



FIT FOR SCHOOL INC.

Annual Report 2010



December 2010

in partnership with



About Fit for School

FIT FOR SCHOOL, INC. is a Philippine non-governmental organization committed to support the government's health and education sectors in their efforts to improve health and learning of children in the Philippines using the existing structures of schools and day care centers. To achieve this, Fit for School works on the basis of a Memorandum of Understanding with the Department of Education (DepED) and the League of Provinces of the Philippines (LPP) to support the implementation of the Essential Health Care Program (EHCP) in public elementary schools and day care centers.

EHCP consists of three simple, evidence-based and effective interventions: daily handwashing with soap, daily toothbrushing with fluoride toothpaste and bi-annual deworming – all implemented in public institutions such as elementary schools and day care centers. The program successfully addresses high-impact childhood diseases in the Philippines and is expected to make a significant contribution towards achieving the following Millennium Development Goals (MDGs), when rolled out on a mass scale:

- To achieve universal primary education
- To reduce major childhood diseases
- To develop a global partnership for development

Fit for School focuses its activities on capacity development in the health and education sector in order to facilitate the institutionalization of hygiene habits (handwashing and toothbrushing) as daily group activities in everyday school life. Using the school system for health programs has been a worldwide success and has resulted in markedly improved health outcome indicators at an extremely low cost. These programs can be implemented in almost all schools, even in under-resourced locations.

Even if Fit for School was established as a corporation and registered with the Securities and Exchange Commission (SEC) only in March 2009, the young organization is an important player in the global partner landscape of school health.

Vision, Mission, Areas of Activity

Our **Vision** is a world where children achieve their full potential supported by schools that enable them to learn and thrive. Our **Mission** is to improve child health and learning through effective school-health programs.

We believe that functioning school-based health programs can contribute to achieving our vision. We will therefore work in the following four key areas:

1. **Child health** is the foundation for a healthy society. Healthy children, free of pain and other ailments are able to achieve their full developmental and educational potential. We will work to:

- Improve child health by addressing high-impact diseases through school-health programs
- Reduce risks to health through effective programs addressing key issues, such as access to safe water and sanitation, personal hygiene, nutrition and others



Elementary school students performing group handwashing

2. Schools and day care centers are promoting good health by providing a **healthy environment**. We will work to:
 - Promote sustainable improvements in school infrastructure
 - Improve access to safe water and appropriate sanitation
 - Engage all stakeholders, including communities and parents, to make schools healthy places
3. Effective school health requires realistic and practical policies across sectors through **functioning supportive health and education systems**. We will work to:
 - Promote functioning intersectoral collaboration
 - Develop supportive policies at central and decentral levels
 - Support broad-scale implementation
 - Facilitate and support constant process monitoring
4. Since credibility and leadership are essential for change, we envision **Fit for School as an Authority and Advocate**. We will work to:
 - Develop, gather and promote best practices in school health
 - Conduct research to strengthen evidence in school health
 - Facilitate transparent dialogue and collaboration between stakeholders
 - Become a leading partner in school health

Activities in 2010

Scaling up quality implementation in order to provide more children with access to EHCP

Number of children with access to EHCP				
	SY 2007/08	SY 2008/09	SY 2009/10	SY 2010/11*
EHCP funded by LGUs	130,000	460,000	946,000	1,100,000
EHCP funded by other donors	60,000	170,000	120,000	100,000
Total	190,000	630,000	1,066,000	1,200,000

* For the SY 2010-2011 there are 700,000 more children receiving parts of the EHCP funded by UNICEF and P&G

Fit for School supports the Department of Education in 24 provinces and 3 cities in the Philippines to collaborate with the Local Government for sustainable implementation of effective school health programs.

Fit for School has extensive experience to facilitate intersectoral collaboration by providing templates to identify key players with distinguished roles and responsibilities, by providing models on best implementation practice, by facilitating workshops to orient school administrators, school principals, school health personnel and their counterparts in the local governments. Fit for School has developed training material (movies, manuals and presentations), which support the implementation of school health programs on classroom as well as on school management and division administrative levels.

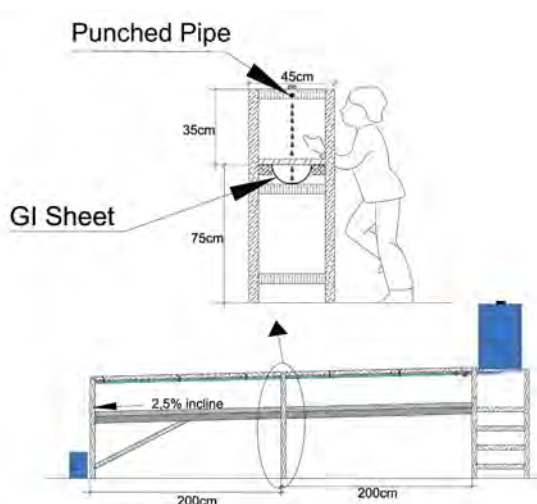
During the last year, 415 DepED School Districts all over the country have received training sessions on how to manage the implementation of school-based handwashing, toothbrushing and deworming programs. The training includes the introduction of a web-based monitoring tool.

