

# 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:**

- |   |   |
|---|---|
| 1. Name of my school  | : SMP Negeri 1 Pandak   |
| 2. Full address   | : Jalan Srandakan Km 1 Bantul Yogyakarta                                  |
| 3. Postcode   | : 55761   |
| 4. Country  | : Indonesia   |
| 5. School's telephone number  | : +62 274 367375  |
| 6. School's fax number  | : -   |
| 7. School's email address   | : <a href="mailto:info@smp1pandak.sch.id">info@smp1pandak.sch.id</a>      |
| 8. Name of the Head Master/Principal/<br>School Director  | : MsRrAniPrihatiHandayani, M.Pd   |
| 9. Name of the Teacher Coordinator  | : MsSitiYulaikhah, M.Pd   |
| 10. Email address of the Coordinator  | : <a href="mailto:yulaikhahs32@yahoo.com">yulaikhahs32@yahoo.com</a>      |
| 11. School's website  | : <a href="http://www.smp1pandak.sch.id">http://www.smp1pandak.sch.id</a> |
| 12. Educational Level   | : Grade: 7-9 or year : 13 -15   |
| 13. Total number of teachers  | : 42 Teachers   |
| 14. Total number of students  | : 648 Students  |
| 15. Approximately number of teachers participated in planning and implementing this school's programme for improving health and nutrition | : 42 Teachers   |
| 16. Approximately number of students participated in planning and implementing this school's programme for improving health and nutrition | : 648 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**

"Healthy School, Active Learning, Great Achievement"

## 2. Summary of the programme (one half-page of A4 sheet size)

Health needs to be fought because strong physical and mental, physical and spiritual health, will produce tough individuals.

Health Education is the responsibility of educators. Learning about health, healthy food, clean and healthy lifestyle is integrated in almost all subjects.

Facilitating the achievement of the program, 3 Divisions and 19 Cadres are formed, based on the results of classroom and research activities. 3 Divisions that are formed include: 1. Health Education Division, which be unders 4 Cadres, 2. Health Services Division, which be unders 4 Cadres, and 3. Healthy Environment School Coaching Division which be unders 11 Cadres.

Program is carried out continuously from Team Building, Establishment of Cadres, Plan activities, carry out activities, monitor and evaluate and determine follow up evaluation results.

By working with various elements, success can be more easily achieved. The achievements are the health of school members, the effectiveness of better learning activities, better learning outcomes, so that public and government have higher trust.

The impact of the achievement of a healthy school, SMP Negeri 1 Pandak can achieve many championships at the District, Province, National and International levels. The other school visits are increasing to learn together, and even many schools have volunteered to become schools targeted at SMP Negeri 1 Pandak.

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

"Mens Sana in Corpore Sano, is the term of in a strong body there is a healthy soul" This incredible slogan really inspired the members of SMP Negeri 1 Pandak. By the beliefs, strong will, and team work, the members of the school are determined to make it occur, because of strong physical and mental, physical and spiritual beings will produce individuals, and a great nation.

Students of SMP Negeri 1 Pandak are very sensitive in accepting change or renewal, so it is easy to be guided, directed, and inculcated good and healthy habits to support the health and behavior of clean and healthy life.

Educators are responsible for fostering healthy living habits and play role as models for the formation of healthy behaviors by applying clean and healthy living behavior (PHBS) in daily life. To make healthy generation, schools need to do some efforts on school health, so that learners, educators, and educational personnel can be improved and maintained health.

Healthy living is the basic capital for learners to gain effective learning. The health of learners becomes a condition that strongly supports the occurrence of learning. Thus, indirectly the School Health Program is an activity supporting the program of improving the quality of education.

By the Healthy School Program, it is hoped that a healthy Junior High School 1 Pandak environment will be developed and will facilitate the optimum personal development of learners, develop healthy lifestyles in the community, and support the quality of education and better life.

