



MEXT

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 or requested by sending an email to: 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)

PART I: Details of Your School

1. Name of your school: PAUD *PLUS* AZ-ZALFA
2. Full address: Jl. Walanda Maramis No. 4 Sidoharjo Pacitan
3. Postcode: 63514
4. Country: INDONESIA
5. School's telephone number (country code+city code+telephone number): (0357) 883854
6. School's fax number (country code+city code+fax number): -
7. School's email Address: tkplusazzalfa@yahoo.com
8. Name of the Head Master/Principal/School Director: Mrs. SUYANTI, AMd
9. Name of the Teacher Coordinator: Mr. Khoirul Amin
10. Email address of the Coordinator: khoirul.amin@gmail.com
11. School website (if available): www.paudplusazzalfa.sch.id
12. Educational level (Such as Grade/year 1-6 or Grade/year 6-12): Early Childhood/Kindegarten
13. Total number of teachers in your school: 26 Teachers
14. Total number of students in your school: 150 Students
15. Approximately number of teachers participated in planning and implementing this school's programme for improving health and nutrition: 23 Teachers
16. Approximate number of students participated in planning and implementing this school's programme for improving health and nutrition: 150 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

Sehat Itu Nikmat (Healthy is a Joy)

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

Sehat Itu Nikmat (Healthy is a Joy)

Sehat itu Nikmat (Healthy is a Joy) program is a health program held at our school, mainly for students, parents and people round the school. Our school located at a suburb area, it is far away from Surabaya (as a mother town of East Java) and also Solo/Yogyakarta (as nearest big towns for us), this situation makes us miss the up to date informations, many parents and students and also sellers consume and sell dangerous food and hard to have helthy/good habbit in daily life. Make healthy students and able to learn well is the essential thing for us, for we commit to "Education For All". As Pacitan lies at suburb area with small income, Health is not the main focus in daily lifestyle. That's why, school healthy program is the most effective way to raise awarenes about health, of course include parents and people around the school. With principle of healthy, effective and protective school for students, involving parents and society, we create Sehat Itu Nikmat (Health is a Joy) program. This program has 5 basic movement.

1. Health related to school program/policies at school

- No smoking for teacher (role model)
- Curriculum
- Worksheet
- Outing
- Student Healthy Checking
- Sport day
- Gym and game
- Swimming
- Healthy canteen
- Ant operation (pick up garbage)
- PMT (supplementary food)
- Wash hand
- Kudapan (snack in hungry periode before lunch)
- Sport day (special event of class competition)
- Separated rubbish organic and un organic
- Students health record
- Immunization program
- Vitamin A and worm killer pill

2. Save water and sanitation

- Bottle to bottle (bring drink from home)
- Personal hygiene/daily health check
- Separated bathroom
- Clear and bright/ventilated clasroom
- Green space (fresh air/oxygen)
- Fish ponds for daily consume
- Biopori

- Infused plant
- Gutter distance and washtafel
- Coconut waste mopping to kill germ
- Cleaning the bath up
- Food display
- Toilet training
- Wash hand and wash plates habit

3. Skill based health & Nutrition Education

- Planting organic plants
- Planting trees
- Serving food
- Cleaning the environment
- Nutrition advocation
- Bank sampah (trash bank)
- Throw rubbish at the right place disciplinly
- Separated rubbish
- Healthy cooking class
- 3 M (how to avoid the massive born of mosquitos)
- Market day
- 3R

4. Parent – Society based health & Nutrition education

- No smoking/showing cigarette at school area
- Healthy Cooking contest (family and stake holders)
- Parent teaching
- Seminar
- Bakti sosial (charity)
- Healthy food training
- Free breakfast on Friday for wider community
- Idul Qurban (share/deliver fresh meat for poors)
- Ta'jil and tempelangan (sharing lunch for poors)
- Doctor visit
- Village integrated health service

5. Stakeholder involvement

- MoU
 - Banks
 - Dinas Kelautan & Perikanan (fishery and ocean departement)
 - Puskesmas (community health centre)
 - Dinas Pangan (Food departement)
 - Dinas tanaman Pangan dan Peternakan (plants and animal farm departement)
 - Catering

We really realize that the ability of students to optimize their potention is directly effected from good health condition, nutrition & appropriate/precise education. Healthy students is the best investation for the future of nation.

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

PAUD plus Az-Zalfa as its mission and vision in running the school, its vision is creating high and strong generation that able to adapt their world. And the missions are building good character through live experiences, building independency by implementing basic life values, building creativities and doing good/positive mind in daily life. These goals will not be achieved except the school pays attention on the health condition, good nutrition and good education for students.