As the EHCP is the flagship program of the DepED, other agencies and donors are supporting EHCP as well, such as UNICEF, Procter & Gamble, GMA Kapuso Foundation, World Dental Federation and Unilever. Fit for School uses its network to mainstream donor activities and avoid overlap of programs.

Promoting and developing functional group facilities

As identified during a study in Camiguin, a supportive environment and functional facilities for group handwashing and toothbrushing activities are key for successful EHCP implementation. For these reasons, Fit for School has not only launched a new movie and an updated manual, but also created a facility prototype based on best practices collected throughout the country.

The prototype was jointly developed and built by an external consultant and a local craftsman. It takes into account the major pitfalls and offers a solution that is low-cost (< US\$ 40), durable and accommodates 20 children at a time. The wood and metal construction can be operated effectively even without access to piped water and uses very little water.



Technical drawing of prototype facility



Prototype facility in use

Supporting policy development for school health on national, provincial and local level

Fit for School continues to support provincial Technical Working Groups (TWGs) in drafting executive orders and provincial ordinances for sustained EHCP funding. At the same time, we assist the DepED leaders at the regional, divisional and district level in issuing Memorandum Orders that facilitate EHCP implementation at the respective level.

In close cooperation with GlaxoSmithKline (GSK) Philippines, Fit for School facilitated collaboration between DepED and the Department of Health (DOH) in order to harmonize the different deworming programs and avoid overlap of various deworming activities.



Governor Jesus J. Juraldo of Camiguin Province



Deworming program in schools and day care centers



Hosting the 2nd National School Health Summit

In order to strengthen local and national partnerships in the Philippines, Fit for School invited participants from all implementing areas as well as selected other partners and donors to the 2nd School Health Summit in September. This year's Summit in Dumaguete City focused on quality implementation and introduction of the Monitoring and Evaluation tool. Another highlight was launch of the annual GSK Fit for School Award.



From left to right: Mr. Ralf Panse (Inwent), Dr. Bella Monse (Fit for School), DepED division representative, Dr. Thelma Navarrez (DepED-HNC), Ms. Daisy Cembrano (GSK)

Monitoring and Evaluation

In collaboration with DepED and GSK, Fit for School launched the EHCP Survey, a process monitoring tool at school-level, during September's summit in Dumaguete. This tool had been developed for the last two years and enables all stakeholders at the school level (teachers, school principal, parents and community representatives) to commonly assess the quality of program implementation and identify room for improvement. Using the tool, DepED's Regional and Division Offices can easily assess program coverage and implementation quality.



Monitoring team using the EHCP school survey

Data from the survey can be encoded and viewed in an Online Monitoring System that is due to be launched by DepED in early 2011. Results from the monitoring may be used for DepED's performance assessments and participation in the monitoring will be a prerequisite for participation in the 2011 GSK Fit for School Award for best implementing schools and divisions. Supported by UNICEF, the Online Monitoring System was introduced at DepED's annual Program Implementation Review (PIR). Making implementation data accessible without much delay and long paper trails, the system enhances program governance by increasing accountability and transparency. In support of DepED, Fit for School's new Monitoring and Evaluation (M&E) Coordinator and Project Officers created training materials for nation-wide roll-out of the EHCP Survey. Besides an M&E movie, these include a PPT presentation, Frequently Asked Questions (FAQs), as well as a Manual for the Online Monitoring System.



Encoding of survey results in the Online Monitoring System

Establishing credibility and leadership

Strengthening the evidence on program impact

The 1st year evaluation of our **Health Outcome Study** (in collaboration with the University of Nijmegen, the Netherlands) shows encouraging results on improved nutritional status, improved oral health, reduced prevalence of children with heavy intensity STH infection, increased school attendance and improved quality of life indicators. It does not yet show the impact of the program on education indicators.



Oral examination



Height and weight measurement



Quality of life interview

The **Weight Gain Study** research, a collaboration between University College London, the World Dental Federation and Fit for School, demonstrated the impact of oral health on general health indicators by showing that underweight children's nutritional status improves significantly after the extraction of infected teeth. This study provides the evidence on the importance of oral health on general health.

Fit for School also conducted a pre-study in the framework of a global research effort by the global Public-Private Partnership of Hand Washing with Soap (PPPHW). The **100 School Survey** aims to examine the perception of students on the water and sanitation facilities in their schools.

Impact-oriented management

In order to institutionalize the links between research and programming, Fit for School created a new monitoring and evaluation (M&E) department with permanent staff. The new M&E Coordinator is assuming a supervisory role for the research but also works closely with the management and the field personnel. This department has been crucial in the final development of the EHCP Survey as well as of a new tool to guide project officers' activities. These capacities and tools are very important for evidence-based management and programming, benchmarking activities, communicating results and establishing Fit for School further as an authority and leader in the area of effective management of school health programs.