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

- a. Habituate the learners to live clean and healthy lives in school, at home and in the community
- b. Equip the learners to have the knowledge, attitude, and skills to be able to seek their health independently for themselves, as well as the community.
- c. Involving learners to create green, clean, beautiful, healthy, and productive schools.
- d. Create students to be generation who care about their health and environment, smart in solving various problems they face appropriately, so in addition to achievement in learning also has the power of deterrence against adverse effects, such as the use of cigarettes, drug abuse, alcohol, and the prevention of all forms of pornography, violence / harassment. The students should be self-reliant in carrying out a clean and healthy lifestyle and arranged in the completion of the program.

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

The program starts in October of 2013

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

- a. Activities:
  - 1) Forming a team of school health effort, activating and optimizing the work of the team.
  - 2) Forming the cadres
  - 3) Socializing the programs to every cadre, giving some informations and trainings by working together with other elements such as drug and food watch department, health office, and non government organisations such as waste bank, environment observer, etc.
  - 4) Arranging the schedule
  - 5) Doing the activity of every cadre.
  - 6) Monitoring and Evaluating
  - 7) Determining the follow up of the evaluation
- b. The Implementation Strategy of School Health Effort Program of SMP Negeri 1 Pandak outlines the Triassic of School Kesehatan School, which includes "Health Education, Health Service, and Healthy School Environment Development" and in it can not be separated from elements of Improvement, Improvement, Prevention, Healing, Environmental Management, Monitoring and Development.

The brief description of the implementation of healthy school program SMP Negeri 1 Pandak as follows:

##### a. Health Education Division

- 1) No-Drugs, No Alcoholic drink, No Smoking Cadres  
In view of the dangers of drugs, drugs, alcohol and smoking for human health, all SMP 1 Pandak members have agreed and signed the integrity pact will not consume, use, and circulate the materials mentioned above.
- 2) Cadres of Scientific Publications, Education, and Cultural Art  
Information on healthy schools and environmental awareness is needed for school residents. One way of conveying information can be through leaflets, posters, school magazines Master Pansa, and radio "The sound of Pansa". In this case the cadres of scientific publications, education, and cultural arts program putting posters in strategic places of the school environment on healthy living culture, and inform through radio broadcasts.
- 3) Youth Counseling Information Center  
Routine activities undertaken by this cadre is to create the habituation of learners to care about the school environment. In addition to maintain the health of learners, they give

health counseling, teenage reproduction information, and counseling peer training. To improve counseling services, these cadres create groups in social media in the form of: FB-PIK-R PANSA and Twiter-@ PIK-R PANSA

4) Community Movement Cadre

This cadre plays a major role in maintaining good relationships between schools and communities and related institutions. Activities carried out by this cadre include Saturday Cleaning Movement, routine gymnastics, mass service work with community members and village officials, waste management socialization, and making hydroponics plants.

**b. Division of Health Services Division**

a) Youth Health Cadre

Youth Health Cadres have the duty and function of creating a healthy school environment that supports the physical and mental health development of learners in schools, conducting health care activities for students / peers and teachers, assisting teachers to provide health services (First Aid) to learners / friend at Monday flag ceremony, marching race, drumband, and other activities at SMP 1 Pandak. Youth Health Cadres conduct height monitoring and weight (Body Mass Index/BMI) of learners by filling Healthy-Towe Card on a regular basis as an innovative program.

b) Youth Nutrition Cadres

Youth Nutrition Cadres have an innovative food monitoring activities in the school cafeteria by checking the expired date and campaigning the kinds of healthy food by making posters with the theme 'eating nutritious foods' (four healthy foods and one adding food), eating vegetables, fruit, fish and to be contested. In addition, it also makes leaflet about the kinds of food and nutritional content.

c) Healthy Cafeteria Cadre

The school canteen is a place to eat food and drink for students while at school. A healthy canteen becomes a comfortable and indispensable place for all members of the school to meet food intake that meets health standards. So the healthy canteen cadres play an important role in the supervision of the canteen at school. In carrying out the duties and functions of this cadre carry out activities to reduce plastic waste as an innovative program and provide guidance to food vendors in the canteen to keep food and healthy environment.

d) Anemiaschoolcare cadre

Anemia diseases are very influential on human productivity. At school, students will be difficult a taining the learning achievement. Related to this case, school cadres care about anemia case and collect the data of anemia patients in SMP 1 Pandak, then carry them to Public Health Centre. In addition, weekly cadres also hold socialization and counseling about anemia disease.

