

SCHOOL HEALTH PROGRAMME

Percentage of children between the age of five to fifteen form a very important group of school going children contributing to 20% of the total population. This is a closed group and accessible for about 252 days every year. During this time a tremendous opportunity exists to cultivate healthy habits among school children through a school health programme. School health service is a personal health service and if properly planned and implemented can do enormous changes in the health of children, teachers and the family to which they belong. Unfortunately, in many places, school health examinations often are with no follow-up or minimal follow-up.

Salient features of School Health Programme of Sri Sai Mandali, Malleshwaram and Community Medicine, M.S.Ramaiah Medical College collaboration:

1. Entry point is through workshop for teachers where capacity building of teachers is undertaken clarifying any doubts they may have regarding health issues of children and their role as school health programme co-ordinators of their school. This exercise is undertaken involving teachers and doctors of M.S.Ramaiah Medical College and M.S.Ramaiah Dental College.
2. Health examination is undertaken involving teachers and doctors of M.S.Ramaiah Medical College and M.S.Ramaiah Dental College.
3. The list of children with health problems needing intervention will be made available to respective school teachers. Referral services, if needed will be offered at M.S.Ramaiah Medical college and M.S.Ramaiah Dental college will be at subsidized cost.
4. During school health examination all attempts will be made for educating the children on school safety, common illnesses and their preventive measures, environmental sanitation of the school and personal hygiene and first aid.
5. It is envisaged that healthy habits are cultivated among school children and the healthy behavior has a cascading effect from child to child, child to family and child to community.
6. Role of teachers
 - a. The teachers who are programme co-ordinators are “Change agents in the school”. They are suggested to share experiences of this workshop with all the teachers of the school.
 - b. All teachers develop the practice of daily morning inspection of children while taking attendance or during prayer, identify children with sickness and counsel.

- c. All teachers counsel the students on correct methods of sitting, standing and posture during reading and writing of the students.
- d. All teachers support the students to maintain proper personal hygiene, food hygiene among students.
- e. All teachers record height, weight, name, address and other details before the conduct of health examination. During health examination of children of their class, teachers are encouraged to bring to the notice of the doctors any deviations of physical health or behaviour among the children of their class to the notice of the doctors for counseling.
- f. Class teacher of each class is suggested to keep the health records of children of the respective class and maintain follow-up measures taken.
- g. Teachers are suggested to talk to the parents of children needing referral support/counseling for deviant behaviour.
- h. Teachers are suggested to notice any disabilities of children (learning disabilities, refractive error, hearing impairment, speech problem, locomotor problems, cerebral palsy, mental retardation and provide counseling and referral services to support the children). All attempts are made by teachers for creating an inclusive environment for children with disabilities/children who are slow learners.
- i. All teachers are suggested to undergo training in school health and first aid and maintain a first aid kit in their class. They are suggested to replenish their kit when ever required without delay.