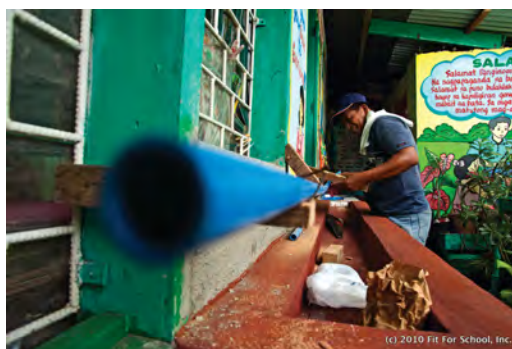


EHCP School Survey

Building and strengthening partnerships

Fit for School continued to build new and strengthen existing partnerships at the local, national and global level. Amongst others, Fit for School is identifying partners that can support the implementation of EHCP in the National Capital Region of the Philippines.

At the local level, Fit for School is also collaborating with private and public partners throughout the country to secure seed funding and technical support to program implementation, e.g. concerning water and sanitation. With regards to water and sanitation, Fit for School staff is also participating in national networks of private and public organizations, sharing the Fit for School experience and learning more about this key sector for successful EHCP implementation.



A parent helping in the construction of a school's washing facility

Internationally, Fit for School established links with WHO's Regional Office for the Western Pacific (WPRO) and presented EHCP and the Fit for School approach to selected WPRO staff in April. WPRO invited Fit for School back for a brown bag lunch presentation to all of WPRO professional staff in October.

Moreover, the Australian Agency for International Development (AusAID) expressed its interest to support EHCP implementation in the conflict afflicted Autonomous Region in Muslim Mindanao (ARMM). Fit for School supported GTZ in the development of a proposal for a three-year project that has been submitted to AusAID; collaboration is in the planning stage now. Finally, Fit for School continues to successfully partner with the agencies of German Development Cooperation and to forge its bonds with SEAMEO INNOTECH (Southeast Asian Ministers of Education Organization's Regional Center for Educational Innovation and Technology), in the establishment of a regional school health module and incorporating principles of the Fit for School approach into trainings on school based management.

Spearheading Global Handwashing Day 2010 in the Philippines

Fit for School has been given the responsibility of the national coordination for the Global Handwashing Day in the Philippines. In close collaboration with other partners, like UNICEF, Procter & Gamble, Plan Philippines, AusAID and Red Cross, Fit for School hosted events throughout the country to promote handwashing with soap.



From left to right: Mr. Roberto Taboada (GSK), Cong. Roman Romulo (Pasig City), Sec. Br. Armin A. Luistro FSC (DepED), Sec. Gen. Jojo Villalon (LPP), Dr. Herwig Mayer (GTZ), Dr. Bella Monse (FFS), Ms. Elaine Ward (AusAID), Rep. Vanessa Tobin (UNICEF), Dr. Yolanda E. Oliveros (DOH), Mayor Bobby Eusebio, (Pasig City), Mr. Chad Sotelo (P&G)

Presenting the program during national and international workshops and conferences

Like last year, Fit for School presented at numerous high-level national and international workshops and conferences. By participating, Fit for School aims to share its experiences with other organizations and also strengthen its position in the area of school health. Fit for School presented the program in the following national and international workshops and conferences:

- SEAMEO INNOTECH, Closing Ceremony of the Governing Board Meeting (Manila, March 2010)
- University of Handwashing (Nairobi, July 2010)
- International Associations for Dental Research (Barcelona, August 2010)
- German Association for Pediatric Dentistry (Dresden, September 2010)
- Sports for Peace / WASH United (CARAGA, Philippines, September 2010)
- World Water Week (Stockholm, September 2010)
- American Public Health Association (Denver, November 2010)
- UNICEF Meeting on WASH in Schools (New York, December 2010)



UNIVERSITY OF HANDWASHING: Cromwell Bacareza (FFS) presenting the EHCP (left photo); Alexander Schratz, and Cromwell Bacareza with the other delegates (right photo)



WORLD WATER WEEK: DepED Sec. Br. Armin A. Luistro FSC presenting the EHCP (left photo); Sec. Luistro with the other delegates (right photo)



SPORTS FOR PEACE/WASH UNITED: Cromwell Bacareza, Program Coordinator, turning over EHCP materials (left photo); Launch of prototype facility (right photo)

Awards

In October, Fit for School received the **Dr. Edward B. Shils Entrepreneurial Education Award** for leadership in education.



From left to right: Dr. Bella Monse (Fit For School), Dr. Lois Cohen (Shils Fund Advisory Board), Dr. Habib Benzian (Fit For School)

Reaching out regionally

Fit for School responds to requests of neighboring countries to enhance their own school health programs with Fit for School principles. Currently, the national governments of Cambodia, Indonesia, Nepal, Brunei and Uzbekistan are in communication with Fit for School. The collaboration is supported by SEAMEO INNOTECH and selected partners of the German Development Cooperation.