



MINISTRY OF EDUCATION,  
CULTURE, SPORTS,  
SCIENCE AND TECHNOLOGY-JAPAN

## SEAMEO-Japan ESD Award

### Submission Form of 2017 SEAMEO-Japan ESD Award Theme: Improving Health and Nutrition

The last day for submission of entries: 5 September 2017

- To participate in the 2017 SEAMEO-Japan ESD Award, please submit the information of your school's project/programme on "Improving Health and Nutrition" by using this Submission Form.
- The **digital format of this Submission Form** can be downloaded from the SEAMEO website: [www.seameo.org](http://www.seameo.org) or requested by sending an email to: [seameojapan.award@seameo.org](mailto:seameojapan.award@seameo.org).
- The **guidelines for submission of entries** and **judging criteria** are detailed in page 8-10 of this document.
- Schools must ensure that the SEAMEO Secretariat receives their entries by Tuesday 5 September 2017.
- More information, please contact the SEAMEO Secretariat, Bangkok (Telephone number: +66-2391-0144, Fax number: +66-2381-2587 and Email address: [seameojapan.award@seameo.org](mailto:seameojapan.award@seameo.org))

### PART I: Details of Your School

1. Name of your school: HUAYNAMHOMWITTAYAKAN SCHOOL
2. Full address: 118 MOO 6, CHUM TA BONG, CHUMA TA BONG, NAKHON SAWAN PROVINCE
3. Postcode: 60150
4. Country: THAILAND
5. School's telephone number (country code+city code+telephone number): +6656293056
6. School's fax number (country code+city code+fax number): +66-56-293119
7. School's email Address: [huaynamhom30@gmail.com](mailto:huaynamhom30@gmail.com)
8. Name of the Head Master/Principal/School Director: MR. CHATCHAI KETNUAM (Vice-Director, Officer-In-Charge)
9. Name of the Teacher Coordinator: MS. WANNA SIRIWATAPONG and MS. ALISA VEERANOI
10. Email address of the Coordinator: [wanna.siri7969@gmail.com](mailto:wanna.siri7969@gmail.com) and [asdecember@gmail.com](mailto:asdecember@gmail.com)
11. School website (if available): [www.namhom.ac.th](http://www.namhom.ac.th)
12. Educational level (Such as Grade/year 1-6 or Grade/year 6-12): Grade 7 to 12
13. Total number of teachers in your school: 62 Teachers
14. Total number of students in your school: 1178 Students
15. Approximately number of teachers participated in planning and implementing this school's programme for improving health and nutrition: 62 Teachers
16. Approximate number of students participated in planning and implementing this school's programme for improving health and nutrition: 1178 Students

## **PART II: Information about the School's Programme**

**The information of part II from no.1 to 13 should be no longer than nine (9) pages long of A4 in total.** The information should be written in Times New Roman font, 11-12 point size.

1. Title of the school's programme

**“CARE FOR PHYSICAL AND MENTAL HEALTH, SAVE THE HOPE OF THE FATHERLAND”**

2. Summary of the programme

The school authorities headed by the School Administration, School Clinic Department and Student Affairs Administration in coordination with the Student Body Council, parents, District and Sub-District governments, Nakhon Sawan Mobile Clinic, and Chum Ta Bong District Hospital, came up with a long term plan in order to safeguard the school population's physical and mental health. The project consists of many activities done throughout the school year with the aim of improving the health condition not only in the school but also in the whole community. One, the school every year takes the weight, height and measure of strength of the students to evaluate the level of nutrition, their nails if it's properly cut and their heads if they have no lice, and they have their quarterly dental check-up, if there are problems steps are taken. Two, hospital government and municipal government provide fumigation and some mosquito repellent pellets for the school on scheduled basis; free available vaccinations and vitamins for good health and resistance of the children by the mobile clinic; medical persons come to administer the activity by themselves making sure of its best supervision. Three, the hospital employees visit the school every now and then for information drive activities about illnesses especially those that can cause an outbreak like dengue fever, typhoid fever, zika virus and sexually-transmitted diseases; health hazards practices, provides lectures on mental health effects of prohibited drugs and physical health effects of smoking and the government programs of rehabilitation. Five, the school policy of clean your area of responsibility is also strictly implemented every day; they do the cleaning every 4:10 in the afternoon to prevent mosquitoes from thriving around the area, the Student Body Council do their daily check in each area of every class, and the cleanest areas are given highest points and commended every Tuesday. Six, the teachers of Physical Education and Health Department incorporate in their lessons for the whole year the prevention of physical and mental illnesses escalating the information given by their engagement partners, suggesting playing sports as a healthy way to utilize free time. Seven, the class advisers are required to have home visits and close monitoring of their advisory class in order to examine the environment of the students so that problems like health and nutrition will be taken care of with the assistance of the local government entities, they should also report about backyard gardening in their homes, if available. With cooperation of all the people involved in the program especially all the teachers and students, the said project is still in operation until present.