**c. Division of Environment Healthy School Development**

1) Waste Processing Cadres:

SMP NegeriPandak produce on average 25 kg of garbage every day. 80% of the waste (20 kg) can still be used again by the Waste Management Cadre, among others for animal feed, compost, briquettes, handicrafts, saving in Waste Bank, and bio gas raw materials

a) Making Animal Feed

The organic waste at SMP Negeri 1 Pandak is processed and used for animal feed. SMP Negeri 1 Pandak has conducted MOU with farmers in the neighborhood around the school.

b) Composting

In addition, we make not only animal feed but also compost. This compost is used to cultivate the plants at school.

c) Making briquettes

Garbages and twigs are used for making briquettes. Making briquettes is an effort to teach the learners in the utilization of waste, and use it as an alternative to fuel

oil in the activities of making batik.

d) Waste Bank

Plastic and paper waste is collected at school waste bank "KOMPAS" then sent to Bantul waste bank for cash.

e) Handicraft from waste materials

Garbage that has been processed by sorting for craft materials that are integrated the teaching learning process of Cultural Art.

f) Bio Gas

Organic waste, food waste from canteen, waste from septic tank, can be used as raw material for bio gas. Bio gas is used to boil water in batik activities. Biogaswaste can be used as organic fertilizer for plants in SMP Negeri 1 Pandak.

2) Green and Clean Cadre

Activities undertaken by Green and Clean cadres at SMP Negeri 1 Pandak are arranging cadre pickup schedules, identifying existing crops in schools, the program "One plant for two " (every two persons bring and grow a fruit crop) as an innovative program. This program trains how to plant, care for trees, utilize the results and evaluate the implementation of activities.

3) Toga (Herbal Medicine), Green House, Vegetable and Fruits

In order to support the creation of a green environment, comfortable and healthy and to complete the needs of learning Science Media, Herbal medicine cadres, Green House, Vegetables and Fruits carry out the caring activities, planting, maintenance, and the adding of shading plants. Besides, by giving a healthy lifestyle, this cadre grows herb medicinal plants, holds counseling on the utilization of herb medicinal plants, so that all school residents can use as a herbal medicine that is cheap and without side effects. This cadre has some innovative programs: making food (ginger candy, lemongrass and ginger pudding, and agar from aloe vera plant) and beverages (lemongrass syrup, ginger syrup, instant dye ginger, instant celery sauce), and lemongrass candle which can repel mosquitoes and flies.

4) Bathroom Hygiene, Wastafel, and Mosquito Nipper Exit monitoring cadres

The cadre checks the wiggler, drain the tub, clean the sink, clean the bathroom, and complete the bathroom facilities. It also makes posters and slogans about the dangers of larvae and check directly and eradicate wiggler in the bath tubs.

5) Biopori Cadres, Sanitation, The Beauty of Parks, Pages, and Potted Plants

A comfortable school atmosphere is a dream for every member of school. School safety can be seen from the availability of green open spaces, parking lot and plant shade. It is supported by good sanitation and well running water during the rainy season. The beauty of the yard as a green open space in front of the school. To realize the situation, the cadres who joined in this activity are doing garden making activities, planting trees in pots, making biopori that serves to store water in the soil and overcome the puddles, and to pay attention and realize good sanitation. Energy Saver Cadre

In order to save fuel oil and answer the issue of global warming, SMP 1 Pandak invites all school residents to cycling while to school. In addition to these activities in school energy savings also invites to always turn off the lights during the day and turn off the electronics devices that are not in use. In conjunction with the water savings routinely held checks of the water faucet. This cadre also utilizes existing wastewater, among others: rainwater waste accommodated in 12 catchment wells for catfish, waste water ablation for fish ponds and watering plants, water limits from air conditioning for hydroponics plants. As an innovation program, this cadre utilizes bio gas for batik practice activities.

6) CintaLingkungan Anti Plastik (Talangtitik) Cadre

Kader love the environment to socialize about the reduction of plastic waste by requiring learners to bring their own food and drink and the dangers of plastic waste. In addition, this cadre also performs plastic waste collection in the school and monitor garbage in each class. Periodically organize a place to eat and drink so that plastic

waste reduction program can run well.

