



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Recognised by Indian Nursing Council, Kerala Nurses and Midwives Council and
Affiliated to Kerala University of Health Sciences

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SCHOOL HEALTH PROGRAMME

AT GOVT.UP SCHOOL, PULIMATH ON 3 FEBRUARY 2025; 9.30AM-1.00PM

ORGANIZED BY

DEPT OF COMMUNITY HEALTH NURSING SGNC, VENJARAMOODU

INTRODUCTION

“Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong”. -John F Kennedy School Health School is defined as a place where children attend to be educated. — Oxford English Dictionary Children spend more time at school than anywhere else except home. Schools can have a major effect on children's health by teaching about health and promoting healthy behaviours. The school buildings and environment should be a safe and healthy place. School works to prevent risky behaviour such as alcohol and tobacco use, inactivity or bullying. They may also deal with specific problems in students, such as asthma, obesity, or infectious disease. School Health Programme According to UNESCO, education sector not only trains or prepares human resources needed for the economy but also provides leadership for various spheres of programmes. The leadership coming out of the educational institution's influence social and political education. Teachers, professors, and education managers enjoy respect in the community.

★ **Healthy School Environment:** The physical, emotional, and social climate and culture of the school supports and enhances the health of students, staff, and families. School policies address the health of students along with academics. The school environment includes the physical, emotional, and social factors that affect the well-being of students and staff.



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★ Health Education: A comprehensive health curriculum that addresses the physical, mental, environmental, and social dimensions of health.

★ Family and Community Involvement: An integrated school, parent, and community approach for enhancing the health and well-being of children.

Objectives of School Health Programme

- Promotion of positive health
- Prevention of communicable diseases
- Early diagnosis, treatment, and follow-up
- Promotion of health environment.
- Arousing health consciousness in school children. Aims of School Health Programme

To detect and treat diseases early in children and adolescents, including identification of malnourished and anemic children with appropriate referral to PHCs and hospitals.

★ Physical Education: A comprehensive, sequential curriculum that provides learning experiences in a variety of activity areas. Quality or physical education should promote a variety of planned physical activities.

★ Health Services: Services are provided for students to ensure, protect, and promote health.

★ Nutrition Services: Access to a variety of nutritious, affordable meals that accommodate the tastes and nutritional needs of all students.

★ Counselling and Psychological Services: Services are provided to improve students' mental, emotional, and social health. This includes individual and group assessment, intervention, and referrals.



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★Health Promotion for Staff: Opportunities for school staff to improve their health status through activities such as health assessment, health education, and health promotion.

Philosophy of School Health Programme

- Every child is entitled to educational opportunities that will allow him/her to reach full capacity as an individual and prepare him/her for responsibility as a citizen.
- Every child is entitled to a level of health which permits maximum utilization of educational opportunities.
- The school health programme should be consistent with the philosophy and objectives of the school.

Role of Nurse in School Health

★Health Promotion & Specific Protection:

- Immunization of school children helps in school authority to plan a mid-day meal, which is cheap, nutritious, hygienic, and supplemental
- Health education to children, parents, and teachers.
- Helping students to develop positive attitudes and health behaviors.
- Providing counseling.
- Examination of the school environment.

★Early Diagnosis & Treatment:

- Conducting regular and periodic health appraisals for children.
- Notify parents about health appraisal results.
- Making referral services in time.
- Follow-up care services & special health care for children.
- Conducting home visits.
- Counseling services.



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- Providing first aid & emergency services.

SCHOOL HEALTH PROGRAM

Time: 9:30 am - 1:00 pm

Student Activity List:

- Registration: Hareena Joby, Harsha M.L, Harshida.S, Hridya S Pradeep.
- Height, Weight, and BMI: Irfana C.T, Iswarya Sreekumar, Jancy George, Jesteena Biju, Jithin, Josna.R
- Vital Signs and BP: Karthik A.S, Keerthana Gopan, Lakshmi G.S, Malavika.B, Mayoore M, Midhuna M.S, Midhun M.S
- GRBS: Milon Edison, Minnu Anna Reji, Muhammed Harshad
- Head to Foot: Muhsina.A, Namitha Raj, Nandana Devadas, Nandhana Maju
- Eye Examination: Nejiya, Nibitha mol.B, Niya M.S.
- ENT Examination: Noufiya, Nripan .S. Jai
- Ophthalmology OP: Parvathy.S, Pooja Byju
- General Medicine OP: Pooja.S. Nair, Rahmath, Rahul Ajith, Revathy
- AV Aid Display: Sahya sanu, Sandra Udayan, Sanjay.S, Sarija, Sivananda, Sneha Anil, Soliha, Sooryan.P
- Discipline: Sreebala, Sreerag, Shreya Shaji, S.R. Nandana, Swathi.S. Pillai, Vrinda.D. Bose.