4. Objectives/goals of the programme

Objective goal :

- Our goal in running health and nutrition education are :
 1. School provide and promote health & nutrition for all students
 2. School educate, encourage & support skill needed to adapt healthy behavior
- Clear guideline goal:
 1. Integration to school curriculum, physical activity and promote to community
 2. School cafeteria diplays posters of health and nutrition
 3. Involving sharing information with family and broader comunity that it rill impact positively
- Student goal :
 1. 4 Sehat 5 Sempurna (student eat only healthy and balance food
 2. Taught on heart, Mind & body

Follow school actifities concern to health & nutritious education

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

Periode of time when the program start

With concept “ the most beautiful school for students” and education pillar “ science, religious, entrepreneurship, leadership” and tagline “Sekolahku, Rumahku, Keluargaku (my school,my home ,my family) since the school issued 2004 we already concerned with physical & nutrition education although it was very simple with program no ilegal sellers in front of the school, 2008 we gave rule to students and parents stop bringing and consuming snack contained dangerous substances such as MSG, as the growth of student in 2011 we started to held program “sehat itu nikmat” involving parents, society around school and stakeholders/government

6. Activities (Actions and strategies of implementation)

Activities/action and strategies of implementation

There are 5 basic movements held by school:

1. Health & nutrition education
2. Save water & sanitation
3. Skill based on health & nutrition program
4. Parents-society based health & nutrition program
5. Stakeholder involvement

That movements result good indicator of health & nutrition education.

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

We seek the best method in teaching about health & nutrition education in order students get good impression about it, love it and willing to do it, we use play, interesting media, appply good habbit and games.

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

Our school held very close relationship with parents & society, this strategy should be done to maximize the success of all school programs. Our annual program in sharing program (include health and nutrition) is by holding carnival, cooking contest, exhibition at town hall and banner in front of school for socialisation.

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

Name of Partners	Roles and Contributions
Parents / Mothers Club	Support all school program
Society around the school	Support all school program
Catering	Supply healthy food with condition approved by school
Dinas Kelautan dan Perikanan	Support to have fish and workshop
Banks	Support the school program and saving
Dinas Tanaman Pangan dan Peternakan	Give training how to gardening
Dinas Kesehatan / Puskesmas	Support school healthy effort
Dinas Pangan	Support seed and workshop

10. Resources used for implementation

There are medias/resources to support the best implementation of physical & Nutrition education. We complete our library with books of it, the books for food service personnel, teachers, students, beside book we get it from PUSKESMAS/POSYANDU socialisation, internet and someone's experiences

11. Monitoring and evaluation mechanisms and summary of results

Monitoring and evaluation mechanisms:

Track, measure and report the result, that's what we do in order this health & nutrition education run on it track. The mechanism we used to do are :

- Reporting from parents and teachers
- Progress monitoring
- Review and evaluation

Summary of results:

The program run on it track well parent and society around the school support this program willingly and have healthy and nutrition awareness. Stakeholder support school program enthusiastically.

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

Achievements from the school health & nutrition program

❖ GEMARIKAN (Eating Fish Competition)

The competition which is aimed to increase the students' interest to consume local fish, was held by Dinas kelautan & Perikanan (Department of Fishery & Marine) in the year of 2012. GEMARIKAN was followed by kindergartens in Kabupaten Pacitan (Pacitan Regency), and we could reach the first position.

❖ Widya Pakerti Nugraha (Characterized School)

The Widya Pakerti Nugraha award is given to school which can apply the character education and culture in every process of learning. The character education and culture involve the good aspect in daily lives, especially in health. We got this award in 2011.

❖ Sekolah Keren (The Cool School)

This award is given to school that involve family, society and alumnae to join the activities held by school. The award is given in 2017.

❖ Lembaga Berprestasi (Excellent Institution)

The Lembaga Berprestasi award was given by Kementerian Pendidikan dan Budaya (The Ministry of

Education & Culture), early Childhood education Sector in 2012. The receivers of this award are schools which can apply good and positive thing in all side.

❖ **Lomba Balita Sehat (Healthy Kid Competition)**

This competition was held by HIMPAUDI (The Assosiation of Toddler Teacher in Indonesia) of Pacitan District in 2016. The competition has a purpose to increase the parents' awareness to take their children to POSYANDU (Integrated Health Center) and note their children' growth.

❖ **Lomba APE Barang Bekas (Education Visual Tool from Used Item Competition)**

The competition was held in 2013. It is aimed to improve the teacher's skill to make creation from the used item become valuable thing that can be a tool for teaching and 3R principal.

❖ **Lomba Pengarustamaan Gender Bidang Pendidikan Tingkat Provinsi Jawa Timur (Gender Equality in Education sector Competition)**

This competition was conducted by Dinas Pendidikan Provinsi Jawa Timur (Education Official of East Java Province). It was held in 2014. The competition is about making an interesting teaching media from the used item and save the planet.

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

- School community, parents,society used to do healthy habbit such as eating well, love cleanliness,do exercising and avoiding harmful substance,beside also understood the benefit of physical, mental emotional health.
- Always try to have well being ,feeling good and improve mood to have positive impact that influence much the quality of the students as the nation asset of future.

14. Plan for sustainability and plan for the future

Plan for sustainability:

More than 150 students from 2 – 6 become our responsibility in educating everything needed in this life, we don't want to lose the golden age periode of teaching health & nutrition as good habbit in life.