#### Leading Program of SMP Negeri 1 Pandak

Of the overall program, the school determines two programs that become the leading programs are:

##### a. Waste processing

The number of members of SMP Negeri 1 Pandak large of course produce a lot of waste. If this garbage is not handled properly will cause complex problems both health problems, hygiene and beauty. SMP 1 Pandak as a school that is very concerned about the environment to work hard to overcome the problems caused by waste by processing and utilization of waste into something more useful.

Utilization of waste in SMP 1 Pandak include:

- 1) Manufacture of animal feed
- 2) Composting
- 3) Making briquettes
- 4) Handycrafts
- 5) Saving at Waste Bank

##### b. Sports and Health for Reaching Ideal Body Mass Index

The height and weight of junior high school students 1 Pandak(648 students) vary widely. There are some learners who are too thin and have an overweight bodies. Such weight loss is at risk of disease. To overcome this case, SMP 1 Pandak implement Body Mass Index (BMI) measurement regularly and continuously every three months. The result of BMI measurement is used to give suggestion and coaching, so the illness caused by BMI immediately can be detected. Routine activities are sports activities by having gymnastics before classes, gymnastics before the first and second breaks, sports activities as Physical Education (scheduled), physical activity during breaktime with traditional sports/games, and scheduled sport activities in extracurricular activities. The nutrition is monitored by nutrition cadres. It is expected that with BMI program problems about the height and weight of the students can be solved.

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

The Culture of healthy life is intracurricularly integrated on subjects, and extracurricularly through research activities.

Subjects that teach health and nutrition are Religion, Physical Health Education, Science, Social study, Indonesian, Mathematic, English, Information and Technology, Art and culture, Handicraft, Counseling guidance, Civic, Scout, Extracurricular of Youth Red Cross Extracurricular of all the sports, Extracurricular of Wall Magazine and School Magazine.

Some themes taught in learning and teaching activities are addictive substance and drug ( Science), Prohibition of Consuming Alcoholic Drink (Religion), Nutrition and understanding Healthy Food (PE), Blood circulation (Science), First Aid and medication (Youth Red Cross), etc.

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

The contribution of SMP Negeri 1 Pandak to the community and the sharing of practices to the community as follows:

- a. Being a resource person of healthy school for elementary & junior high schools in Bantul regency
- b. Being a resource person of Adiwiyataschools (Comfortable environmental school) for elementary, junior high schools in Bantul regency and in Yogyakarta province.
- c. Receive visits from various agencies throughout Indonesia

- d. Guiding other schools to be healthy schools / Adiwiyata schools
- e. Sharing healthy school activities and Adiwiyata to the community in Pandak District
- f. Sharing knowledge about hydroponic plants through you tube.
- g. Sharing healthy schools and Adiwiyata through mass media (magazines, newspapers), and electronic media (Television, Radio, Internet)

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

Name of Partners	Roles and Contributions
District Health Office	Advisor, trainer, accompanion, funder
Province Department of Environment	Advisor, trainer, accompanion, funder
Public Health Centre	Advisor, trainer, accompanion
Local Government	Advisor, trainer, accompanion, funder
Drug and food supervision center	Advisor, trainer, accompanion, facilitator
Non governmental office	Advisor, trainer, accompanion, facilitator
Society	Helping in plantation and vegetable

**10. Resources used for implementation**

In conducting the activities, SMP Negeri 1 Pandak streamlined the use of School Operational Assistance funds.

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

**a. Monitoring and evaluation mechanisms:**

Monitoring of school health activities is conducted from internal and external parties. Internal activities of School Health Enterprises are monitored by principals, teams and cadre coaches. From external parties, the activities are monitored by the Health Office, Drug and Food Supervising Department, the Health School, District and Provincial Health Development Team.

**b. Summary of result:**

- 1) The implementation of health socialization as well as the principles of healthy living to form a clean or healthy living habits or behavior is not an easy thing, it takes a long time, consistency and patience as well as cooperation of various parties.
- 2) The activity of each cadre shows good results and progress
- 3) Every Cadre has an innovation program
- 4) The adoption of a clean and healthy lifestyle has become a culture
- 5) SMP Negeri 1 Pandak expected to transfer to other schools in Bantul regency.

