

A group of school children, mostly girls in blue uniforms, are waving their hands. A girl in a green shirt is also waving. They are standing in front of a mural on a wall. The mural features a large white star on a red background, a black crescent moon, and a green arch. In the background, a playground with a basketball hoop and a building are visible.

# School health (2)

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# School health education

- ▶ It is a teaching process that provides students, their families and personnel with basic health knowledge, which is interpreted into sound health behavior.



Schools Health, Education  
& Awareness programme

# Factors contributing to successful health education at schools

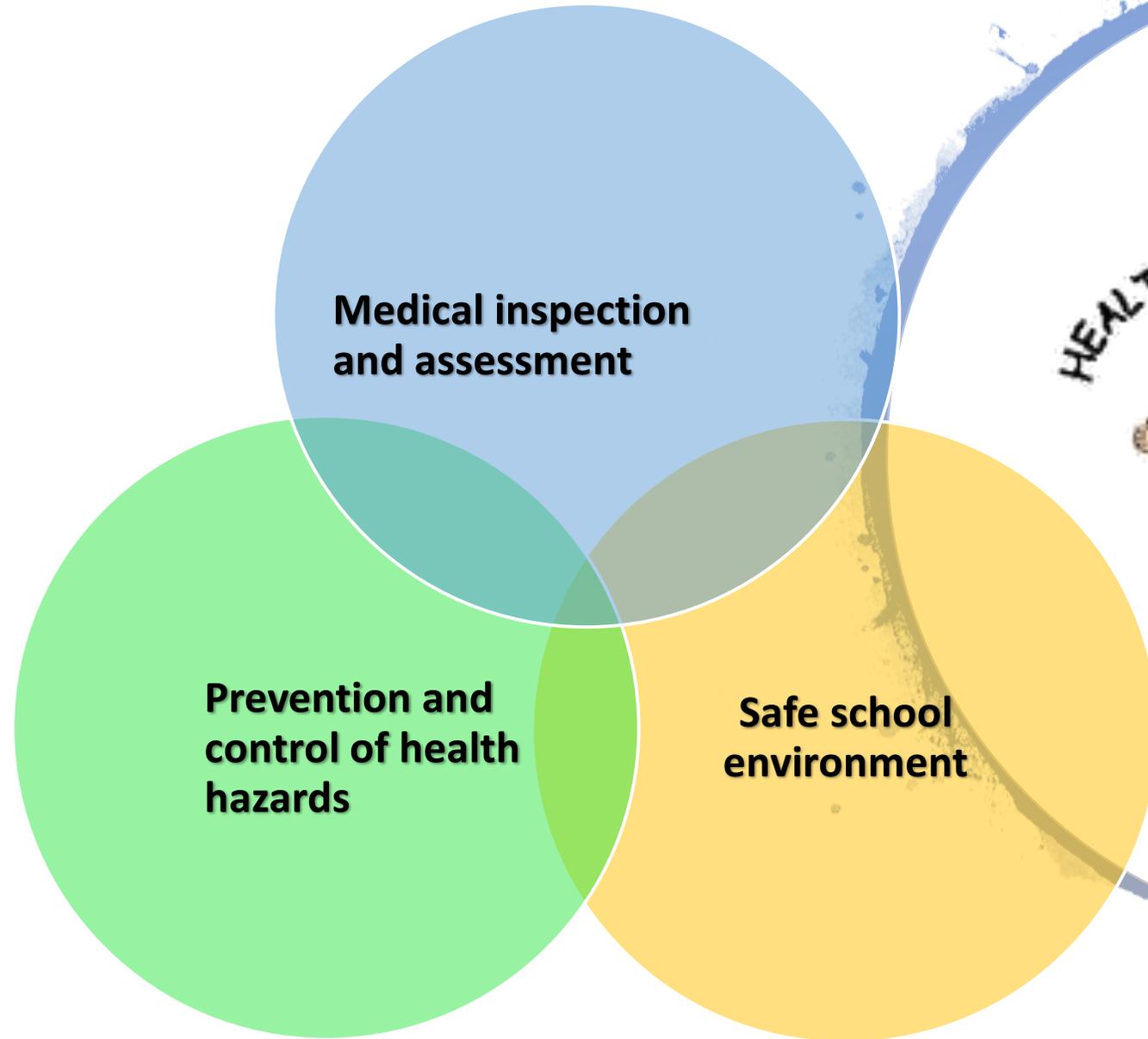
1. Good habits could be acquired by *repetition*.
2. All facilities that required for health education are available at school. **These include:**
  - **School personnel** (teachers, school physician, health visitor, and social and psychological workers),
  - **Physical facilities,**
  - **School curricula.**