3. Background information or reasons why the school created this programme

Two years ago, the students' absences due to health problems which are mostly preventable alarmed the school heads, teachers and parents; hence, the school with its population has to make innovative, creative and effective health and nutrition program to boost performance in all aspects of education. The school authorities in cooperation with parents and students contacted the local government, hospital and a government mobile clinic then started to make an operational plan that could be helpful and that could be continuing. Together, they set out some activities, where some actually exist but needs upgrading to fulfill its accomplishment; weighed the advantages and disadvantages of each on how it can improve the very core of physical and mental health and nutrition in the school; totaled the budget involved; verified the entities that could help. Then, the school authorities summarized it for presentation to the concerned entities they wanted to partner-

with. The local government, hospital and Nakhon Sawan Province mobile clinic, in service to the public, agreed at once of providing technical and medical needs of the school, and promised to help in personally monitoring the said project for the good of the community. The school community is ask to cooperate in the implementation of the project by doing their assigned tasks, the teachers and Student Body Council to keep on monitoring the cleaning hour, the teachers assigned in the Health and Nutrition Department to keep seeking immediate help from medical personnel for some students having transferable diseases, advisers to report problems after their home visit, and the parents to come for the meeting and evaluation of the activities regarding this programme.

#### 4. Objectives/goals of the programme

It is said that the essential elements of an effective School Health and Nutrition program, as outlined in the Focusing Resources on Effective School Health (FRESH) Framework agreed at the 2000 World Education Forum in Dakar, Senegal aims to: (1) Ensure equitable health-related school policies; (2) Increase access to safe and hygienic learning environments; (3) Promote life-long healthy behaviors through skills-based and child-focused health (including HIV) education; (4) Increase access to health and nutrition services for school-age children. Adopting these objectives, the school partnered with the Local government, the District Police and Military Force, the District Hospital and the Nakhon Sawan Provincial Mobile Clinic for the promotion of long-term health and nutrition programme in Huaynamhomwittayakan School and the whole community.

#### 5. Period of the time when the programme was/has been started

The programme started from the time the papers were completed and approved by the engaged partners two years ago, it was being maintained up to this day, and the entities involved are still strongly supporting each other. They are upgrading each activity with the new technology that could be applied, like using the google map to locate and include the location of all the students' homes, for easy access and analysis regarding the said programme, and to ensure its long term implementation, the planning is done by about 50 persons two years ago but the implementation is being done by every individual in the school, especially the teachers and the students.

#### 6. Activities (Actions and strategies of implementation)

The implementation of the program does not only imply one activity, there are sets of activities that are carried out so as to be achieving the objectives of the said program.

First, the evaluation of students' nutrition level, wherein at the opening of the semester, the students are required to report to the clinic for taking of their weight, height, level of strength, physical defect (if any), allergies (food and medicine), and blood type. Their eyes are also checked for further test of nutritional level (especially pale colored eyes). These are all recorded per class and kept for future use; some are submitted for further tests and proper medical care. The contact numbers of their parents are also taken for easy access whenever there are problems about the health of their child/children.

Second, information dissemination on diseases that can cause outbreak in the community like dengue, typhoid and zika; which are mostly mosquito-transmitted diseases. The causes and prevention are circulated by medical officers from Chum Ta Bong District Hospital on scheduled basis. The students are informed about the degree of effect of these diseases on their studies, so it must be prevented as much as possible, after all, it is said that prevention is better than cure.

Third, every semester dental check-up is provided for the students. This is also relevant to the programme because a healthy denture can affect the physical health of the students. Nutrition can be affected by bad teeth situation since eating well cannot be made, so it has to be taken cared of as

well, giving proper dental remedies to their dental problems.