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

The success of health and nutrition programs include:

- a. The absence rate of learners and educators due to illness has dropped dramatically.
- b. The health level of learners is getting better.
- c. The school environment is clean, healthy, green, neat, and beautiful.
- d. Habits of clean and healthy living behavior has been going well.
- e. Establishment of representative School Health room, with adequate equipment and medication.
- f. The realization of a healthy canteen, clean, with snacks that fit health standards.
- g. All waste / garbage is well managed. From an average of 25 kg / day of existing waste, 80% or 20 kg of waste can still be utilized, and 5 kg / day goes to final waste shelter.

- h. A drastic decrease in plastic waste
- i. Environmental cleanliness support facilities are sufficient
- j. Sports activities, and activities related to physical activity in an effort to achieve ideal body mass index performed well.

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

The advantages / results of implementing the program are:

- a. The members of SMP Negeri 1 Pandak realize the importance of a clean, healthy, orderly, and beautiful school environment.
- b. The members of SMP Negeri 1 Pandak can enjoy a healthy, happy, peaceful and prosperous life.
- c. The members of SMP Negeri 1 Pandak can feel the condition of school that is comfortable and conducive for teaching and learning activities.
- d. The realization of a healthy education environment of SMP Negeri 1 Pandak, facilitating optimal student personal development, and able to develop a healthy lifestyle.
- e. There is the improvement of the health level of learners, educators, and educational personnel.
- f. There is the effectiveness of the learning process.
- g. There is the improvement of the effectiveness of learning outcomes
- h. Various championships / predicates can be achieved:
  - 1) 1<sup>st</sup> Champion of Healthy School in the province Level
  - 2) 1st Winner as Gender-Oriented School for Provinces Level
  - 3) The best National Adiwiyata School
  - 4) The best independent Adiwiyata School
  - 5) Friendly School for children
  - 6) School of disaster awareness
  - 7) School of Education Quality Model
  - 8) School of Implementation System Model of Internal Quality Assurance System
  - 9) Academic Championships at Regency, Provincial and National levels
  - 10) Non-Academic Championship at Regency, Provincial, National & International Level
- i. The increasing of the visits from other schools / agencies to conduct a comparative study on the success of SMP Negeri 1 Pandak in managing Health
- j. Having 10 targeted schools that duplicate the program of Healthy School of SMP Negeri 1 Pandak.
- k. The impact of the Healthy School program shows the improvement of academic and non academic achievement that fosters the beliefs of various parties, both parents of learners, community, other institutions, Government, and business world, so much aid received by the school, both morally and materially.

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

#### a. Plan for sustainability:

- 1) Since healthy living is a basic capital for learners to obtain effective learning, it becomes a condition that strongly supports the occurrence of quality learning, indirectly School Health program is an activity to support the program of improving the quality of education. It is recommended that all learners always carry out clean and healthy life behavior.
- 2) Monitoring and evaluation activities are still needed to be implemented to maintain program sustainability, and increase cadre creativity.

#### b. Plan for the future:

- 1) Establishing cooperation with related institutions that support healthy schools



- 2) Giving trust to all cadres to improve their knowledge and skills to the target schools
- 3) Increasing the creativity of all Kader by creating innovation program of all Cadre.

**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.**

Documents enclosed:

- a. Manajemendan RKAS (school operational plan or school management plan: description about plan, implementation/ activities and cost )
- b. RPP (Lesson Plan: Reproduction System, grade 9 semester 1)
- c. Bahan Ajar(Teaching Material: PP: Reproduction System, grade 9 semester 1)
- d. LembarKegiatan (Student worksheet: Reproduction System, grade 9 semester 1)
- e. Manuals

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

Photo1



Physical education to perform ideal mass body index

Photo 2



Happy and active learning and teaching

Photo 3



Hand washing activities before enjoying drink and food in the canteen

Photo 4



Queuing in healthy canteen/cafeteria

Photo 5



Activities in the school health room