



Republic of the Philippines
CAUAYAN CITY NATIONAL HIGH SCHOOL
 Turayong Cauayan City, Isabela
SCHOOL HEALTH AND NUTRITION OFFICE
ACTION PLAN
AY 2016-2017



Key Result Area(KRA)	Activities	Objectives	Strategies	Persons Involved	Budget	Time allotment	Expected Output
I. Supplies and Equipment	Inventory of existing supplies and equipment	To conduct inventory on the existing supplies	Conduct inventory of existing supplies	Former Nurse Present school Nurse Supply officer		June 2016	List of existing supplies properly documented for submission to the principal
	Procurement of Supplies and Equipment	To procure supplies and equipment (3 rd quarter)	-Make purchase request for supplies and equipment -Make canvass -Procure supplies and equipment needed for the clinic particularly medical supplies and equipment	School Nurse Principal Disbursing Officer Supply officer	150,000.00	June 2016	Purchased medical supplies and equipment
II. Health and Nutrition Education	Conduct health lectures per class.	To ensure that every students are aware about their health.	-Gives health lectures/talks to class or students before and after any health activity or procedure and on different levels, on different health and nutrition topics. -Demonstrates to teacher the different screening procedures like vision test, hearing test, height and	School Nurse Adviser Students		June 2016- March 2017	Conducted health lectures per class. Conducted Vision Screening

			<p>weight measurement, health examination/assessment of pupils.</p> <p>-Assist teachers in the selection of appropriate health and nutrition instructional materials.</p> <p>-Acts as resource person in health classes and other related activities.</p> <p>-Initiates/assists in planning in-service trainings and seminars for teachers on current health and nutrition problems.</p> <p>-Initiates/conducts training of teachers as school health guardians.</p> <p>-Assists the administration in providing the school with education references for students and teachers.</p>				<p>Consolidated BMI result</p> <p>Served as resource speaker during Nutrition Month</p> <p>Consolidated Annual Medical Report of the school populace</p>
III. Healthful School Living	Supervise the maintenance of safe, healthful and sanitary condition of the school plant	To ensure that every students, faculty and staff are safe within school premises.	<p>.-Looks into the sanitation of the lunch counter, in the selection, preparation and serving of food.</p> <p>-Encourages the promotion of wholesome interpersonal relationship.</p> <p>- Assists the administrator in the organization of a healthful school day.</p> <p>-Encourages the school administrator to provide safe and sanitary health facilities.</p>	School Nurse Faculty Staff		June 2016- March 2017	<p>Well maintained school plant.</p> <p>Assisted during Annual Room Evaluation</p>

IV. Health and Nutrition Services	Administration of first aid to students, faculty & staff. Maintain functional school clinic.	To organize functional school clinic to treat common ailment identified.	-Conducts individual health and nutrition assessment/examination -Treats common ailment identified. -Provide health guidance and counseling to students found with defects. -Render first aid treatment. -Utilizes tried and tested medicinal plants. -Isolates cases of communicable diseases and refers them to the medical officer or any health agencies for proper diagnosis and management. -Identifies, refers and follow through exceptional and physically handicapped children.	School Nurse Advisers		June 2016- March 2017	Well organized school clinic that is open for everyone all thru out the school hour. Assisted populace during programs like City Meet and Leadership Program.
V. School-Community Coordination for Health and Nutrition	Conduct follow-up cases of sick students, teachers and other school personnel through home/hospital visits. Conduct forum with parents concerning health status of students.	To ensure the over- all safety of the school populace.	-Confers with parents/teachers concerning the health status of students. -Initiates/reactivates the organization of the school-community health council. -Coordinates with the community health agencies regarding proper management and referrals and other health and	School Nurse Advisers		June 2016- March 2017	Conducted forum and follow-up checkups concerning health status of students, faculty and staff. Supervised School Based

			<p>nutrition projects.</p> <p>-Acts as resource person in school-community health related activities.</p> <p>-Conducts school-community assemblies.</p>				<p>Immunization</p> <p>Conducted Feeding Program</p>
VI. Other Related Health and Nutrition Activities	Execute meetings/conferences and other health and nutrition related activities.	To conduct meetings related to health and nutrition survey and conduct action research in relation to school health and health education.	<p>-Initiates projects related to health and nutrition survey and utilizes results for planning research and other purposes.</p> <p>-Conducts action research in relation to school health and health education.</p> <p>-Participates in the evaluation of the school health and nutrition programs and projects.</p> <p>-Consolidates, prepares and submits required promptly and regularly.</p> <p>-Establish health and nutrition data bank.</p>	School Nurse		June 2016- March 2017	Executed meetings related to health and nutrition and constructed action research in relation to school health and health education.