Fourth, the provision of vitamins and available vaccines. The students are given vitamins such as A and C every year, these are provided in order to boost their health in fighting the different diseases that may occur. Available vaccines are also administered on scheduled basis in order to get immune to the virus and bacteria that causes life-threatening illnesses. This is monitored and administered by the concern partner agency, which is the Nakhon Sawan Mobile Clinic, as these activities needed professional medical persons.

Fifth, information dissemination on Sexually-Transmitted Diseases by the Nakhon Sawan Mobile Clinic team is also planned and implemented yearly. Proper preparations are done by the agencies concerned from the acquisition of funds to the implementation, contacting private individuals or entities nearby for donations are also done to augment the budget. This activity is taken in order to safeguard the health of the teenagers, who are in their very risky stage because sometimes or oftentimes they make hasty decisions without considering the consequences that may occur.

Sixth, the Police/Military group expounds on “Use of Prohibited Drugs.” This time, the uniformed men shares the disadvantages of using prohibited drugs, aside from possible landing in jail or being dead in an anti-drug operation, they also discuss the physical and mental effects of these drugs. These drugs are carefully categorized and explained, they show how does it look like and how it can affect a person, they bring actual samples for the students to see and recognize so that the good ones will not be deceived (if ever). The military shows actual situations of addictions so the students may realize the terrible effects before they will land as one.

The teachers in the Physical and Health Department integrate in their lessons the implementation of this programme, thus, making sure that they always touch on health and nutrition and or physical and mental health. The teachers discusses about the nutrients in cooked vegetables compared to the easily prepared cup of noodles. They also expound on the different diseases that may attacked them at the time their health will deteriorate because of lack of good nutrition. These are daily reminders for them to be able to take care of their health and eat nutritious vegetables that will give them better resistance to illnesses. They are given proper reminders about some health hazardous practices, and are shared with actual situations in life about health care.

Another activity implemented as a cluster to this program is the cleaning of the school surroundings, aside from the everyday monitoring and rating of the areas of responsibility of each class, the school authorities together with the police/military group organize a yearly Big Cleaning Day, they clean the school community especially the areas where mosquitoes and flies, that can carry viruses and cause sickness, can thrive. Each class with their advisers and group of police/military persons are assigned to each area that they must clean, cut the grasses, sweep, and if it has canals clean the canals also for easy flow of water when it rains, so that the water will not be stagnant giving a place for mosquitoes to lay their eggs. But every day on weekends, each class maintains their area of responsibility inside the school including their classrooms for cleaning, representative from Student Body Council are sent by the authorities in the Student affairs Office to check each area for proper commendation and awarding of certificate and money of their group (may it be red color, blue color, pink color, and orange color, as they are divided).

Another activity is the school’s enjoining community activities; the school is a part of the community that they are invited to almost all the activities in the district government. The related activities that the school joins are the yearly campaign parade against smoking and drug addiction including the sports games sponsored by the said government, the cleaning activities, including the canals within the district. The school connect with the community through the activities in support of the said programme being implemented inside the school so as to extend its benefits outside the school and therefore having the school children safe even within the community, or within the neighboring town also, as it is believed that it may have a domino effect and so the whole country’s

future leaders will be saved from illnesses and our country can be a better place to stay, not only because we have economical life, as the foreigners say, but also because it is safe to live in. It can also attract tourist for more earnings of our very own Thailand.

Another activity is the home visit done by teachers to the homes of the students in Huaynamhomwittayakan School. The teachers are asked to visit the homes of the students not only to check on their financial phase, but especially of their health and nutrition related situation. So, the teachers will need to encourage (if they have none) and or support (if they have one) the parents/guardians about maintenance of backyard gardening for the production of their own vegetables as well as fruits, to ensure safe and nutritional food of the students, that they can easily pick to if they will cook. It will help the students not only with their physical health but also of their mental health. It is one good step to solicit support from the parents/guardians of the students. Furthermore, it is also a support for the project of King Bhumibol about economic sufficiency. It is also good to remind the students about cleanliness and healthy practices in their home, if hazardous practices in their home are observed, letting them understand that it is needed for their own protection against illnesses, and it must be monitored by their advisers (being their second parents in the school). The very core of this activity is the backyard gardening in the homes of the students for their proper nutrition.

