



IR. Iran Red Crescent Society



Iran Medical Clinics

Nairobi - Kenya

Health and Environmental training workshop for teachers

LENANA JUNIOR COMMUNITY SCHOOL

October 2017



The training of teachers of the lenana junior school was conducted on Friday 6th of October 2017. It was organized by Green Africa Global foundation in collaboration with Iran medical clinics in Kenya. In this program, 10 school teachers are trained.

Representative from the two sides were responsible for disseminating the information. This followed after a one month education of the same to the pupils of lenana junior school from pre unit to the class eight. Teaching the teachers what their students have been taught was necessary to ensure that they stress to them the issues that were involved, also for partnership and coordination of the project from the administration side with the aim of the teachers, parents and students owning the project. It was based on the following themes;

- ★ Waste and waste management education
- ★ Culture and conservation
- ★ water and sanitation
- ★ Nutrition

WASTE AND WASTE MANAGEMENT



Waste and its management is a crucial issue in achieving sustainability and promotion of environmental conservation and also improving on the economy of our nation. The content on this was to make the teachers aware of what wastes are, types of waste, origin of the waste and the strategies to be used in managing it. They were sensitized on solid and liquid wastes, domestic activities that bring about formation of waste like waste water, biomedical wastes that originated from medical practices, electrical waste like the used computers that the school admitted of having among other origins of the wastes.

The forum was based on a teacher classroom approach where a presenter had to give a talk and in doing so engage the participants in the talk by asking of question, discussion and clarification of issues that were not well articulated. On the waste management strategies, they were introduced on the 3Rs concept of reducing, reusing and recycling of the waste. The same information had been given to their students in the phase one of the project on waste education.



The climax of the waste education was concerned with getting the views of the teachers on how the government had been involved in waste management including collection and their disposal. Among the concerns from them was that the government has failed to be competent on waste collection strategies as the tractors used in collection do not arrive on time and at some point would fail to come and pick the wastes.

Also on the same it was of concern that the school and neighboring community being in a slum location are not subscribed to the companies that do collect the wastes hence are left with no option other than throwing garbage anywhere.

One of the teachers also noted that since waste collection has been privatized and not left to the government, it has faced a lot of problems as lack of accountability, transparency, monitoring and follow up are not done or poorly conducted.

The recommendations that were arrived at on this matter are for all stakeholders to be involved including the local administration like the chief whom they sent some pupil's representative to collect the views.

Capacity building and empowerment was also seen evident to ensure that no one keep silent and watch the environment being degraded by wastes. Also the attitude and consumption patterns were proposed to be responsible to help achieve sustainability.



CULTURE AND CONSERVATION

Culture is the way of living of the people and is diverse from different social settings like communities among others. Our concerns on this were mainly on cultural heritage conservation by preventing cultural erosion.

To the teachers, cultural values, skills of the past is going extinct and the students are not able to carry out some simple cultural practices that promote sustainability of values and transformation of the society. It was evident that western education has brought about changes that do not preserve cultures any more. A case studies of the students being asked to model environmental objects the know of was also put across for the challenge of the teachers to engage their pupils in doing so and in the long run promoting cultural sustenance.

Teachers gave examples of games and practices of the past like making dolls using waste clothes, mud among other practices that today had gone missing in the pupils engagement thus sending a warning.

The teachers commented that the new curriculum had made education fixed and did not appreciate cultural skills prioritized thus leading to the above scenario. It was agreed that in the upcoming green festival, the teachers would engage the students in making models, drawings and other cultural related issues to instill in them a positive attitude and appreciation of culture .



Health care and Nutrition

This part was well elaborated by **LISA WAMBUI** expert from Iran medical clinics in Kenya who divided her work on malaria education, sanitation and hygiene and also on balancing diets. The teachers were mentored on how malaria crisis might befall the school and ways of preventing it. These include draining off stagnant water ,clearing bushes around and avoiding keeping broken bottles as they act as breeding grounds for mosquito. They were also taught on ways of treating the disease.

On sanitation and hygiene, the school was commented on that despite being in a slum area their sanitation is not that bad as the school compound looked generally clean however small it is. The teachers were told to keep reminding their students on hand washing after visiting the latrines. A

challenge here came on the facilities that the school is having compared to the population which concluded that hand washing facilities are limited and should be improved.

Being that the school Cook lunch and breakfast for pupil's it was wise to touch on aspects of balanced diets which were widely elaborated by the expert like food that was to make the students active all the time and comfortable in class. The teachers were also taught on how they can balance their diet however the situation and ways of reducing weight and living a healthy life.



Important points provided by Iran Medical Clinics expert were as below:

1. CHOLERA is an acute diarrheal infection caused by ingestion of food or water contaminated with the bacterium *Vibrio cholera*.

Teaching children on ways to prevent being infected by cholera.