We have 2 plans that must be done:

1. Find more strategic way based on trial & error/ evaluation before.
2. Find more colaboration/links/cooperation to support

Plan for the future:

Next we want to have action both rescue and prevention of health and nutrition, we will develop food enducance and nutrition family base, good, qualified education include in nutrition and local superiority

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) ANNUAL PROGRAM

Document 2) STUDENT HEALTH RECORD

Document 3) DAILY LESSON PLAN

Document 4) HEALTHY AND NUTRITION EDUCATION THROUGH WORKSHEET

Document 5) STUDENT HEALTHY CHECKING

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

Photo1

Health checking to find deviation earlier of students growth on health the detection are :

1. Body weight and head circle size
2. Pre-screening of development questioner, hearing test, eyes test.
3. Questioner of mental and emotional detection autism detection



Photo 2



Coconut waste mooping to kill germ

Photo 3

PLANTING ORGANIC TREE / PLANT



planting organic plant such as water spinach, peanut, long bean, tomato and mustard. give experience of planting organic vegetable for health living from the early age.

Photo 4

JUMAT SARAPAN GRATIS (FRIDAY FREE BREAKFAST)

This program is to increase the solidarity between school and surrounded people through the giving of free healthy food every Friday morning



Photo 5

MOU:

PAUD PLUS AZ-ZALFA establishes cooperation with various parties such as:

1. Banks

PAUD PLUS AZ-ZALFA cooperate with several banks, namely : Bank Syariah Mandiri (BSM), Regional Development Bank of East Java, and Bank Nasional Indonesia (BNI). In cooperation agreed to cooperate in the activities of collecting fund and support school's programe

2. Department of Marine and Fisheries

PAUD PLUS AZ-ZALFA and Office of Marine and Fisheries agreed Gemarikan Program (Fishing Eating), Provision of fish seeds, and training the processing of fishery products for teachers and parents.

3. Puskesmas Tanjungsari

The activities carried out with Puskesmas are Health Screening (Weighing weight / height, Nutrition Status, Dental Health and Hygiene of the ear, growth index (IMT), worm drug administration, immunization) and early detection of diseases suffered by students of early childhood PLUS AZ-ZALFA.

4. Food Agency

Forms of cooperation with the Food Agency, are : the provision of seeds of food crops (vegetables) and training for teachers about the creation of foods made from the raw materials of local crops.

5. Department of Food Crops and Livestock

Forms of cooperation include: the provision of seeds of vegetable and fruit crops, and training for teachers and students about gardening.

6. Srikandi Hotel and Catering

Srikandi Hotel and Catering is a service provider of healthy and nutritious food preparation products (Snack and lunch) for PAUD PLUS PLUS AZ-ZALFA students everyday.



**PERJANJIAN KERJASAMA
DINAS KELAUTAN DAN PERIKANAN
KABUPATEN PACITAN
DENGAN
PAUD *Plus* Az-Zalfa**



Nomor : 523/694.1/408.31/2015

Nomor : 12 / AZ-ZALFA / MOU / VII / 2015

TENTANG GERAKAN MEMASYARAKATKAN MAKAN IKAN

Pada hari Rabu Tanggal Satu Bulan Juli Tahun Dua Ribu Lima Belas bertempat di Pacitan, kami yang bertanda tangan di bawah ini :

Nama : **drh. M. YUNUS HARYADI, MM**
Jabatan : Kepala Dinas Kelautan dan Perikanan Kabupaten Pacitan
Alamat : Jl. Dr. Soetomo Nomor 41 , Kecamatan Pacitan Kabupaten Pacitan,
Jawa Timur

Dalam hal ini bertindak untuk dan atas nama Dinas Kelautan dan Perikanan Kabupaten Pacitan selanjutnya disebut sebagai **PIHAK PERTAMA**.

Nama : SUYANTI, A.Md
Jabatan : Pengelola PAUD *Plus* Az-Zalfa
Alamat : Jl. Walanda Maramis No. 4 Kelurahan Sidoharjo Kecamatan Pacitan
Kabupaten Pacitan Jawa Timur

Dalam hal ini bertindak untuk dan atas nama PAUD *Plus* Az-Zalfa selanjutnya disebut sebagai **PIHAK KEDUA**.

PIHAK KESATU dan PIHAK KEDUA selanjutnya secara bersama-sama disebut PARA PIHAK dan masing-masing disebut Pihak.

Selanjutnya kedua belah pihak dengan ini menerangkan terlebih dahulu hal-hal sebagai berikut:

1. **PIHAK PERTAMA** adalah suatu Dinas dibawah naungan Kementerian Kelautan dan Perikanan Republik Indonesia yang membidangi urusan kelautan dan perikanan di Kabupaten Pacitan ;
2. **PIHAK KEDUA** adalah suatu Lembaga Pendidikan tingkat PAUD (Pendidikan Anak Usia Dini) dibawah naungan Dinas Pendidikan Kabupaten Pacitan.

Sehubungan dengan hal tersebut di atas, para pihak setuju untuk melaksanakan ketentuan-ketentuan dalam surat perjanjian kerjasama ini sebagai berikut: