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கல்வி அமைச்சு
Ministry of Education

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Circular No: 34/2023

- All Secretaries to the Provincial Ministries of Education
- All Provincial Directors of Education
- All Zonal Directors of Education
- All Principals

School Health Promotion Month - "Suwa Diviyayi - Sathutu Sithayi" Program

Good health is the major factor required to reach the educational achievement levels of the children. Creation of a healthy child notwithstanding various negative effects disturbing the individual health is an equally important task as giving a good education, and it contributes to the development of the human capital of the country.

The objective of the school health promotion program is to promote activities having full attention of the school community in order to make the school premises a place that promotes the complete health of students with the mission of allowing to get maximum benefits from the given educational opportunities by strengthening the necessary skills for the prosperity of school children to create a healthy and active generation of children and for the promotion of the health of their families and communities. A school that works using its fullest organizational strength to promote the health of the school community including school children and school staff is called a "Health Promotion School"

The school health promotion program has been formulated in line with the criteria of the World Health Organization and is being implemented in schools from the year 2007 by the Ministry of Education with the support of the Ministry of Health. At the Conference of South East Asian Region held by the World Health Organization for Ministers of Education and Health in 2021, Sri Lanka has agreed to make every school a health promotion school by the year 2025. In order to aware the school community with the intention to succeed the said task, the month of October in the year 2023 has been named as "School Health Promotion Month". This program is expected to be implemented in schools as a joint program of the Ministry of Education and the Ministry of Health subsequent to identifying the appropriate activities for the students in the primary and secondary sections.

Accordingly, it is expected to implement the awareness and skill development programs related to the said theme as one theme per week within the period from **02nd to 31st October 2023**. The Principal and the School Management Board are assigned with the responsibility of organizing and implementing these programs appropriately in a manner that the normal works of the school are not disturbed thereby. Under this endeavor, the school is expected to conduct special programs based on the themes connected to that week. The Ministry of Health has given its fullest contribution to implement these programs, and the arrangements should be made by the principal to get the support of the Office of the Medical Officer of Health (MOH) at school level.

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**First Week: Theme - *Suwa Saviyata – Pela Gesemu (Let's Line-up for Healthy Life)*
Empowerment of School Health Promotion Program**

It is expected to get the support of the school community to make it a health promotion school by updating the school health promotion advisory committee and school health clubs paying more attention to the Health Promotion Circular No. 02/2019 dated 22.01.2019 issued by the Ministry of Education. In order to realize that purpose, the following points should be implemented.

- Formation of School Health Promotion Advisory Committees according to the Health Promotion Circular in the school and activating the established committees and holding meetings.
- Activation of school health club or formation of school health clubs.
- Identifying the health problems in the school using the School Health Promotion Assessment Sheet.
- Preparing a set of policies for school health promotion in order to rectify the identified problems.
- Preparation of an annual school health promotion plan adhering to the set of policies developed.
- Ensuring that said annual plan includes programs that strengthen collaboration between the school and the community
- Preparing internal monitoring systems to monitor the programs being implemented under the School Health Promotion Program and strengthening the existing systems.
- Evaluating the health promotion program presently being implemented in the school using the school health promotion evaluation sheet and sending its report to the Zonal Education Office.

Second Week: Theme – *Poshanayayi – Suwa Diviyayi (Nutrition for Healthy Life)*

Awareness on Nutrition and other Activities

It is expected during this week to implement various activities to familiarize the school child with good eating habits and to raise awareness about the negative consequences caused by wrong eating habits.

- Measure teachers' and students' height and weight, calculate Body Mass Index (BMI) and assess their nutritional condition (The students should be given the opportunity to do this by themselves).
- Raising awareness of the importance of developing physical fitness and doing age-appropriate fitness development activities.

The above activities must be compulsorily implemented during this week and the following activities can be implemented on selective basis depending on the time available.