PROGRAMME REPORT

3 february 2025, 9.30am to 1.00 pm Under the supervision of faculties Mrs. Sheeja Mol, Professor; Mrs. Siya.S., Tutor; Mrs. Preethi, Lecturer; Mrs. Nivya S.R., Lecturer; and Mrs. Akshaya, Nursing Tutor of Community Health Nursing Department, SGNC went to Govt. UP School, Pulimath, for conducting a school health programme. The programme was hosted by 5th sem bsc nursing students. On arrival, we met the principal of the school and obtained permission for conducting the programme. Large



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classrooms were arranged, equipped with tables and chairs, for the systematic running of the programme. Separate areas for medical consultation were also fixed. Registration counters were established to get adequate data of the clients. Health check-up was started at 10:00 AM for 5th standard students. Students obtained a data sheet from the registration counters, and findings were noted in that slips till the end of the check-up. Health check-up included monitoring vital signs, measuring anthropometric measurements such as height, weight, BMI calculation, head-to-toe, physical examination, eye and ENT examination, and medical examinations through OP consultation. Doctors gave appropriate medical advice according to the complaints. They were recorded on time. Students of 5th standard, 6th standard, 7th standard, and faculties and parents of these students received the services provided by us. As a relevant problem to the current situation of school children, the students of fifth semester performed a health promotion role play on "Social Media Addiction." The play was very informative and interesting, creating realizations of the disadvantages of social media in children. Individual physical assessments and medical consultations of students and adults were completed by 1:30 PM. Abnormal findings were noted, and data recorded. Throughout the process, the school principal, faculties, and other staff were so supportive and encouraging for the timely completion of this programme. We thanked the principal and staff, along with our faculties, for all the facilities arranged at the school for the smooth running of the programme.



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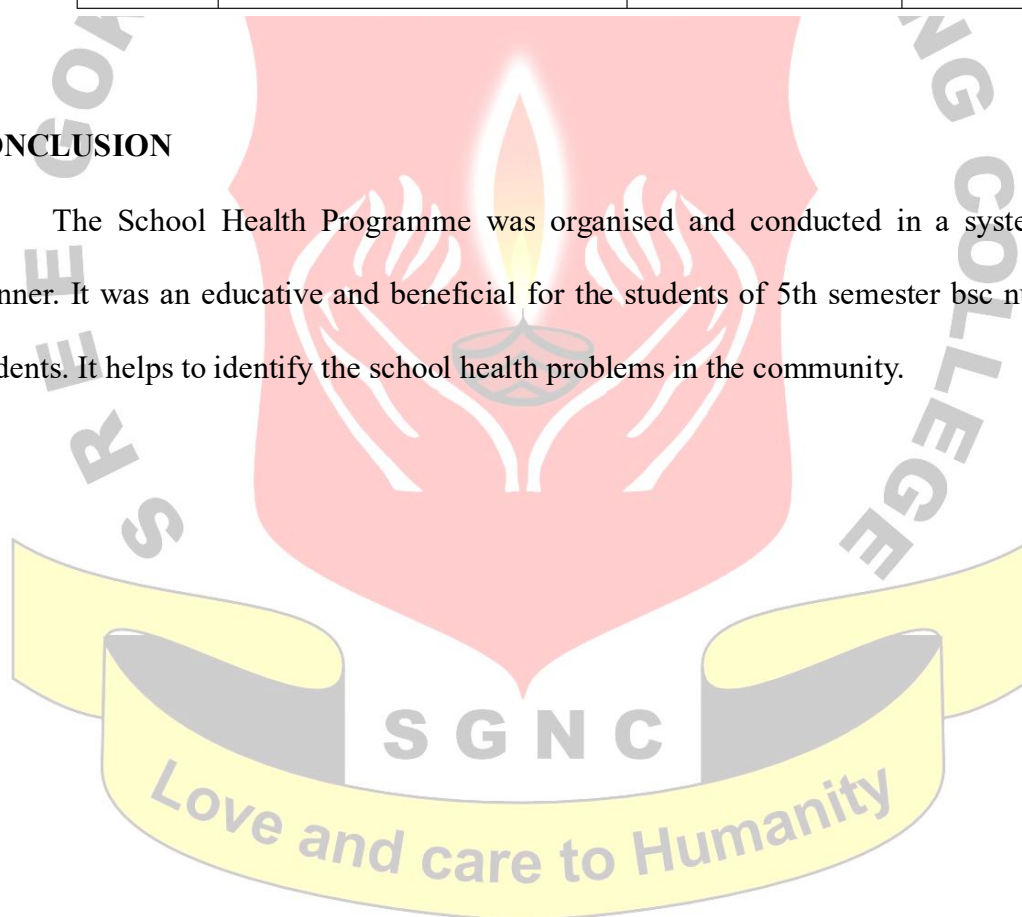
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Table shows distribution of subject of children according to their health problem

SL NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE (%)
1.	TOTAL CHILDREN	28	100
2.	GENDER		
	MALE	14	50
	FEMALE	14	50
3.	HEALTHY CHILDREN	6	21.42
4.	NO. OF CHILDREN WITH RHINITIS	2	7.14
5.	NO. OF CHILDREN WITH EARWAX	4	14.28
6.	NO. OF CHILDREN WITH DENTAL CARRIES	2	7.14
7.	NO. OF CHILDREN WITH ALLERGIES	3	10.71
8.	NO. OF CHILDREN WITH SKIN PROBLEMS	2	7.14
9.	NO. OF CHILDREN REFERRED FOR EYE CONSULTATION	7	25
	ENT CONSULTATION	1	3.57
10	NO. OF CHILDREN WITH TONSILITIS	2	7.15

CONCLUSION

The School Health Programme was organised and conducted in a systematic manner. It was an educative and beneficial for the students of 5th semester bsc nursing students. It helps to identify the school health problems in the community.





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IQAC Coordinator

Principal