



Office of the Secretary

MAY 05 2008

DepED ORDER
No. 31, s. 2008

COMPREHENSIVE SCHOOL HEALTH AND NUTRITION PACKAGE
FOR PROJECT: TURNING AROUND LOW PERFORMANCE IN ENGLISH

To: Bureau Directors
Regional Directors
Schools Division/City Superintendents
Heads, Public Elementary Schools

1. In support to "Project Turning Around Low Performance in English", the Health and Nutrition Center (HNC) shall intensify delivery of health and nutrition services and advocacy in the identified 1,898 public elementary schools that are categorized as low performing. The complete list of these schools are enclosed in DepED Order No. 7, s. 2008, entitled "Turning Around Low Performance in English: A Priority Program for 2008".
2. The package shall consist of health and nutritional assessment including vision and auditory screening, referrals, deworming, treatment of common ailments, in-school supplemental feeding and health advocacy and counseling.
3. All school health and nutrition personnel, as well as the designated clinic teachers, shall be fully mobilized to do advocacy for the project and on the importance of good health for better learning, perform physical examination of all students/pupils, teachers and non-teaching personnel and to institute intervention measures. The support and cooperation of the local government units (LGUs), non-government organizations (NGOs), health professional associations and tertiary schools with community outreach programs should be solicited to augment available school resources.
4. Regional directors and schools superintendents shall see to it that each school head under the Project be held accountable for the implementation of the comprehensive health and nutrition package. The Regional Health and Nutrition Unit staff are expected to coordinate all activities, lend support toward the attainment of the objectives of the school health and nutrition program and to prepare periodic/quarterly reports for submission through e-mail/fax to the Office of the Secretary (Attention: Health and Nutrition Center), DepED Complex, Meralco Avenue, Pasig City.
5. It is reiterated that ten percent (10%) of the regional/division MOOE for supplies be allocated for the procurement of medical and dental supplies for the use of the health personnel in the examination and treatment of pupils with ailments. Travel expenses of the personnel shall likewise be provided to enable them to reach all low performing schools in due time.

6. Enclosed, for ready reference, are the Operational Guidelines and a sample of the Individual Health Card for replication (if in June 8, 2008, the school has not received yet the cards from Central Office).

7. Widest and immediate dissemination of and compliance with this Order is directed.



JESLI A. LAPUS
Secretary

Encls.:
As stated

Reference:
DepED Order: (No. 7, s. 2008)

To be indicated in the Perpetual Index
under the following subjects:

HEALTH EDUCATION
PROJECTS
SCHOOLS

Maricar/DO-Turning Around
04-24-08

**OPERATIONAL GUIDELINES FOR THE COMPREHENSIVE
SCHOOL HEALTH AND NUTRITION PACKAGE (CSHNP) FOR
“PROJECT: TURNING AROUND LOW PERFORMANCE”**

Starting school year 2008-2009, the “Project: Turning Around Low Performance shall be implemented to improve academic performance of children in the identified 1,898 low performing schools nationwide. One of the interventions to be instituted will be the Comprehensive School Health and Nutrition Package (CSHNP) to ensure the provision of basic health care and nutrition services to the school children, teachers and non-teaching personnel.

The CSHNP shall aim to establish baseline data on the health and nutritional status of the populace, create awareness among the children and parents on the importance of keeping healthy for effective learning, and to institute intervention measures if needed.

To ensure the effective implementation of the CSHNP, the following guidelines are issued to serve as reference for school administrators, teachers, health/nutrition personnel and parents:

A. Health and Nutritional Assessment

- Health assessment including oral examination shall be conducted to all pre-schoolers, Grades 1-6 pupils, teachers and non-teaching personnel.
- The results of the health examination shall be properly recorded in the individual health cards.
- Vision and auditory screening shall be included in the health appraisal.
- Nutritional assessment/height and weight taking shall be done at the start and end of the school year.
- Results of the health and nutritional assessment shall be discussed by the health personnel with the principal, teachers and during PTCA assemblies in order to create greater awareness on school health conditions.

B. Treatment/Follow-up

- Health problems/ailments of pupils, teachers, non-teaching personnel that can be managed at the clinic shall be treated/given appropriate intervention.
- Pupils with abnormal signs and symptoms/at risks of certain illnesses shall be subjected to confirmatory tests/screening procedures.
- Cases shall be strictly followed up and home visitations shall be conducted as needed.

C. Referrals

- For pupils, students, teachers and non-teaching personnel needing further evaluation and management, the principal shall inform the parents on the condition of the patient and shall facilitate the referral of such cases to the barangay/municipal health center. Children with visual defects/errors of refraction shall likewise be referred to appropriate health agencies.

D. Supplementary Feeding

- Pupils identified as underweight shall be given nutrition counseling and supplementary feeding for 120 days or until a normal nutritional status is obtained.
- Deworming medicine shall be administered before the start of the feeding and height and weight taking shall be conducted every 2 months.
- Supplementary feeding shall be subsidized by canteen proceeds and food commodities locally available such as malunggay, other vegetables, fruits, and root crops should be used. The utilization of the recipes with malunggay shall be given priority because these are low-cost, standardized in terms of nutrients, easy to prepare and malunggay leaves and fruits are available in the communities.
- School and home gardens shall be established/maintained as sources of indigenous foods

E. Health Education/Counseling

- Health instruction shall be vigorously pursued to empower the children to take positive actions for their health.
- Health personnel should initiate an information campaign on the prevention and control of common ailments
- Results of the health and nutritional assessment shall be discussed by the health with the principal, teachers and during PTCA assemblies.
- The teacher should provide counseling to their own students.
- Campus journalism, scouting, clubs and student organizations should actively advocate for better health in the schools and communities.
- The school head shall see to it that sanitary toilets, hand washing facilities, and potable water, among others, are provided and proper disposal of garbage is undertaken.
- Proper ventilation and lighting should likewise be ensured inside the classroom.
- School safety should be enforced within the campus and its vicinity.
- The school heads should likewise ensure the development of proper hand washing and shall provide support to initiate and sustain the implementation of the “7 o’ clock tooth brushing habit” through provision of tooth brushing trough, rack, etc. in coordination with the school health personnel.

- Health instruction/education and counseling shall be provided focusing on the prevention of/specific protection from ailments/diseases.
- The importance of proper hygiene and environmental sanitation shall also be emphasized especially in the prevention of dengue, food and water-borne diseases.
- Support instructional materials/TCP and other IEC materials shall be utilized to aid in the classroom health teachings.

F. Networking/Linkages

- The school heads shall coordinate with the school health personnel and establish linkages with other health services providers to ensure efficient and effective health and nutrition service delivery.
- Networking with the local government and non-governmental organization should be sustained.
- The school head should take the lead in harnessing resources not only for infrastructure but more importantly, for the learners' health development.
- A Preventive Alert System (PAS) should be established to ensure prompt and appropriate intervention to diseases. Once a child is observed to manifest signs and symptoms of ailments (sneezing, reddening of eyes, fever, etc.) the seatmate/teacher reports this condition to the school head and the school head informs the parents and initiates intervention by referring child to appropriate health personnel/center/agencies.

G. Recording/Reporting

- The health cards shall be properly accomplished and signed by the examining physician/nurse or dentist.
- Reports shall be prepared utilizing the required forms prepared by HNC
- A monthly accomplishment report shall be submitted to the Office of the Secretary, attention: Health and Nutrition Center on or before the 15th of each month. The first report shall be submitted on or before August 15, 2008