- Promotion of good eating habits and introduction of local food culture.
- Identifying the nutritional problems of school children and raising awareness about those (stunting, wasting, overweight and obesity).

- Providing opportunity to measure the Body Mass Index (BMI) and assess the nutritional status of the family members of school students.
- Identifying and implementing good health habits promotion activities.
- Making awareness about non-communicable diseases.
- Formalizing school canteens as per the Circular No.35/2015 dated 31.12.2015 issued by the Ministry of Education.
- Identifying the present status of water and sanitation facilities existing in schools according to national standards, and the ways to maintain those in healthy manner as well as how the maintenance activities should be done.
- Study about the foods that the student brings to school and consumes within the month and identify the healthy and unhealthy conditions and prepare activities to solve those conditions.

Third Week: Theme –

Suva Diviyakata Prajanana Saukhya (Reproductive health for a healthy life)

Giving accurate education on **reproductive health and sexuality**

Since it has been reported that students face numerous difficulties due to the lack of proper reproductive health and sexuality education, it is expected that school students are appropriately informed about sexuality and reproductive health in relation to their age. For this endeavor, the following programs should be implemented.

- Raising awareness on personal hygiene with the support of Medical Officer of Health/ Public Health Inspector/ Public Health Nurse/ Midwife and conducting awareness programs appropriately according to the relevant age groups in association with the book "An address to 16+ Youth..." printed and distributed to schools by the Educational Publications Department.
- Raising awareness about abuse, prevention of abuse and safety for the primary section with the involvement of appropriate parties to suit the children of that age group.

Fourth Week: Theme - *Sitha Sathuten – Igena Ganimu (Let's learn with a happy mind)*

Program related to promoting psychosocial well-being of teachers and students

The programs/activities to increase the mental health should be implemented during this week to remove the mental stress of teachers and students. What is expected herein is to create a school learning environment where negative features such as stress, abuse, violence, physical punishment are minimal and positive characteristics such as discipline, happiness, acceptance and appreciation are existent.

- Identify factors affecting the mental stress of teachers and students as well as having discussions about good practices.
- Practice meditation and mindfulness activities as part of daily routine.
- Executing activities convincing that education as well as morality is essential for a child.

- Implementation of awareness programs for the parents with the participation of appropriate resource persons about the problems faced by teenagers and about protecting children from the dangers of using the Internet.


Further particulars on the themes given in relation to the health promotion program are included in the "School Health Promotion Circular and Guidance Manual" and this guidance manual has been given to each school by the Ministry of Education. Also, the soft copy of this guidance manual can be downloaded from the website of the Ministry of Education.

A more details about health promotion, psychosocial development and parenting are available on the website <https://schoolhealthfcb.health.gov.lk> and LMS, in the documentary film "Sihina Pasala" and the books "Psychosocial Health Promotion of School Children", "Asirimath Demawapiya - Raki Nawa Yauwanaya" and "Jeewana Nipunatha" jointly prepared by the Ministry of Education and the Ministry of Health. These books and videos can be obtained from the schools and MOH Offices.

The arrangement of the programs to be implemented in relation to the health promotion month can be changed depending on the requirements of the school and the amount of resources available. Also, various activities (street dramas, posters, question and answer programs, conducting camps) for these themes should be organized and it is the responsibility of the school to identify and implement the relevant activities.

A summary report of the activities carried out during this health promotion month should be given to the Zonal Director of Education before 15.11.2023. Further, the details should be entered online for the internal evaluation report on the health promotion level of the school and the relevant link has been given to all Provincial Departments of Education. Monitoring of the activities at the school level related to this program is expected from the Provincial Directors of Education and the Zonal Directors of Education.

Accordingly, the health promotion month should be executed successfully in every school and every principal is responsible to make their school a health promoting school by continuing the programs started during this month.


M.N. Ranasinghe
Secretary
Ministry of Education

Copies

1. Secretary, Ministry of Health - For Kind Information
2. All Secretaries to the Provincial Ministries of Education - For Kind Information
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