# Methods of school health education:

- 1. Formal/Direct health education:** health is taught as a separate discipline planned in specific periods in the timetable with formal curricula e.g. nutrition, communicable diseases and pollution..
- 2. Correlated health education :** health is taught as part of other disciplines, i.e., science, or physical education
- 3. Incidental health education:** opportunities for incidental health education arise naturally in the course of the school day.
  - **Simple incidents** in school can have meaning in health terms (e.g. medical examination).
  - Also, daily newspaper, radio and television reports frequently have health topics of interest to the pupils



# Components of School Health programme



# Safe school environment

**Includes:**

**1. Physical environment.**

**2. Psychosocial and emotional environment.**

**3. Academic Support.**

# Healthy School environment:

## 1. A Healthy Physical Environment

- The physical environment must be safe, and welcoming, and must support learning.
- A clean and safe physical environment helps to prevent injuries, diseases and facilitates desired- health behavior.

### This includes:

1. Safe and sanitary school facilities
2. Building and classrooms
3. Meal service
4. Play facilities

# Healthy School environment

## 1. Safe and sanitary school facilities:

### A. Site and Area of school should be:

- Away from noise and pollution
- Easily reached by pupils from the entire area it serves and of adequate size.
- At least 20 meters away from main streets.

### B. Safe water supply should be accessible.

In Jordanian public schools, water is delivered through public water networks or by water tankers.

Standard in Jordan: One tap/50 student and One drinking fountain/50 student

### C. Safe and sanitary disposal of waste (water and solid waste)

68% of the schools in Jordan are not connected to public waste water networks, they have septic storage tanks.

Standard in Jordan: One toilet/ 50 student

# Healthy School environment

## 2. Building and classrooms:

### A. Regulations of healthy school building and classrooms

- **Jordan's standard for Classroom area:** not less than  $16\text{m}^2$
- **Classrooms should be rectangular in shape with space area of  $0.8\text{-}1.3\text{ m}^2$  per child.** Less than  $0.8\text{ m}^2$  is considered to be severely crowded.
- **Distance between wall and last seat: not more than 6m**

**B. Fire protection:** building constructed of fire-resistant material, fire extinguishers, fire alarms, exits and fire escapes, all should be available.



