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PART I

SCHOOL PROFILE

Name Of School :SEKOLAH ALAM PACITAN

Address :

A. Street : BRAWIJAYA St.

B. Village : SIDOHARJO

C. Districs : PACITAN

D. Regand : PACITAN

E. Province : JAWA TIMUR (EAST JAVA)

F. Country : INDONESIA

G. Post Code : 63514

H. Phone : (0357) 882 492

I. Facebook : schoolofexploring@yahoo.com

J. E-Mail : schoolofexploring@yahoo.com

K. Wap : www.sekolahalampacitan.com

Education Level : Grade 1- 6

Total number of teacher : 24 teacher

Total number of students :136 students

Quote : SEKOLAHKU, RUMAHKU, KELUARGAKU

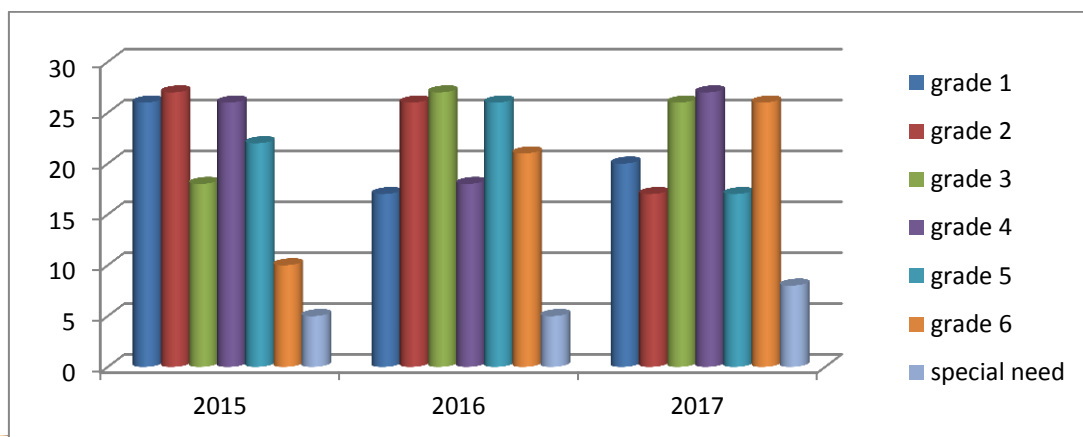
(MY SCHOOL, MY HOME, MY FAMILY)

Number of teachers participated : 24 teacher

Number of students partisipated : 136 students



Student graph





PRINCIPLE PROFILE

NAME : BANGUN NARUTTAMA S.Pd AUD
 DATE OF BRITH : PACITAN, OCTOBER 24th 1972
 ADDRESS :M.T HARYONO st 110
 SIDOHARJO, PACITAN, EAST JAVA
 PHONE : +6281933180276
 PRINCIPLE PERIOD : 2008 – Now
 IG : Bagoen
 FB : Bagoen



COORDINATOR

COORDINATOR I : Ms. MAYA NURHAYATI S.Pd
 PHONE :+6287758358887
 E – MAIL : maya.ranum@gmail.com



COORDINATOR II : Ms. FAIRUS SYAHROZAT S.Pd
 PHONE : +628113020870
 E – MAIL : epiets99@gmail.com/ epiets@yahoo.com



COORDINATOR III : Mr. Krisna Pebrianto S.Pd
 PHONE : +6281803428768
 E – MAIL : krisnapebrianto@yahoo.com



PART II

TITLE OF THE PROGRAMME

“SEHAT PANGAN, SEHAT BADAN, SEHAT LINGKUNGAN”

(Healthy Environment, Healthy Food, Healthy Inside)

SUMMARY OF THE PROGRAMME

Sekolah Alam Pacitan (School of Exploring) uses nature as its learning resources, concept, media and object. Due to the concept, we've been implemented about how to prevent and conserve the environment from destruction and pollution, also concern in health and nutrition.

We called it “Sehat Pangan, Sehat Badan, Sehat Lingkungan” (Healthy Environment, Healthy Food, Healthy Inside).

