guidance in future work towards universal access to WinS.

FORMAT: Report, PDF, 4 pages, 2017, English

SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) as part of the WASH in Schools Network

LINK: https://bit.ly/3m3rXbj

> This report captures the key event proceedings including presentations, discussions, field visit and group work interactions and summarise key learnings and conclusions during the 5th WinS ILE in Jakarta (14-18 November 2016).

FORMAT: Report, PDF, 56 pages, 2016, English

SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) as part

of the WASH in Schools Network https://bit.ly/3Rh8zV3



WASH in Schools Virtual Mini-International Learning Exchange

> The COVID-19 pandemic has impacted our daily lives worldwide. Children suffer especially under the outbreak, as it is estimated that, globally, over one billion school children are staying home (as at June 2020) with a high number of children not continuing their education online. This report summarizes the presentations and discussions of technical sessions and country consultations on innovative solutions available for reopening of schools in light of the COVID-19 pandemic during the Mini-ILE held online on 25th of June 2020.

FORMAT: Report, PDF, 16 pages, 2020, English

SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)

as part of the WASH in Schools Network

https://bit.ly/3JJoDMU

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> Thematic Application





COVID-19 Infection Prevention and Control in Schools

> This is a compilation of management support tools and IEC materials which aims to streamline global recommendations, national policies, and the Ministry of Education's implementing guidelines on COVID-19 infection prevention and control in schools into clear actionable formats for integration into daily operations of school-level implementers. This includes the Checklists (for school entrance, classrooms, and toilets), Cleaning & Disinfecting Procedures, and IEC Materials for Learners on key messages on COVID-19 infection prevention & control measures.

FORMAT: Poster, checklist, sticker, work sheet, PDF, 1 page each, 2021-2022, available in English and Bahasa Indonesia

SOURCE: Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)

LINK: https://bit.ly/3PiQW5P