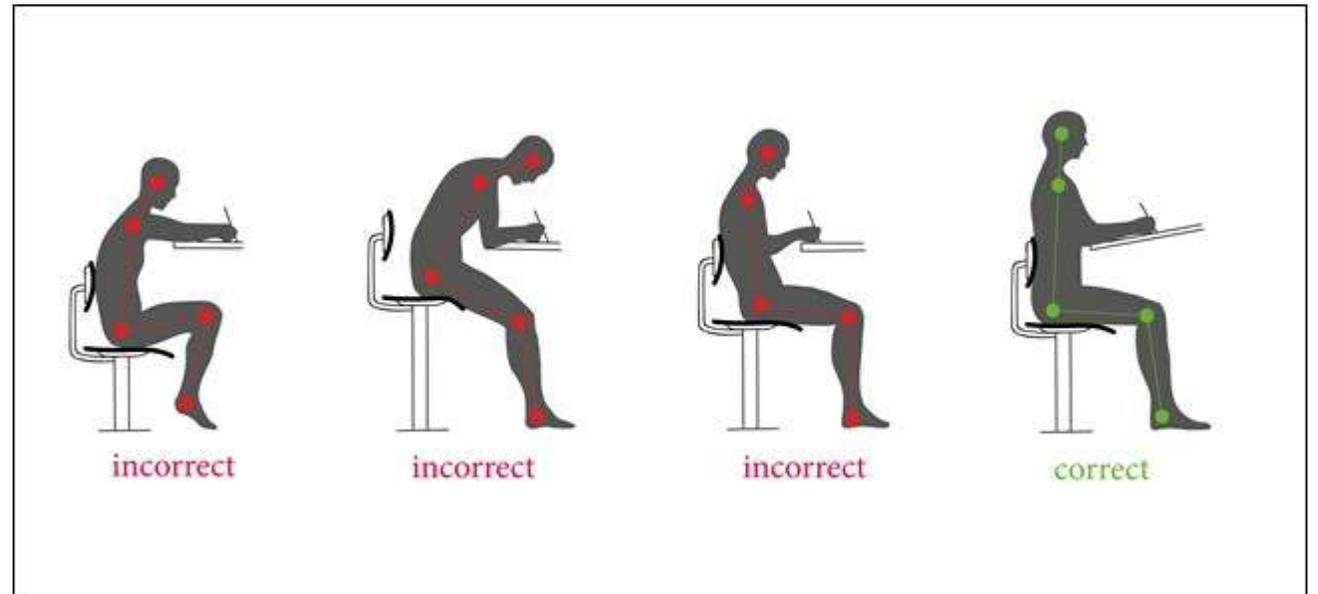
## c. Classroom furniture

- The blackboard should be at the centre of the wall Infront of students.
- The distance between it and the first row of desks should not be less than 1.5 meters.
- The height of the seat of the desk should be suitable with the length of the student's legs, the feet should touch the ground easily.
- The height of the desk should be suitable for reading and writing



# Hazards of improper furniture:

1. discomfort, reflected on attention
2. Backbone deformities



# D. Ventilation and lighting

- **Ventilation:**

Adequate ventilation can be provided by suitable window area of at least fifth (20%) of the floor area.

The windows should be dispersed on opposite sites to allow for cross ventilation.

Hazards of ill-ventilated classes:

- Favours spread of droplet infections
- Manifestations of ill ventilations such as discomfort, fatigue, and sleepiness

- **Lighting:**

**Natural:** achieved by adequate window area

**Artificial:** produced by electrical mean

Hazards of defective lighting:

- Visual strain, eye fatigue and conjunctivitis.

# Healthy School environment

## 3. Meal service:

- ▶ School meal facilities should conform to health standards.
- ▶ Selling of carbonated beverages, gum, and candy should be prohibited.
- ▶ All milk should be pasteurized.
- ▶ All **food handlers** should be instructed in sanitary food handling and personal health practices.
- ▶ Lunchroom (if available) should be clean, well lighted, well ventilated, and attractive.

# Healthy School environment

## 4. Play facilities:

- playground is defined as enough outdoor space to offer children fresh air, space to meet friends, space to exercise and where it is paved by asphalt.
- **Jordan's standard area in playground :  $2m^2$  / student**
- 45% of the schools have no playground in Jordan's public schools. The unavailability of a playground has two different causes; lack of space and lack of pavement.
- Sports equipment available in 77% of the schools and the most common item is **sports balls**.



# Healthy School environment

## 2. Psychosocial and emotional

- ▶ The school must encourage and support positive communication and interaction among students, teachers, and the wider community.
- ▶ Students must feel emotionally supported to encourage high self-esteem and a sense of belonging.
- ▶ The psychosocial environment can help students grow into active contributing members of society if they are treated with respect and encouraged to participate

## This includes:

- Positive student and teacher relationships,
- Inclusiveness and Equity
- Violence prevention in schools (protected from harm (bullying) and from cruel or humiliating punishments)
- *(In Jordan 46.6% of students get in a physical fight one or more times in a year and 46.4% of students were bullied on one or more days in a month)*
- Disciplinary interventions that promote student socio-emotional development,
- Maintaining reasonable workloads,
- Helping students see the value and purpose of learning beyond the classroom context and grades.



# Healthy School environment

## 3. The academic environment

- Must be conducive to learning and achievement for all students
- Includes:
  - Starting the year with high expectations,
  - Encouraging student involvement,
  - Making the classroom visually appealing,
  - Parents' involvement,
  - Using effective praise and effective feedback.

# School-aged health in Jordan

- Jordan joined UNICEF's "Child Survival Revolution" IN 1980. Since then, the Ministry of Health has made **the vaccination card a requirement for entry into the school system.**



# ملحق (1): نموذج إحصائي شهري/سنوي للكشف الطبي الدوري الشامل للمدارس الحكومية / صحة عامة.

المملكة الأردنية الهاشمية  
وزارة الصحة / مديرية الصحة المدرسية  
وزارة التربية والتعليم / قسم التقنية والصحة المدرسية

نموذج إحصائي شهري / سنوي  
للكشف الطبي الدوري الشامل  
للمدارس الحكومية / صحة عامة

مديرية الصحة :  
المركز الصحي :  
الشهر :  
عام :  
عدد الطلبة المقرر فحصهم خلال العام الدراسي ( )  
عدد الطلبة الفحوصين خلال شهر :  
النسبة المئوية :

بيانات المركز الصحي / المديرية  
عدد المدارس التابعة للمركز الصحي / المديرية

الجنس	المجموع	مختلط	إناث	ذكور
الجنس				
ذكور				
إناث				
المجموع				

عدد الزيارات التي تمت للمدارس خلال الشهر / العام الدراسي ( )

