

NEWSLETTER

School Health Development Project for all Cambodian Children



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THE 19th SCHOOL HEALTH TRAINING



On October 16 and 17, 2024, the 19th School Health lecturer Training was held at Poulou Wai Hotel in Phnom Penh. The Participants included School Health lecturers from Phnom Penh Teacher Education College (PTEC) and Battambang Teacher Education College (BTEC), and Management team from PTEC and BTEC. In addition, this time the project team also invited School Directors and Teachers in charge of School Health from attachment schools of PTEC and BTEC to learn health education.



As opening speeches, Dr. Asakura Takashi, Project leader of SHCC, told about the completion of the project in December 2025 and his vision for the next phase. Dr. Set Seng, Director of PTEC, expressed his appreciation for the essential role of health education in making the attachment schools a model schools and for SHCC's invitation to the School Directors and teachers of the attachment schools for this training.

Project team invited Dr. Yung Kunthearith, Deputy Director of School Health Department of Ministry of Education, Youth and Sport as a guest, and at the end of the opening ceremony he delivered a speech. In his speech, he referred to Cambodia's development and said that it is essential for people to be physically and mentally healthy in order for the country to develop. He reminded the participants that health education plays a crucial role in Cambodia's development.



Training Contents



(Day1) October 16th

- Presentation of Japan Training
- Lecture on School Safety
- Social and Emotional Competencies Game

(Day2) October 17th

- Lecture on Health Room
- Group work about Health Room
- Workshop on Blood Pressure



The 19th School Health Lecturer Training in Phnom Penh

This training included more practical lectures on School Safety and the Health Room, including group work based on the assumption of an actual school (Attachment schools of TEC).

Presentation about Japan Training



Master Trainers and lecturers who participated in Japan Training on September gave presentations. Each theme was different depending on what each lecturer had learned during the training in Japan. Each lecturer approached his/her presentation from a different perspective, and the participants learned a great deal from their presentations.

- Mr. Hong Sovann (PTEC) : Safety Management in Japan
- Ms. Leng Rachna (BTEC) : Food and Nutrition education in Japan
- Mr. Mao Veasna (BTEC) : Special needs education in Japan
- Ms. Lam Bunmakara (BTEC) : Mental Health problem and Health Room

Lecture on School Safety




Dr. Aoyagi Naoko, Professor of Ibaraki University, lectured on School Safety. She explained that different countries have different risk factors in school. In the group work, the participants drew pictures and explained the dangers inside and outside of their own Primary and Lower Secondary schools. It was also a good opportunity for TEC School Health lecturers and teachers from attachment schools to discuss the issues together.



Social and Emotional Competencies Game

In the Day1, we played Social and emotional competencies card game that is produced by Dr. Asakura. This is the third time for the game but for the first time for teachers from attachment schools. The subject was, "What qualities does a teacher need?" Both TEC lecturers and teachers in attachment schools were excited to play the game.

"What qualities does a teacher need?" 

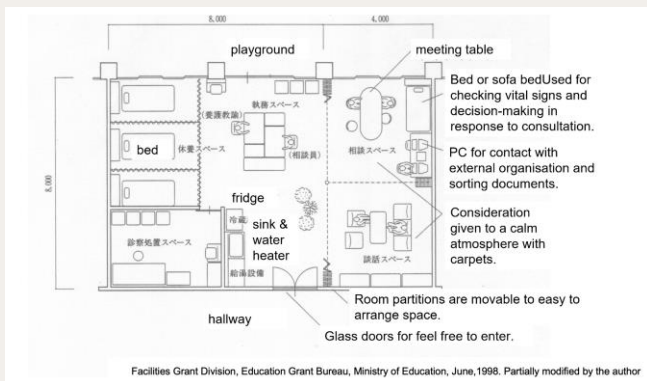


The 19th School Health Lecturer Training in Phnom Penh

Lecture on Health Room



BTEC School Health lecturers who had participated in Japan Training gave a lecture on Health Rooms, sharing their experiences and knowledge gained in Japan. In a group work session, participants created drawings of Health Rooms tailored to their own schools' condition and specific health needs. In Japan, for example, Health Room were not equipped from the beginning as they are today. Functions were added to meet the changing challenges of the times, and they became what they are today. Participants learned that Health Room in Cambodia should be created in a way that responds to the health needs of Cambodia.