7. Teaching and learning approaches that the school applies for teaching “Improving Health and Nutrition”

The teachers in Physical and Health Education Department and the assigned teachers in the School’s Clinic adopted a comprehensive approach to promote health and nutrition awareness. They focused on school health policies, physical environment of the school, the school’s social environment, community relationships, personal health skills, and health services. They make sure that these things are integrated in their teaching lessons so that students will be aware and it will serve as a signal to the school community’s commitment to and actions towards enhancing the physical and mental health of the students. It is much needed to be displayed prominently in the school so as to maintain the objective of the programme.

8. Related activities that the school have contributed to the community and shared school practices to the community.

The school maintains supporting the campaigns against smoking and drug addiction; they also provide help in the cleaning of canals through the Student Body Council and the school’s cadets (Youth Military Training). In the campaign against smoking and drug addiction, some students are assigned to talk about the bad effects of these physically and mentally with the purpose of opening the eyes of adults through the voice of their children. Playing of sports like football, volleyball and basketball are also usually done on the point of righteous and healthy way utilizing free time; in this the villages compete with each other including the police/military group. Moreover, the cleaning of canals and the roads are also executed within the community, the school shows their support through their labor sources. The officers of the Student Body Council and the school’s cadets or the students under military trainings are sent to help in whatever they can render to the community. The school also supports the “NO BURNING OF PLASTICS POLICY” within the community; this shows their concern for the community’s health and nutrition.

9. Engagement of partners (Please provide the name of your partners in this programme and their roles/contributions)

Name of Partners	Roles and Contributions
NAKHON SAWAN MOBILE CLINIC	-They carry out and monitor the evaluation of health and nutrition of the students; they also provide some important information on care of health and nutrition.
CHUM TA BONG DISTRICT HOSPITAL	- They monitor the fumigation and mosquito repellent pellets provision in the school and community; they also visit the school every now and then for new information on diseases carried out by insects like ZIKA virus.

Name of Partners	Roles and Contributions
AMPHOE CHUM TA BONG LOCAL GOVERNMENT OFFICE	- They provide technical supports and funds for the community activities like cleaning, anti-smoking campaign and other activities related to the programme of the school and make sure that the school is enjoined in such activities. They provide for sports as a healthy way utilizing free time.
CHUM TA BONG POLICE STATION AND MILITARY GROUP	- They help in the dissemination of relevant information on use of prohibited drugs, as well as the effects of this in physical and mental health. They also enjoin in the campaign against smoking. They also participate in the Big cleaning operation in the school and within the community.

#### 10. Resources used for implementation

The funds and materials used for the implementation of the program are joint provision of the school, the mobile clinic, the district hospital, the local government offices, some private entities and individuals also, with their support of the community, have donated and are donating considerable amounts. Every engaged entity, has the aim to raise resources for the said project for its lifetime implementation.

#### 11. Monitoring and evaluation mechanisms and summary of results

**Monitoring and evaluation mechanisms:**

The monitoring and evaluation is done by updating the records of every student as needed, the school holds Parents meeting every semester so as to be updated on their cooperative measures in the making the programme succeed. The contest for the cleanest and greenest area of responsibility per color group is recorded and evaluated every week, announcing and giving the result every Tuesday. The teachers assigned in the School Clinic maintain their contact with the Nakhon Sawan Mobile Clinic, the Chum Ta Bong Hospital authorities, so as the School Administration maintains their contact with the Local Government and the Police/Military authorities. The school administration makes sure they are updated of any community activities related to the programme, so they can have it on-going.

**Summary of results:**

The program has been on-going for two years already; the results were much more of positive because the records of students getting sick and admitted to hospitals were lessened. Disease outbreak in the community was also minimal. The record shows that diseases that can be avoided are now at its negligible percentage. The school records on sexually transmitted diseases is zero percent and prohibited drugs cases where now at its nominal rate, hence, the community results were also expected to be the same since the population comprises mostly of teenagers and or students attending school.