This program runs to:

1. School Policy
 - School vision and mission
 - Curriculum
 - School Regulation
2. Learning Programme
 - Physical Exercises
 - Health Education
 - Environment Education
 - Green Laboratory and Science
3. Skill based student
 - Planting, observing, maintaining and harvesting plant (fruit, vegetables, paddies,trees)
 - Healthy Canteen
 - Hygiene behavior such as toilet training, wash hand, brush teeth and daily healthy check
 - Lunch programme including menu, food preparation, nutrition information, serving and cleaning
 - Healthy cooking class
 - 3R (Reduce, Reuse, Recycle)
 - Rubbish sorting (organic, unorganic, paper)
 - Bank Sampah (Rubbish Bank)
 - Saving water and energy
 - Daily cleanliness
 - Environmental Education
4. Skill based parent and society
 - Parent teaching programme
 - Jumat Berbagi (Friday free breakfast)
 - Baksos (charity)
 - Couching others school about garbage, energy, flora and fauna, water and healthy food
 - Vaccination, giving worm medicine and vitamins
 - Counseling healthy life behavior

BACKGROUND INFORMATION OF THE PROGRAMME

Needing of good environment and healthy life for preparing generation which is strong, creative, innovative, and caring environment is a must. Sekolah Alam Pacitan gives freedom to the



student to explore knowledge by the nature, do experiment, free to express creativity, build the strong desire, strengthen the character, belief care the nature and health to be a better generation.

Good nutrition and environment are fundamental for good health and the prevention, treatment and management of disease. The relationship between food, nutrition, and health however, is complex and dynamic, and highly affected by biological as well as environmental, socio-economic, cultural and behavioural factors. Climate change, poor access to healthy foods, unhealthy lifestyles, and growing consumer demand, all present an increasing challenge.

The opportunity for good nutrition growth and development during childhood. Under-nutrition and obesity increases vulnerability to ill-health. Snack and junk foods consumed at home and outside home is one of the main risk for overweight and obesity. Recently, children eating to a high fat, high sugar, and low fiber which also affected under-nutrition. Lack of physical exercises contribute to overweight too.

Student's behaviour of hygiene practice grow as the primary aspect of health such as personal hygiene including hand washing, brushing teeth, daily healthy check, food preparation and food diversification.

People behavior in keeping clean environment become one of the concern, like how they throw their rubbish not in the right place, sanitary problem, plastic grow bigger in modern life, cutting trees, limited land to grow plant, changing of land use, fast and junk food consumption, etc.

OBJECTIVES OF THE PROGRAMME

The whole objectives and goals of the program are school, students, parents and communities can make a better place to be.

Through the school regulation, this program can be applied in the learning process and school behavior. School promote and integrate the school curriculum environmental protection and managemant in preserve, prevent, of environmental damage, health education and how maintaining good food and so on to the communities. School rules about good food serve in canteen without sugar substitute, chemistry of food coloring, and food preservative.

Subjects that teach about environmental and personal health, such as: Pendidikan Lingkungan Hidup (environmental education), Science, physical education, and health education. Increasing students' insight on the importance of maintaining environmental, hygiene, body fitness and consuming healthy foods that are beneficial to their growth and brain power are the goals.

The role of parents, expert and communities in fostering students is done by parents teaching and class inspiration activities aim to make deep understanding of students to prefer healthy food, know how to make and process healthy food and good environment, keeping the nature from destruction.

Students' behavior must be based on healthy life behavior; consuming healthy food (less sugar, carbohidrate, and high fiber), diminish fast and junk food, reduse reuse recycle, less garbage etc.

Surrounding are expected to be a good partner in build the good environment for student. Awareness of healthy life, cleanliness, preparing healthy and nutritious food for kids, regular healthy check, reducing garbage, etc are kinds of what we can hope do.

This done early in order to prepare a better generation, health, strong, responsible, competent, skilled, and noble character.

PERIOD OF TIME

This program have been implemented since 2009 until now



ACTIVITIES

The following are some activities that will be done for improving health and nutrition school programme:

