



SUDAN INTERNATIONAL UNIVERISTY

**SCHOOL HEALTH UNESCO CHAIR
STRATEGIC PLAN**

2018/19 – 2023/24

UNESCO

United Nations Educational, Scientific and Cultural organization

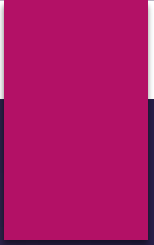
- ▶ The United Nations Educational, Scientific and Cultural Organization (UNESCO) and the Government of Sudan agreed on the establishment of UNESCO Sudan as of December 2006.
- ▶ UNESCO addresses sharing vision programs for Sudan as a road map for achieving the prosperity of Sudanese people hopes, and to assist Sudan in post-conflict and disaster situations, concentrating its efforts to help avoid the recurrence of conflicts by addressing their root causes and to insure recovery and development to prepare the new generation for the challenges of the 21st century.
- ▶ UNESCO Sudan initiative will perform three major roles:
 - Assist Sudan Government to achieve national strategic goals.
 - Provide special focus on related aspects that poses particular problems.
 - Strengthen partnerships among stakeholders.

SCHOOL HEALTH PROGRAM

1. Background and overview

Introduction

- ▶ A health promoting school will provide skills-based health education with a focus on promoting well-being, preventing health problems, promoting activities appropriate to children's intellectual and emotional abilities and helping children to make healthy choices and adopt healthy behaviors throughout their lives.
- ▶ A health promoting school will strive to provide a safe and protective environment, psychosocial care and support, and opportunities for physical education and recreation; as well as engaging with health and education officials, teachers, parents and community leaders in efforts to promote health with families and communities involved in the school with a special focus on a school/community plan on school health.

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- A health promoting school is one where girls and boys learn in a quality learning environment, ensuring that there are sufficient water and adequate sanitation facilities for both girls and boys, without losing sight of children with disabilities.
 - School health improves health knowledge, attitudes and skills, health behaviors and health outcomes, and improves educational and social outcomes. The well-being of the learners is essential to quality education. For children to develop their full potential through full participation in educational activities and acquire knowledge and skills to become productive citizens who will lead their country to wealth and prosperity, it is important to ensure that all children enjoy a healthy, safe and protected childhood.



The CDC's eight components of coordinated school health programs (CSHP)

1. Health education.
2. Physical education.
3. Health services.
4. Nutrition services.
5. Counselling, physiological and social services.
6. Healthy and safe school environment.
7. Health promotion for staff.
8. Family/community involvement.

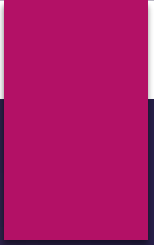


Improved health for children implies safer and healthier lives for a better world. The school environment is one of the key settings for promoting children's environmental health and safety.

This UNESCO Chair school health strategic plan aims at improving the health of all children in school as well as identifying and mainstreaming key health interventions for improved school health and education. The strategy comprises four thematic areas:

1. Health promotion and disease prevention and control.
2. Environmental health.
3. School nutrition.
4. Physical education.



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- The strategy outlines critical issues on health and education linkages that are important towards the improvement of children's health while in school.
 - The school environment must create an enabling atmosphere for social, cultural and emotional wellbeing that promotes a health child-friendly school.
 - This five-year strategic plan will ensure that positive changes in school environment are supported, reinforced and sustained through skills based health education and school health services.
 - It is envisioned that effective and efficient healthy school environment shall ensure access, retention, quality and equity in education.

Purpose of the School Health Strategic plan Sudan International University UNESCO Chair

- The purpose of the school health strategic plan is to provide a detailed roadmap and framework for the effective implementation of the school health policy. The strategic plan seeks to ensure implementation of quality integrated services for all children at school, calling for inter-sectoral coordination of the education, health, nutrition, sanitation, and child protection sectors.
- This strategic plan develops an implementation framework, which includes institutional arrangements required to manage and guide this approach.