#### 12. Achievement from the school's health and nutrition programme

The school's health and nutrition programme has been commended by the government officials not only in Chum Ta Bong District but also by other nearby districts. That is the reason of the support these engaged partners are giving. The programme is yet to be improved as it is being carried out, but positive outcomes, benefits and impacts on the school community and the community as a whole were already in its facade. It may not have acquired awards yet, but the positive outcomes are more valuable to be called its achievement, which are (1) physical and mental health of the students are monitored, (2) producing of vegetables and foods with more nutritional value, (3) minimal reports on diseases caused by insects such as mosquito and flies, and (4) negligible percentage of mental illness and sexually-transmitted diseases reports.

### 13. Benefits/Impacts/ positive outcomes of the programme to students, school and the wider community

There are many positive outcomes/benefits/impacts of the said programme to the students, the school and the whole community. Most students have become more concerned about their health physically and mentally. They were able to admit to themselves the negative effects of not taking care of one's self with regards to smoking, use of prohibited drugs, having unbalanced diet, and in the cleaning aspect. The school, on the other hand, have been conducive to learning as the cleaning is maintained, also the toilets and areas with stagnant water are well cared of, fumigation is scheduled at least quarterly, and the canteen serves nutritious and clean foods and shop sells snacks with more nutritional value. While, the community as a whole, has been maintaining cleanliness and the families of the students and their neighborhood were encouraged to do backyard gardening so as to support also the program of King Bhumibol about economic sufficiency. The school community and the community as a whole have minimal reports on mosquito-transferred disease outbreak, sexually-transmitted diseases, as well as mental illnesses. The programme has been beneficial to Chum Ta Bong community and other nearby districts where students of Huaynamhomwittayakan School reside.

### 14. Plan for sustainability and plan for the future

#### Plan for sustainability:

The school authorities and its engaged partners have plans for sustaining the said programme. They are going to staged the programme during school and community activities where higher ranking officials may attend, so that they can be able to magnetize support from the whole Thai government, not only in the local area. The project's implementers are also taking into view many other policies for its maintenance, like the possible policy of "NO JUNKFOOD" in the school shop and canteen, the continuing commendation of cleanest and greenest areas in the school and a proposed "Search for the Cleanest and Greenest Village in the community. With these at least the planting of vegetables and cleaning the surroundings will carry on, so health and nutrition within the community will be nurtured while the programme is being implemented. Hazardous practices that needs proper attention will also be well monitored so as to lessen them until it will already be invisible from sight.

#### Plan for the future:

The School Administration together with the engaged partners have a concrete plan on improving the programme especially with its information and communication technology (ICT), so it would be easier for them to monitor and sustain the said programme. The use of online communications and monitoring will be of much accessibility especially because there are other responsibilities that are being carried out by the individuals involved in its monitoring and evaluation. Although at this point in time, there is shortage of resources, it is but right to be positive and to keep staging the positive effect not only in the school but to the whole community as well. This is in order to attract other entities to partner with the already existing group, with that the resources will be augmented. The school is also considering the improved maintenance of the school garden where the students usually raise vegetables and fruits by their own, so that they can apply it in their homes and have availability of nutritious vegetables in their menu.

15. List of supporting documents (Maximum of 5 documents) such as a copy of the school operational plan or school management plan, action plan, learning/ teaching materials, lesson plans, samples of student worksheet, manuals, etc.

If the supporting documents are in the local language, please provide a brief description in English language.

Document 1) Home Visit 2017 -

The report is about the home visit done by Mrs. Nuananong Sukchan and Miss Lourdes Aroco in the home of one of their students in M.4/3 class this semester, including an information that they own the house by themselves, a picture of their house, with the backyard gardening outside their home and the google map location of the house check-in report. There are other attachments to the said report about source of income, and the health situation within the family throughout the year, what are the usual sickness within the family and how do they deal with it, do they seek for professional medical intervention or do cultural remedies in the olden times, or they use herbal medicines. The report is also certified to be true and correct, and the pictures can be use as a proof for education subsidy application.

Document 2) แบบสำรวจประวัติสุขภาพนักเรียน-6ห้อง1 -

This report is a report about the recorded weight, height, blood type, medicine allergy and physical defects of Level 6 Class 1. It can be seen that the weight, height and blood type are recorded for purposes of checking the physical condition of the students, their eyes condition, physical defects and bloods were also taken for further nutritional analysis. Their allergies of medicines were also obtained as it is also very important to maintaining their physical health. In this report, there are physical defects of myopia or near sightedness, which may be related to too much use of their mobile phones which is for further study. One student also is reported to have allergies on penicillin. So, these are the things that must be recorded so the monitoring of physical and mental health and nutrition could be done satisfactorily.

