

TOWHEED IRANIAN SCHOOL (T.I.S)

*Health
Promotion
Policy*

Health Promotion Policy

2014-2015

The health strategy of a school is as a system to promote health, which will lead to the students' increase of the capacity and empowerment on living healthy, working healthy and quality education, through active cooperation of parents, students and teachers and with the approach of empowering the students in the field of taking care of themselves, self-care culture and the same age students and the peers' education,

Benefits of school health policy:

1. Self-confidence, self-esteem, communications and communication skills which are vital for mental health and welfare.
2. Empowering students to making important decisions is essential in health.
3. Encouraging students to participate in making decisions is very important.
4. Experience and learning field at school causes the students acquire complete health.
5. Hygienic behaviors in childhood and adolescence will continue during the life time.

Objectives:

1. Empowering students, staff, parents and instructors
2. Improving the conditions of finding patients and curing the students suffering from health disorders and problems
3. Improving the students' nutrition patterns
4. Preventing health risky behaviors in students
5. Improving the physical conditions and the environmental health at schools
6. Increasing the participation of the students, staff, parents and instructors
7. Reviewing and exchanging data

In order to reach these objectives having knowledge, planning, implementing and evaluating is essential.

Increasing awareness:

1. Holding informative meetings and introducing a program for the parents, teachers, students and the board of directors
2. Broadcasting video programs to increase the public awareness (knowledge)
3. Forming a committee and selecting an interface at school to in order to check the executive programs at school daily
4. Conveying the participation spirit among school members

Programming:

1. Holding a meeting with beneficiaries in order to specify the health requirements and existing problems at school
2. Compiling executive program

Execution:

- Executing a program with short-term objectives

Evaluation:

At this stage the weak and strong points of the task can be evaluated and criticisms, comments and results can be informed to school.

In order to advance the program and organize it, school health committee shall be formed:

School health committee is composed of the following:

- 1-The headmaster
- 2-The nurse
- 3-Educational instructor
- 4-The representatives of the school teachers
- 5-The elected person of the health volunteers
- 6-The representative of the students
- 7-The person in charge for buffet and providing and distributing the food stuff
- 8-The representative of parents and teachers' association

Duties of the school committee:

1. Compiling and undertaking the school health strategy by the school head master and installing it in the visible places at school
2. Estimating and following-up the educational financing (financial resources)
3. Estimating the school health and hygienic requirements
4. Helping to determine the health and hygienic subjects
5. Studying the existing problems and planning to resolve them at school level
6. Planning voluntary activities
7. Supervising to execute the programs
8. Holding exhibitions, competitions with health topics and subjects
9. Supervising on the implementation of health care programs of the staff
10. Cooperation and following-up to resolve the problems of safety and health environment
11. Taking steps in order to promote the school safety and security
12. Providing report and encouraging the members to continue work

Activities:

1. **Health education comprehensive plan at school**

- Existence of a board, in which the education topics is specified.
- Holding briefing sessions for the students, teachers, parents and staff
- Existence of educational resources and subjects related to health and informing the students, teachers, parents and the staff of their contents.
- Executing the health activities program according to the health occasions calendar
- Planning and coordinating to provide the health educations specified for the students, parents, teachers and the staff in the form of lecture, competitions, show and

2. **Providing clinical services:**

- Existence of a health identification card for each student
- Following-up and completing the vaccination of the school students
- Conducting the students' Screening tests and identifying the referral required cases
- Existence of First aids box with full equipments at school
- Existence of at least one nurse to carry out the first aids
- Following-up the referral cases
- Existence of fully equipped health room
- Completing the school health file

3. **Environmental health at school:**

- School convenient space and location
- Convenient space of the classrooms, laboratory and etc.
- Access to healthy drinking water, healthy water dispenser (one water dispenser per 45 students)
- Hygienic lavatories and toilets (one toilet per 40 students and one lavatory per 60 students).
- Hygienic disposal of garbage and existence of enough trash cans (trash can with lid, rustproof with garbage bag)
- Observing safety and effective preventive measures against the accidents (extinguishing equipments escape routes, alarm, and electricity panel, safe and with safeguard electrical switches and sockets.

- Cleanliness of the school environment (the school has a person responsible for cleaning)
 - Efforts in creating green area at school(0.5 square meter per person), existence of trees, flowers and lawn to play
 - Environmental-biological activities (separating garbage, economizing in paper consumption and laying separate bins)
4. **Nutrition improvement at school:**
- Existence and observing the physical space and the equipment of healthy nutrition base
 - Installing allowed and disallowed food stuff instructions exposed to the students' sight
 - Selling and consuming healthy food stuff observation
 - Supervising on the way of preserving, distributing and consuming the food stuff at school
 - Having the Health authenticity certificate and work permission of the base person in charge and the food stuff salesperson
 - Displaying the culture-building programs and teaching the healthy nutrition at school (food festival, nutritional occasions)
 - Supervising on the way of preserving, distributing and consuming of food stuff at school
5. **Physical activity and physical mobility at school:**
- Conducting the students' physical activity in sport and physical education hour
 - Doing extracurricular activities (walking and sport competitions)
 - Performing cultural and educational programs
 - Providing suitable opportunity for the participation of all students in the morning physical exercise
 - Providing minimum required facilities for physical activities of the students at school
6. **Promoting the health of the school staff:**
- Existence of a health identification card for each of the teachers and staff
 - Coordination in order to do the annual Screening test of the teachers and staff and identifying the referral required cases
 - Following-up the cases referred