AUDIENCE	ACTIVITIES
School	<ul style="list-style-type: none"> • Create partnerships with some stakeholders to support the improving health and nutrition school program • Develop policies that support improving health and nutrition school program • Provide healthy canteen, healthy lunch, and healthy kitchen • Provide guest presentation that support school program • Support learning activity, provide all resources and materials for learning activity • Support parent and community engagement in school health activities • Incorporate health into recognition programs and school metrics and accountability
Students	<ul style="list-style-type: none"> • Active learning Green Laboratory, Physical Exercise, Health Education, Science dan environment education at school • Taking care of self, such as nails, hair, teeth, and skin • Brush teeth after lunch, wash hand before and after eat, also after take a pee and poop, wudhu before praying Dhuha and Duhur • Lunch with ideal and good nutrition, also washing the dishes after lunch • Bring mineral water and snack which is not contained glutamate, food color, and preservation of food, also no plastic packaging, also buy snack only at school canteen
Parents	<ul style="list-style-type: none"> • Be involved in improving health and nutrition school program • Support policies the improving health and nutrition school program • Give packed meal for children, according to the school policy • Become a speaker at school children about improving health and nutrition • Join at school group that support health school program • Talk to other parents about ways they can help support and promote healthy school activities • Following health school activities

TEACHING AND LEARNING APPROACH

Sekolah Alam Pacitan uses nature as sources of learning media which integrated with:

- Knowledge (logic and reasoning)
- Character building
- Leadership
- Entrepreneurship

They are become the basic of education in elementary school, which supported by effective teaching method, resources and up to date media of teaching and learning process. The learning method exploiting the potential of local and natural resources. It's integrated into education of morality, leadership, science and technology, arts and culture, entrepreneurship, health and environmental education.

In order to gain the aims of the program, we deliberate learning through the lecture method, discussion, demonstration lesson, brainstorming, students assignment, tutorial method, seminar, and role plays. Using interactive and interesting teaching media such as media art, audio visual, physical exercises, game, experiment, film education, and others digital equipments make the knowledge more easily understood and practiced.



RELATED ACTIVITIES

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

- Charity
 - Friday Free Breakfast
Every Friday morning we give free breakfast to others with the intention of giving them more nutrition food.
 - Giving additional food for the poor
 - Giving plant (vegetables, trees, fruits)
Due to improving society awareness of nature conservation, we share plant for free to others. We hope that everyone will plant trees to make a better environment. Planting fruits and vegetables to secure food from chemical.
- Environment and health Advocation
An activity to advocate on presentation campaigns about environment and health. It's done by teachers and students by way of radio, newspaper, slideshare, and presentation.
- 21 days of healthy life habit
Counseling about healthy life behavior especially hand washing (21 days action for healthy life) to students and parents. Giving a questionnaires of 21 days of healthy life habit.
- Mentoring school program of Adiwiyata
School which have activities in how to prevent and conserve the environment from destruction and pollution.
- "Romo Ibu"
A place for parents to distribute and apply thier ability to help students in deep undersatanding of life. Parent Teaching programm give a chance for parents to share knowledge, for example in cooking healthy food, sharing health information, planting and etc.

ENGAGEMENT OF PARTNERS

NAME OF PARTNERS	ROLES AND CONTRIBUTION
Parents	- Being a teacher on parent teaching programme, contribute as a seller of hygiene food on school canteen
Dinas Perikanan Kab. Pacitan	- Educating and giving information about the application of fishery and sea resources
Pusat Kesehatan Masyarakat Kab. Pacitan (<i>Public Health Center</i>)	- Implementation of school health. Healthy screening (weight, height, body mass index, checking teeth and ears) - Vaccination, giving worm medicine and vitamin, counseling about healthy life behavior, healthy food. - Dokter kecil/Kader Tiwisada (school doctor)
Dinas Pertanian Kab. Pacitan	- Educating about planting fruits, vegetables, rice and organic farm
Unilever Tbk.	- counseling about healthy life behavior especially hand washing (21 days action for healthy life) - little doctor and best teacher program
Dinas Cipta Karya dan Lingkungan Hidup Kab. Pacitan	- Educating about protection and environmental management such as composting, greening, reduce reuse recycle.
Dinas Kehutanan	- Educating about planting, media and tree, - 1 million trees program
Dinas Pangan	- Educating and community service in implementing nutritional, balance, diverse, secure and Halal Food
Dinas Tanaman Pangan dan Peternakan	- Educating and community service in implementing crops and horticulture
Others School :	
- SD Negeri Pacitan	School that are coached in the Adiwiyata program



- SD Negeri Sidoharjo
- SD Negeri Ploso 1
- SD Negeri Ploso 2
- SD Negeri Bangunsari
- SD Negeri Gemaharjo 2
- SD Negeri Sedeng 1
- SD Negeri Mentoro
- SD Negeri Balehajo 1
- SD IT AR Rahmah