Document 3) 2017 Lesson Plan (Mr. SAYOMPHU PHILUEK, Health and Physical Education Teacher) – The lesson plan for 20 hours is centered on the development of their own health and their family. It is informing about the hazardous practices and the remedies on how to take care of their health, protection as well as the possible cure for the infectious and or transferrable diseases especially those that are life threatening, in order to have a good quality of life. After the lesson some actual situations are presented to the students and apply what they have learned example in rendering first aid to accident victims and how to properly transport them. These are all taken into account for the implementation of the school's care for physical and mental health in order to safeguard the youth of today who are the hope of the country in the future.

Document 4) Sample Students Worksheet - The students are encouraged to answer the 5 questions pertaining to the assessment of health and nutrition of their whole family. The questions are: (1) What are the procedures in planning one's health and his/her family? (2) How does the self-assessment of one's health differ from the assessment done by medical persons? (3) 3. What health information is useful for health care planning? (4) How does good and quality information is like? (5) Is the use of sufficiency economy philosophy in health care suitable for students and families? This worksheet is actually included in the lesson plans, as well as the problems encountered in this particular topic and the solution taken for better understanding of the said relevant topic.

Document 5) School Plan on Health and Nutrition - BE 2540 (1997), the National Education Act BE 2542 (1999), states about focusing on learner-centered teaching and learning that promotes the health of learners, project management, development and improvement of nursing work, school support system and expedite the drug addiction problem. By coordinating with all parties. To provide students with healthy mental health habits. Safe from addiction, creating a conducive environment for learning and promoting the health and safety of learners. Therefore, the

development and improvement of the nursing work of must be continually improved for full and effective implementation of the programme. The plan, has set a time framework, budget and as well as the people involved and or who are enjoined for the implementation of the programme. With this project the Nursing Department of the School recorded a more improved health and nutrition of the students, so the programme is always incorporated in the yearly school plan.

16. Photos related to the activity/programme (Maximum of 5 photos with captions in English)

Photo1



The Medical Team from Mobile Clinic expounding on the Sexually Transmitted Diseases to Huaynamhomwittayakan School students from levels Grade 7 to 12.

Photo 2



As engagement to the community activities, the school parades around with police, military and government officials for the campaign of NO SMOKING.

Photo 3



A medical officer is discussing about the importance of good health, balanced diet and proper nutrition just after their health check and administering vitamins.

Photo 4



Students doing their daily cleaning to avoid the breeding of insects that has the ability to transfer or cause diseases, especially mosquitoes and flies.

Photo 5



Team from Chum Ta Bong Hospital and Chum Ta Bong Local Government Office scattering mosquito repellent pellets in the toilet, and also the areas with stagnant waters.

## Guidelines for Submission of Entries

1. Schools can submit information about the school's programme/project/activity related to the theme "Improving Health and Nutrition" before **Tuesday 5 September 2017**. (The schools must ensure that the SEAMEO Secretariat receives entries by Tuesday 5 September 2017.)
2. Each school can submit only ONE entry.
3. **The school programme must have been continued at least one year.**
4. The submission of the school's programme must be done through the template "**Submission Form of 2017 SEAMEO-Japan ESD Award**". The submission form can be downloaded from the SEAMEO website: [www.seameo.org](http://www.seameo.org) or requested by sending an email to the following email address: [seameojapan.award@seameo.org](mailto:seameojapan.award@seameo.org).
5. Regarding the submission of information, each school must adhere to the following format, as specified in the Submission Form:
  - a) Part I - Information about the school;
    - 1) School name and contact details.
    - 2) Brief information about the school such as number of teachers and students and the educational level.
    - 3) Contact details of the coordinator.
  - b) Part II - Information about the school's programme;
    - 1) Title of the school's programme.
    - 2) Summary of the programme (one half-page of A4 sheet size).
    - 3) Background information or reasons why the school created the programme.
    - 4) Objectives/goals of the programme.
    - 5) Period of time when the programme was/has been started.
    - 6) Activities (Actions and strategies of implementation).
    - 7) Teaching and learning approaches that the teacher applies for teaching "Improving Health and Nutrition".
    - 8) Participation with the community and sharing of school practices to the community.
    - 9) Engagement of partners.
    - 10) Resources used for implementation.
    - 11) Programme monitoring and evaluation mechanisms.
    - 12) Achievement from the Improvement of Health and Nutrition Programme.
    - 13) Benefits/impacts/positive outcomes of the programme to students, school and the wider community.
    - 14) Plan for sustainability and plan for the future.
    - 15) List of attachments such as a copy of the related school plan, committee structure, learning/teaching materials, lesson plans, samples of student worksheet, manuals, etc.
    - 16) Photographs related to the school programme (maximum of five photographs with captions written in English).
6. Information about the programme (Part II as above) **should not be over nine (9) pages of A4 in total**. The information should be written in **Times New Roman font, 11-12 point size**. (A half-to-one page A4 sheet size about the project overview should be included.)
7. Information about the programme and the photo captions must be in English. The teaching and learning materials can be in local languages, however a brief translation in English should be provided.