- Hand washing.
- ✓ Hands are the main pathways of germ transmission.
- ✓ Approx. 5000germs on the hands at any given time.
- ✓ When children come into contact with germs by simply touching their eyes, nose or mouth can infect them.
- ✓ Good hand washing is the first line defence against spread of many illnesses e.g common cold, meningitis, hepatitis A, infectious diarrhea.

Proper hand washing times:

- ✓ Before eating anything
- ✓ Before preparing meals

- ✓ After visiting the toilet
- ✓ After changing the baby's nappy

- **Drinking clean and safe water**

- ✓ The health effects of drinking contaminated water can range from no physical impact to severe illness or even death.
- ✓ Contaminated water causes gastrointestinal and stomach illnesses like: Nausea, Vomiting, Stomach ache, Diarrhea.
- ✓ Boiling, followed by cooling for 5 to 10 minutes, is necessary. Doing this constantly helps prevent majority of diseases caused by bacteria and only very few resistant bacteria and some viruses may survive.
- ✓ Chemical treatment of raw water with water guard is another option to make drinking water safe.



- **Proper sanitation**

- ✓ **“Every child has the right to be in a school that offers safe water, healthy sanitation and hygiene education.”** Sigrid Kaag, UNICEF Regional Director for the Middle East and North Africa
- ✓ Unsafe water, inadequate sanitation and lack of hygiene not only affect the health, safety, and quality of life of children. They also claim the lives of an estimated 1.5 million children under the age of five who die each year from diarrhea.
- ✓ Providing better water, sanitation and hygiene (WASH) services in schools reduces hygiene-related diseases and can help curb the 272 million schools days missed every year due to diarrhea.

Benefits of good sanitation at school

- ✓ Effective learning.
- ✓ Increases enrollment of girls.
- ✓ Reduces incidence of disease and worm infections:

- ✓ Environmental cleanliness
- ✓ Implementing children's rights: Children have the right to be as healthy and happy as possible. Being clean, healthy and having clean water and proper sanitation facilities contribute to a happy childhood.

What can be done to improve sanitation

- ✓ Let the older children be an example to the young ones
- ✓ Teach the children on proper use of the toilets.
- ✓ Clean the toilets often
- ✓ Teach the children on proper hygiene after using the toilet.

Deworming

(sometimes known as worming or drenching) is the giving of an anthelmintic drug (a wormer, **dewormer**, or drench) to a human or animal to rid them of helminths parasites, such as roundworm, flukes and tapeworm.

All children especially those below the age of 5 years should be dewormed after every 6 months in order to ensure that they live a healthy life.

Dewormers help in eliminating germs that have already found their ways into the child's body.

2. MALARIA

Over 100 types of Plasmodium parasite can infect a variety of species. They replicate at different rates, and this affects how quickly the symptoms escalate, and the severity of the disease.

Five types of Plasmodium parasite can infect humans. They are found in different parts of the world. Some cause a more severe type of malaria than others.

How to prevent spread of malaria

- Sleeping under nets

It is always recommended that we sleep inside treated mosquito nets in order to prevent ourselves from being bitten by mosquitos that spread malaria.

- Removal of stagnant water and cutting grass

Clearing the bushes, keeping the environment clean and ensuring there is no stagnant water or broken tins within the compound.

3. NUTRITION

Importance of good nutrition

A healthy, balanced diet for children provides essential vitamins, minerals and other nutritional goodies that kids need for healthy growth and development. Vitamins and minerals are vital for our bodies to function properly and each one plays a specific role in the body.

Poor nutrition consequences

Inadequate nutrition can cause such as short stature and delayed puberty, nutrient deficiencies and dehydration, menstrual irregularities, poor bone health, increased risk of injuries, poor academic performance and increased risk of eating disorders.

4. SDG'S –SUSTAINABLE DEVELOPMENT GOALS

On September 25th 2015, countries adopted a set of goals to **end poverty, protect the planet,** and **ensure prosperity for all** as part of a new sustainable development agenda. Each goal has specific targets to be achieved over the next 15 years.

Green Africa global foundation in conjunction with iran medical clinics aim in making the following SDG goals achievable.

Goal 1: End poverty in all its forms everywhere

Goal 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture

Goal 3: Ensure healthy lives and promote well-being for all at all ages

Goal 4: Ensure inclusive and quality education for all and promote lifelong learning

Goal 6: Ensure access to water and sanitation for all

Goal 7: Ensure access to affordable, reliable, sustainable and modern energy for all

Goal 13: Take urgent action to combat climate change and its impacts

Goal 14: Conserve and sustainably use the oceans, seas and marine resources

Goal 15: Sustainably manage forests, combat desertification, halt and reverse land degradation, halt biodiversity loss.

UPDATES ON THE UPCOMING GREEN FESTIVAL

The conclusion remarks were of the green festival updates where they were informed of the settled date and what is expected including performance, drawings and modeling. They were to encourage the students to be serious with their arts and models as there was promised awards for winners. The event on teacher simulation ended at noon after the closing remarks from the administration.