نتائج الكشف على الطلبة

مجموع عدد الطلبة الفحوصين خلال الشهر / العام الدراسي	عدد الطلبة الأصحاء	%	عدد الطلبة المعالجين في المدرسة	%	عدد الطلبة المحولين	%	اعطي وصفة وتم تحويله	%

التطعيمات الوثائية

نوع التطعيم والجنس	الجرعات	استكمال الجرعات الأولية	مدعمة أول	مدعمة ثانية	مدعمة ثالثة	المجموع	المجموع الكلي	عدد الفحوصات المخبرية	نوع الفحص	الفحوصات المخبرية	
										الذكور	الإناث
ثنائي كبار									قوة الدم		
شلال									بول		
المجموع									براز		
									فحوصات أخرى		
									المجموع		

الثلاثي الفيروسي - MMR

الجنس	جرعة أولى	جرعة ثانية	المجموع
الذكور			
الإناث			
المجموع			

صحة البيئة المدرسية

عدد المدارس التي تم إجراء الكشف البيئي لها	عدد المدارس التي بها سلبيات بيئية	%	أعداد العينات المأخوذة لفحوصات الكلورين	المجموع
			يوجد	
			لا يوجد	

التثقيف الصحي بحسب الأنشطة المنفذة :

المحاضرات	النشرات الصحية	المصصقات	عدد المحاضرات	عدد النشرات	عدد المصصقات	عدد الاجتماعات مع اللجان الصحية بالمدارس

إحصاءات الأمراض السارية

المرض	العدد	المرض	العدد	المرض	العدد
عدد الأمراض السارية المكتشفة بين طلبة المدارس (لجميع الصفوف)					
( بحسب قائمة الأمراض السارية الواجب التبليغ عنها )					

( \* ) مجموع عدد الطلبة الفحوصين خلال الشهر / العام الدراسي مقسوم على العدد الإجمالي لطلبة الصفوف أول، رابع، سابع، عاشر والمقرر فحصهم  
( \*\* ) زيارة لغايات الفحص أو التطعيم أو الكشف البيئي أو لإلقاء محاضرة  
( \*\*\* ) النسبة المئوية بحسب النسبة على عدد الطلبة الفحوصين  
( \*\*\*\* ) بحسب من عدد المدارس التي بها سلبيات بيئية مقسوم على عدد المدارس التي تم إجراء الكشف البيئي لها

# The Healthy Schools National Accreditation project

- ***The Healthy Schools National Accreditation*** project has been implemented in Jordan since the year 2008.
- It is a collaborative work bringing together the Ministry of Health (MOH) and Ministry of Education (MOE) → aim to promote healthy environments within Jordanian Schools.
- The project assesses schools against certain standards and determine whether or not an educational institution can gain the “Healthy School” accreditation.



# The Healthy Schools National Accreditation project

## Queen honours schools for promoting health-conscious practices

By JT - Feb 21,2017 - Last updated at Feb 21,2017

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AMMAN — Her Majesty Queen Rania on Tuesday honoured 67 schools as recipients of the Healthy Schools National Accreditation for the academic year 2015-2016.

Under the patronage of Her Majesty, the Royal Health Awareness Society (RHAS) held an interactive two-day workshop at Al Bayader Secondary Vocational School for Girls to publically recognise the past academic year's accredited schools.

The project aims to foster health conscious environments within Jordanian schools by ensuring their adherence to national health standards, according to a statement from Her Majesty's office.



Her Majesty Queen Rania visits Al Bayader Secondary Vocational School for Girls in Amman on Tuesday (Photo courtesy of Royal Court)

In the presence of the Health Minister Mahmoud Sheyyab and Education Minister Omar Razzaz, the Queen congratulated the accredited schools,



queenrania • Following



أعطيتموا صحة طلابنا من جهدكم وقلبيكم واستحققتوا النجمة الرابعة اليوم، مبروك لمدرسة منشية حسان ولجميع المدارس التي تم اعتمادها في برنامج المدارس الصحية  
تعليم #الأردن #حب\_الأردن

A much deserved Gold Level accreditation for your efforts in caring for our students' health.

Congratulations to the Manshiyet Husban Secondary School and other schools accredited by the Royal Health Awareness Society

#Education #Jordan #LoveJO

120w



Liked

and 173,633 others

SEPTEMBER 10, 2018

References:

Jordan Global School based Student Health Survey, 2007.

Nationwide Assessment in Public Schools for Strategic Planning, 2015-2016

**CAN WE START  
THE  
WEEKEND  
OVER  
AGAIN?**

**I WASN'T  
READY...**



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