RESOURCES USED FOR IMPLEMENTATION

References of resources that used to implemented these programm are based on experts, parents, others institution, documentary files, internet media, literature review for examples:

- Azmiyati, Choiril. 2008. *IPA 5 Salingtemas*. Pusat Perbukuan, Departemen Pendidikan Nasional. Jakarta.
- Cahyono, Budi. 2008. *Ilmu Pengetahuan Alam 4*. Pusat Perbukuan, Departemen Pendidikan Nasional. Jakarta.
- Patmawati, Indah. 2013. *Pendidikan Lingkungan Hidup 1*. Tiga Serangkai Pustaka Mandiri. Surakarta.
- Priyono. 2008. *Ilmu Pengetahuan Alam 3*. Pusat Perbukuan, Departemen Pendidikan Nasional. Jakarta.
- Purwati, Sri. 2008. *Ilmu Pengetahuan Alam 1*. Pusat Perbukuan, Departemen Pendidikan Nasional. Jakarta.
- Purwati, Sri. 2008. *Ilmu Pengetahuan Alam 2*. Pusat Perbukuan, Departemen Pendidikan Nasional. Jakarta.
- Suhartanti, Dwi. 2008. *Ilmu Pengetahuan Alam 6*. Pusat Perbukuan, Departemen Pendidikan Nasional. Jakarta.
- Suwignyo. 2013. *Pendidikan Lingkungan Hidup 4*. Tiga Serangkai Pustaka Mandiri. Surakarta.
- Utaya, Sugeng. 2009. *Pendidikan Lingkungan Hidup Untuk Sekolah Dasar Kelas II Jilid 2*. PPLH Lemfit UM. Malang

MONITORING AND EVALUATION

Monitoring of student activity is done by chack list and direct examination to student, student work, and observing process done to the student in daily activities. Student health monitoring is carried out by inviting nurses from the health department to conduct periodic checks, carried out also with student's weight and ideal height measurement of students.

Evaluation of student activities is done at any time when encountering events that are not in accordance with the intended purpose. The evaluation of the adiwiyata program is carried out periodically within 1 year with the arrival of the adiwiyata school evaluation team from the environment ministry.

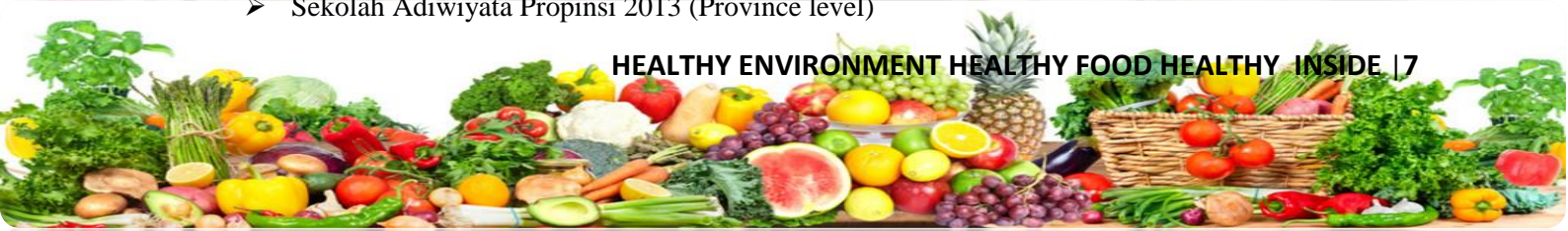
Summary of the result: checklist and mentoring enhance the students' activeness involved in the activities. Evaluation conducted at any time and by every teacher, making any problems can be resolved quickly.

ACHIEVEMENT

- 1st Kecil Menanam Dewasa Memanen (KMDM) Pacitan in 2011 (Regional Level)
- 1st Kecil Menanam Dewasa Memanen (KMDM) East Java in 2012 (Province Level)
- 3rd Kecil Menanam Dewasa Memanen (KMDM) in 2013 (National Level)

This award comes from Ministry Forestry Indonesia. It's given to school who do prevent, greeny, cultivation and conserve nature.