8. All submissions should include related photos. (A maximum of **five** photographs with captions written in English.)
9. Schools can submit the "Submission Form of 2017 SEAMEO-Japan ESD Award" and other supporting materials to the SEAMEO Secretariat by

a) Email: [seameojapan.award@seameo.org](mailto:seameojapan.award@seameo.org) and/or

b) Send a **Compact Disc (CD) or handy drive containing the digital files of submission form and supporting documents to the following address by post.** (In case of damage to the CD, the printed version of the submission form should also be included in the mailing package.)

SEAMEO-Japan ESD Award,  
SEAMEO Secretariat,  
920 Sukhumvit Road,  
Klongtoey District,  
Bangkok 10110, THAILAND.

All entries submitted to the SEAMEO Secretariat will be acknowledged. If the school has not received any acknowledgement of the receipt from the SEAMEO Secretariat within one week after the submission,

## Judging Criteria

The judging committee will consider the following criteria in selecting the winning schools:

### 1. Strategy/ Modality of Implementation

- Health promotion and nutrition programme is emphasized and incorporated into school policies, management plans, and teaching and learning programmes within the school.
- The school has demonstrated the use of participatory processes – involving students, teachers, parents, community stakeholders and partners – in planning and implementing the programme.
- Appropriate and effective methods and resources are used to implement the programme.
- Monitoring and evaluation mechanisms or processes are systematically identified to the immediate and long-term outcomes of the programme.
- The school has demonstrated that the entire school joins together in improving health and nutrition condition of students.

### 2. Innovation and Creativity

- The school's programme has demonstrated innovative and simple practices in "Improving Health and Nutrition".
- The school has demonstrated innovative ideas for utilizing available resources.
- The entry is a new idea or an improved/adapted version of existing activities.

### 3. Teaching and Learning Approaches

- The school has demonstrated effective teaching and learning approaches that have developed awareness of students and community in promoting health and nutrition.
- The school has embedded knowledge about health and nutrition and other related environmental aspects into subject disciplines and incorporated ESD principles and pedagogical methods to ensure that students are able to connect the practices into their daily life and family.

### 4. Engagement of Community

- The school has engaged community partners such as neighbouring educational institutions, local government authorities and parent associations to co-implement the school's programme.
- The school's programme has encouraged public awareness and action for promoting health and nutrition for the community.
- The school's programme has strengthened student involvement and a contribution to improve the sustainable development of the local community.

## 5. Sustainability

- The school has demonstrated a clear future plan on how to sustain the programme.
- The school has integrated the promotion of health and nutrition within the school management plan and teaching and learning activities across subjects for a long-term action strategy.

## 6. Impact

- Results, both during and after implementation, have revealed the effectiveness and benefits of the school's programme to students, teachers, parents and the wider community.
- The school has clearly demonstrated that health and nutrition conditions of students have been improved after the implementation.

Note: Achievement of submitted programmes will be evaluated in accordance with the educational stage of each school (e.g. kindergarten / elementary / secondary / vocational and technical schools)

## Contact Information

For enquiry, please contact:

SEAMEO-Japan ESD Award  
SEAMEO Secretariat  
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