- Efforts to create social, recreational and sport facilities for the school teachers and staff
7. **Mental health and consoling services at school:**
- Existence of full time consultant
 - Existence of social and recreational programs at school
 - Teaching life skills to the students at school
 - Training the parents of the students in the field of child-rearing (parenting) skills
 - Identifying the students exposed to the risk of social injuries and risky behaviors
 - Providing special services to the students exposed to the risk of social injuries and risky behaviors and families
 - Identifying the mental and behavioral disorders in the students and providing services to the students including referral, follow-up and care
 - Not enforcing physical and mental punishments on students
8. **Participation of the parents and society in the programs of promoting health at school:**
- Following-up the school health issues in the parents and teachers association
 - Implementing health training programs for the students for the parents of students
 - Training health by the peers' trainers

School health and safety condition:

1. The construction location shall be in a convenient distance and situation (it must not be in the route of environmental contaminating and chemical factories).
2. The school shall be a distance of 500 meters far from the locations having environmental contaminating sources.
3. The school land area shall suit the number of the students (minimum 108 square meters per student).
4. The school buffet shall be hygienic and the food stuff, beverages, cosmetics shall be hygienic and healthy.
5. The buffet people in charge shall have valid Medical Test card.
6. People who in any way participate in providing, selling and distributing of the food stuff at school, shall be dressed in a light color work uniform.
7. Smoking is not allowed during work.

8. The buffet building or room shall have resistant, without crack and opening and washable floor, ceiling and walls and in light color. The buffet door, window, working table, shelves and show case shall be resistant, safe, without crack and breakage, washable and always clean.
9. Using materials, which are not standard including unhygienic and recycled plastic bags and papers in order to wrap and pack the food stuff, is not allowed.
10. The quality of the distributed food stuff shall be according to standards.
11. The school shall have convenient praying room (convenient in terms of cleanliness, keeping shoes of the person praying, convenient floor coating).
12. The school shall have construction plan.
13. The classroom walls shall be completely dry, without cracks, smooth and at least to the height of the window, stone shall be used and the remaining wall surface shall be painted in light and washable color.
14. The classrooms ceiling shall be smooth, without cracks and in light color.
15. The classrooms, corridors and stairs floor shall be resistant, flat and washable and it shall not be slippery.
16. The classroom board shall be installed on a proper place and the distance of the board from the first row of students shall not be less than minimum 2.2 meters.
17. The classroom space per student shall be minimum 1.25 square meters.
18. The stairs overlooking the bluff at school shall be slippery and shall be equipped with suitable guard rail.
19. Doors and windows overlooking the outer space shall be equipped with suitable wire mesh in order to prevent insects and thief.
20. Windows of upper floors shall have safeguard.
21. The classrooms of the underage students shall be located on the lower floors of the building.
22. Existence of any kind of balcony and terrace connecting to the classroom is not allowed.
23. The laboratory floor and its tables surface shall be washable and resistant against heat, chemical materials and etc.
24. The water dispenser/ drinker shall be hygienic and its walls, floor and around the drinker shall be washable and have suitable inclination on the floor for hygienic disposal of the sewage system.
25. The height of the faucets shall be appropriate with the age of the students (between 75 cm to 100 cm above the ground surface).
26. The drinkers/water dispensers shall be out of sanitary service.

27. Classrooms shall use the natural light as much as possible, the windows shall at on the left side of the student.
28. Classroom ventilation system shall be convenient and pleasant.
29. Fire extinguishing equipments shall be enough and in the right place.
30. The electricity panel switches and sockets shall be safe and have appropriate safeguard.
31. There shall be at least two escape routes for the emergency situations in each building.
32. There shall be alarm to use in emergency conditions.
33. The garbage bin shall have lid, rustproof and have garbage plastic bag.
34. Laboratory shall be equipped with wash basin and soap.
35. Laboratory shall be equipped with convenient ventilation.

Instruction for healthy nutrition base:

This instruction is provided with the purpose of promoting nutritional health of the students in order to provide part of the student's energy required, through offering healthy food stuff and preventing to offer nutritional low value food stuff to the student:

This base offers food stuff as snack to the students.

Snack: It is food stuff, which is consumed in two snacks, morning and afternoon. Snack shall provide 300-400 Kilo calories of energy and 10-2 grams of Protein and part of some micronutrients such as: iron, vitamins ... required daily by the students.

1. **Edible food stuff:** Edible food stuff, which are worth offering are as follows:
 - a) Different types of packed food stuff having: Production license, standard sign, factory name and address, production and expiry date, ingredients specifications, healthy and clean cover.
 - ❖ Dried nuts, date, different kinds of dried fruit, various kinds of nuts (walnut, almond, peanut, Indian peanut, hazelnut and pistachio), raisin, chickpea, dried nuts, soya nuts, dried fig and dried mulberry (dried berry).
 - ❖ Different kinds of yogurt and yogurt curd, different types of milk, cheese, ice cream (except for Popsicle), all pasteurized.
 - ❖ **Fruit:** different types of healthy fruit, washed and sterilized in single packages and vacuumed.
 - ❖ **Beverages:** Noncarbonated Dough (Yogurt based beverage) and different kinds of natural fruit juice (sterilized), alcohol free beer, mineral water.
 - ❖ **Biscuit and cracker, cake and cookie:** Including different kinds of biscuits, cakes and cookies. Biscuit, cake and cookie with bran type

❖ **Healthy bite including:** Bread and cheese and walnut, bread and egg, bread and cheese and cucumber, bread and cheese and tomato, bread and butter and honey.

Cooked food including: Thick soup, soup, bean, lentil, Haleem, Sholehazard, Samanoo and Porridge (Ferreni), (In disposable containers, cooking daily, cooking in hygienic conditions).