Workshop on Blood Pressure

Dr. San Sreyry, a School Health lecturer and medical doctor, explained what blood pressure is and how to measure it with an analog blood pressure monitor. The majority of people usually use digital blood pressure monitors, but using an analog one provided a good opportunity to learn about the mechanics of blood pressure measurement.



Ms. Kusugawa Tomiko, Director of Udon House, provided support by teaching us what to expect of the actual measurement. She is an experienced nurse has been worked Red Cross Hospital for 48 years and been in Cambodia after retirement.

HOKENSHITSU = 保健室 (Japanese)

Many of you may already have heard of “Hokenshitsu” through SHCC training. In PTEC and BTEC, there is a signboard that says “Student Well-being Center” or “First Aid Room.” Each country uses various names to describe the room where students receive first aid, counseling, health education, and more, depending on the room’s role. In Japan, there are also various rooms related to health. However, the place where the Yogo teacher (school nurse) is located is called Hokenshitsu. Establishing a Hokenshitsu is required by the School Health Law in Japan.

When Japanese people introduce Hokenshitsu to other countries, we often skip the meaning of the Japanese Kanji. This time, we would like to consider Hokenshitsu from the perspective of the development of Japanese Kanji.

HO KEN SHITSU
保 健 室

室(Shitsu) means
“Room” in Japanese



Development of Kanji “保(ho) and 健(ken)”

Development of Kanji

保 保 保 保

This part of the picture represents
“human”

Interpretation by “Tang Han”

The character for “保” resembles a person carrying an infant on their back. The single dot on the lower right indicates the adult’s hand placed on their back to protect the infant.

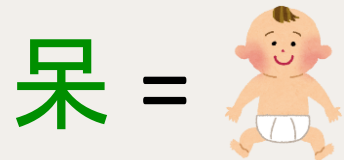
The primary meaning of “保” is “to protect” or “to guard.”

(reference; 「汉字密码」 P544, 唐汉著, 学林出版社)



Interpretation from the book “Kanji Origins”

The ancient form of “保” resembled “呆,” depicting the act of wrapping an infant in a cloth, signifying careful protection.



健 健 健

The right side of the kanji, “廴,” is said to represent someone walking or a person relaxing with their legs stretched out. Meanwhile, “聿” represents the image of holding a brush, depicting a straightened posture.

As you can see from the development of the Japanese Kanji of “Hoken”, Hokenshitsu is the place where we should take care of humans as a priority.

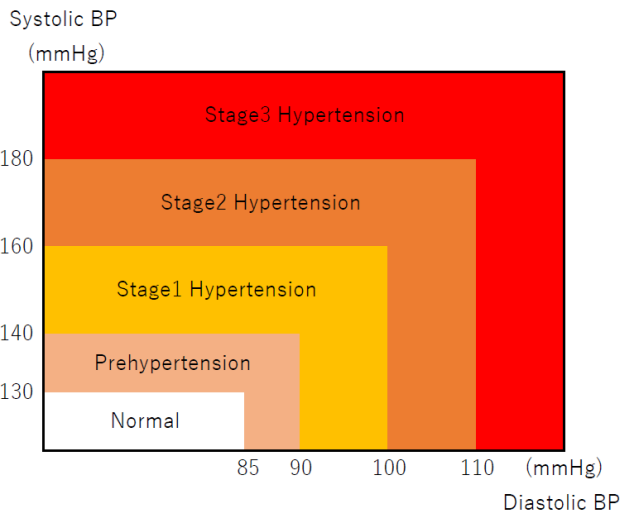


Column II: Do you know your regular blood pressure?