Prepared by:

Maria Visitacion M. Ascalani
 MARIA VISITACION M. ASKALANI, RN
 Teacher-I, School Nurse

Reyche Faith B. Siyang
 REYCHEL FAITH B. SIYANG, RN
 Teacher -I, School Nurse

Approved:

John R. Mina
JOHN R. MINA
 Secondary School Principal III



Republic of the Philippines
CAUAYAN CITY NATIONAL HIGH SCHOOL
 Turayong Cauayan City, Isabela
SCHOOL HEALTH AND NUTRITION OFFICE
ACTION PLAN
AY 2017-2018



Key Result Area(KRA)	Activities	Objectives	Strategies	Persons Involved	Budget	Time allotment	Expected Output
I. Supplies and Equipment	Inventory of existing supplies and equipment	To conduct inventory on the existing supplies	Conduct inventory of existing supplies	School Nurses Supply officer		June 2017	List of existing supplies properly documented for submission to the principal
	Procurement of Supplies and Equipment	To procure supplies and equipment (3 rd quarter)	-Make purchase request for supplies and equipment -Make canvass -Procure supplies and equipment needed for the clinic particularly medical supplies and equipment	School Nurses Principal Disbursing Officer Supply officer	150,000.00	June 2017	Purchased medical supplies and equipment
II. Health and Nutrition Education	Conduct health lectures per class.	To ensure that every students are aware about their health.	-Gives health lectures/talks to class or students before and after any health activity or procedure and on different levels, on different health and nutrition topics. -Demonstrates to teacher the different screening procedures like vision test,	School Nurses Adviser Students		June 2017- March 2018	Conducted health lectures per class. Conducted Vision Screening

			<p>hearing test, height and weight measurement, health examination/assessment of pupils.</p> <p>-Assist teachers in the selection of appropriate health and nutrition instructional materials.</p> <p>-Acts as resource person in health classes and other related activities.</p> <p>-Initiates/assists in planning in-service trainings and seminars for teachers on current health and nutrition problems.</p> <p>-Initiates/conducts training of teachers as school health guardians.</p> <p>-Assists the administration in providing the school with education references for students and teachers.</p>				<p>Consolidated BMI result</p> <p>Served as resource speaker during Nutrition Month</p> <p>Conducted First Aid Training for Teachers</p> <p>Consolidated Annual Medical Report of the school populace</p>
III. Healthful School Living	Supervise the maintenance of safe, healthful and sanitary condition of the school plant	To ensure that every students, faculty and staff are safe within school premises.	<p>.-Looks into the sanitation of the lunch counter, in the selection, preparation and serving of food.</p> <p>-Encourages the promotion of wholesome interpersonal relationship.</p> <p>- Assists the administrator in the organization of a healthful school day.</p>	School Nurses Faculty Staff		June 2017-March 2018	<p>Well maintained school plant.</p> <p>Assisted during Annual Room</p>

			nutrition projects. -Acts as resource person in school-community health related activities. -Conducts school-community assemblies.			September-October 2017	Immunization Conducted Yearly Feeding Program
VI. Other Related Health and Nutrition Activities	Execute meetings/conferences and other health and nutrition related activities.	To conduct meetings related to health and nutrition survey and conduct action research in relation to school health and health education.	-Initiates projects related to health and nutrition survey and utilizes results for planning research and other purposes. -Conducts action research in relation to school health and health education. -Participates in the evaluation of the school health and nutrition programs and projects. -Consolidates, prepares and submits required promptly and regularly. -Establish health and nutrition data bank.	School Nurses Principal		June 2017-March 2018	Executed meetings related to health and nutrition and constructed action research in relation to school health and health education. Conducted Research about BMI and Eye Vision

Prepared by:

Maria Visitacion M. Askaiani
 MARIA VISITACION M. ASKAIANI, RN
 Teacher-I, School Nurse

Reyche Faith B. Siyang
 REYCHEL FAITH B. SIYANG, RN
 Teacher -I, School Nurse

Approved:

John R. Mina
 JOHN R. MINA
 Secondary School Principal IV