- Sekolah Adiwiyata Kabupaten 2012 (Regional Level)
- Sekolah Adiwiyata Propinsi 2013 (Province level)



- Sekolah Adiwiyata Nasional 2013 (National Level)
This achievement is given to school which have activities in how to prevent and conserve the environment from destruction and pollution. It's come from Ministry of Environment and Forestry Indonesia.
- 1st 3R (Reduce, Reuse, Recycle) School Pacitan in 2013 (Regional Level)
- 4th 3R (Reduce, Reuse, Recycle) School East Java in 2013 (Province Level)
With aim of contributing to the creation of a recycling-oriented society. This award given by Department of Human Settlements and Urban Spatial Surabaya
- 1th Sanitation School Pacitan in 2014 (Regional Level)
It's given for school who build and care of a good sanitation by Educational Department Pacitan.
- Best Little Docter Pacitan 2014 to Inas Sekar Nilam Sari
- Best Teacher Pacitan 2014 to Nunung Widianingsih,S.Pd
It's about 21 days action of healthy life especially hand washing. How the little doctor can promote and influence other students to have a healthy habit, and how teacher can influence by teaching about healthy life. It's given by Unilever Tbk.
- Sekolah Adiwiyata Mandiri 2017 (National Level)
Creating school whom care, aware, and environment cultured through development, couching, and accompaniment activities. It's given by Ministry of Environment and Forestry Indonesia.
- Sekolah Keren Apresiasi Pendidikan Keluarga 2017
This award is given to school that involve family, society, and graduate to join the activities held by school in order to construct good character of children.

BENEFITS

Audience	Benefit
State (public health and education agencies)	<ul style="list-style-type: none"> - Can help reduce barriers to learning. - Healthy students will give good opportunity to have higher level education. - Can improve healthy achievement for next generation.
Schools	<ul style="list-style-type: none"> - Healthy school, healthy school nutrition environment, and school physical activity programs can play an essential role in school reform. - Promoting healthy eating and physical activity can help school meets education goals. - Taking action of strategies can help students stay healthy through eating healthy food, keep environment, and being physical active can result in decreased rates of student absenteeism, fever, diarrhea, behavioral problems, influenza, and better test scores and goals.
Parents	<ul style="list-style-type: none"> - School can create healthy learning environment and provide opportunities for your child to practice healthy behavior. - School can give influence to parents for implementing healthy live by consuming healthy food, keep environment, and know good nutrition information for their family. - Parents have important role in supporting healthy eating, healthy environment, and physical activity can help children become better leaners, healthier, and ready for next level to reach their goal. - Environmental and nutrition information for parents can help them to build healthy family and better generation.
Community	<ul style="list-style-type: none"> - Sharing healthy environment, healthy food, and physical activity can help community to have better life, reduce pollution, and reduce diseases. - Sharing environmental education and planting activity can help community to have good quality of food. - Sharing environmental education and planting activity can influence community to do planting activity in their own garden or home. - Taking action of Friday free breakfast,can help the knowledge for community in consuming healthy food.



Students	<ul style="list-style-type: none"> - Learning about healthy food, environmental education, and physical education will give students the knowledge and skills to make good health decisions now and the future. - Learning about green laboratory will help student to know about good procedure of planting food resources. - Eating healthy and staying active in school can help students feel better, do better in sport, concentrate, and get better grades and test score.
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PLANS FOR SUSTAINABLE AND PLANS FOR THE FUTURE

Plans for sustainability:

1. Continuing school mentoring program of adiwiyata.
2. Eat healthy food behaviour.
3. People plants organic food.
4. Healthy life Behavior (hand washing, brushing teeth, cleanliness etc).
5. Garbage sorting intensify.
6. Market day (sell food and organic plant)
7. Reduce waste usage by bringing bottle, food pack and shopping bag.
8. More stakeholder engagement and cooperation activities
9. Improvement of human resources

Plans for future:

1. Expanding the school's organic garden.
2. Making traditional herbal medicine from the school's herb garden.
3. Making fisheries.
4. Selling compost to community.
5. Making ecoshop for selling student's recycling work.

ACHIVEMENT

1. School's Policies
2. Learning Program
3. Skill Based Students
4. Skill Based Parents and Society
5. Memorandum of Understanding (MOU)
6. School's Achievements





Every Monday morning we check students health



Share information about environmental hygiene and healthy food on radio



Daily routine activities





Healty Canteen sell hygine food (less sugar, carbohidrate, and high fiber)



On lunch time student eat hygine food. The teacher giving information about the nutrition of the menus.





HEALTHY ENVIRONMENT HEALTHY FOOD HEALTHY INSIDE | 12