Many people may not know because they do not measure it very often on a daily basis unless high blood pressure is pointed out in a medical checkups. In particular, hypertension has very few subjective symptoms, so the burden on blood vessels continues for a long period of time. It then leads to arteriosclerosis, which often leads to myocardial infarction or cerebral infarction. For this reason, hypertension is also known as the “Silent Killer”.

Causes of high blood pressure

Blood pressure measurement



As for blood pressure monitors, upper arm meters are recommended than finger or wrist meters for accuracy.

- Obesity
- Smoking
- Excess salt
- Lack of exercise
- Stress, etc.

The standard for hypertension in children is 10-15 mmHg lower than in adults.

QUIZ

Is there any difference between blood pressure measured at the hospital and blood pressure measured at home?

- ① No difference.
- ② The number measured at home is lower.
- ③ The number measured at hospital is lower.

Answer is at the bottom of the page ↓↓↓



Also be careful at low blood pressure!

If your blood pressure is low for any reason (≤ 100 mmHg / ≤ 60), you may not be getting enough blood to the entire body.

In particular, lack of blood flow to the brain can cause dizziness, light headedness, headaches, etc.

In cases of injury, massive bleeding, or anaphylactic shock, a sudden drop in blood pressure (<90 mmHg or 30 mmHg decrease from normal blood pressure) may result in shock. In such cases, call an ambulance immediately, lay the injured person down with his/her legs elevated, keep him/her warm, and provide other first aid treatments.



Answer

- ② Blood pressure standards are different when measured in hospital and at home. For hospital measurements, it is defined as 5 mmHg higher than at home. This is thought to be due to the fact that the atmosphere in a hospital is different from that at home, which can be nervous and mentally stressful, leading to an increase in blood pressure.

Column II: Do you know your regular blood pressure?

Blood pressure (BP)

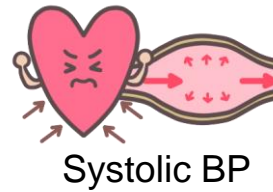
The force (pressure) exerted on the inner walls of blood vessels was created by blood flow that pumped from the heart. The main factors that determine blood pressure include:

- The amount of blood the heart pumps throughout the body in a single beat (cardiac output).
- The suppleness of blood vessels (elasticity) .
- The resistance of peripheral blood vessels when blood flows into them (vascular resistance).
- The viscosity of the blood.



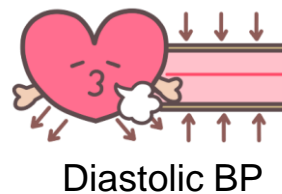
Top and Bottom?

TOP



This picture shows the blood pressure on blood vessels when the heart contracts and pumps blood throughout the body.

BOTTOM



This picture shows the blood pressure on blood vessels when the heart expands and stores the next blood to be pumped.

Proper Measurement of Blood Pressure

- The center of the manchette should be flush with the heart.
- Wrap the manchette directly around the arm, not over the clothes.
- Wrap the manchette around the arm with enough room for one or two fingers.
- The tube should be centered on the arm.
- Place the stethoscope under the manchette.
- Palm of the hand should be facing up and relaxed.
- Do not cross your legs during measurement.
- Take measurements twice a day (morning and evening) at the same time. (Morning within an hour after waking up, evening before going to bed)
- Record the average of the two measurements.



Column III: Radio Exercise in Japan

Radio Exercise is designed to improve the physical fitness and health of the Japanese people. In Japan, it is widely known as a form of exercise that can be enjoyed by anyone. In 1928, the Japan Broadcasting Corporation (NHK), the Ministry of Education, Culture, Sports, Science and Technology (MEXT), and others collaborated to create "Radio Exercise No.1," which was broadcast nationwide in 1929.

SHCC conducts radio exercise at every training session for health and exercise awareness.



Radio Exercise No.1