2. Analysis

Key challenges

- The major barriers to learning for children in Sudan are poor health, poverty, environmental factors such as inadequate water and sanitation facilities, inadequate school infrastructure, communicable and non-communicable diseases and gender based violence.
- These factors impact on attendance at schools and on learner's ability to concentrate on school lessons, leading to a high drop-out and repetition rate.

Analysis of strengths, weakness, opportunity and threats

| STRENGTHS | WEAKNESSES |
|--|--|
| <ul style="list-style-type: none"> -Political will to strengthen School Health policy. -Community willingness to participate. -Policy calls for children with disabilities to attend inclusive primary schools. -Strong commitment to family planning. -General concern exists regarding children with developmental delays, malnutrition and disabilities. | <ul style="list-style-type: none"> -Lack of intergenerational dialogue between parents, teachers and children. -Primary schools generally lack health care or referral services. -Inadequate parent to child education. -Poor attention to personal, home and school hygiene, water and waste Management. -Insufficient water provision in communities and homes. |
| OPPORTUNITIES | THREATS |
| <ul style="list-style-type: none"> -Increasing interest in investing in School Health on the part of international donor partners. | <ul style="list-style-type: none"> -Global financial recession may limit funds for social development. -Cultural barriers |

3. Strategic framework

Vision

“All Sudanese school children shall achieve their full development potential, by studying in a healthy environment in child-friendly schools, free from disease, prejudice and violence”.

Objectives of UNESCO Chair

a. General objective:

To create a healthy, safer and hygienic environment for the school community, so as to ensure effective teaching and learning

b. Specific objectives

1.To provide preventive and curative services that address needs of school children.

2.To ensure provision of safe water and adequate sanitation facilities in schools.

3.To improve and enhance knowledge of students and teachers about School Health, including prevention of diseases, management of disabilities and special learning needs, hygiene, nutrition, physical education and mental health.

4.To ensure that children and young people are equipped with the information, knowledge, skills and values to make responsible choices and to achieve their full potential.

Strategies for achieving objectives

1. School Health Advocacy.
2. Capacity building to achieve effectiveness and social impact.
3. Research on school health issues.
4. Integration of school health into education curricula.
5. Coordination and collaboration among stakeholders.
6. Monitoring, evaluation and learning.
7. Life skills development and transfer.
8. Parents and community involvement/engagement, and ownership.

Priority setting, outputs and key strategies

➤ **Health promotion, disease prevention and control.**

Output: All school children and youth are reached by comprehensive health promotion and diseases prevention and control programs.

Key strategies:

1. Enabling policy and financial framework for School Health.
2. Prevention and early detection of diseases and chronic health conditions. Including Oral diseases.
3. Early identification and management of disabilities and special learning needs.
4. First aid kit at schools.
5. Capacity building of teachers and students on School Health.
6. Improvement of Monitoring & Evaluation system on School Health.

Promotion of environmental health in schools

- Output: all school children and youth have access to improved hygienic and healthy environments in schools.
- Key strategies:
 1. Provision of safe water to the children and staff in the schools.
 2. Provision of gender-sensitive sanitation facilities in schools.
 3. Promotion of hygiene, including menstrual hygiene management.
 4. Operationalization of solid waste management systems in schools.
 5. Promotion of environment protection.

School Nutrition

- Output: All school children and youth reached by a comprehensive nutrition program.
- key strategies:
 1. Grown school feeding program at schools.
 2. Continuation of other school feeding interventions.
 3. Supplementation of micronutrients.
 4. Promotion of nutrition education.

Physical Education

- ▶ Output: All school community members reached by comprehensive physical education and sports programs

- ▶ Key strategies:
 1. Strengthening of physical education and sports curriculum in schools.
 2. Promotion of sport activities to raise awareness.
 3. Provision and management of physical education and sports facilities and equipment.

Mental health and related needs

- ▶ Output: All school children and youth with mental health issues receive adequate counseling at schools.
- ▶ Key strategies:
 1. Provision of basic psychosocial counseling;
 2. Strengthening integrated referral system for mental health;
 3. Prevention and control of alcohol, tobacco and other drug abuses