

9th School Health Training

9th School Health training was held from 31st Oct to 2nd Nov in Himawari hotel, Phnom Penh .



In the opening ceremony, **H.E.Dr. Yung Kunthearith**, the Vice Director of School Health Department, gave us greetings. **H.E.Dr. Set Seng, Director of PTEC** and **Dr. Asakura Takashi, SHCC Project Manager** also gave us opening remarks.

In their speech, they mentioned the importance of promoting School Health activities in Cambodia. Dr. Seng mentioned that management team expect master trainers in School Health training become the National trainers in the future to lead the school health activities in Cambodia.

The lecture 1-1 was about Eye and Teeth Health in Chapter 8. This was final lecture from school health textbook.

Master trainers explained about function of the eye, the short-sightedness, far-sightedness, oral function and so on. In this lesson, Lecturer, playing the role of a student, performed the staining of dental plaque and how to brush teeth. Through this activities, students can see the parts that they are not brushing well and learn how to use toothbrush effectively.



The lecture 1-2 was presentation by master trainers on sharing the experience of Master Trainers Training in Japan.

From the presentation by master trainers

- ▶ Presentation from YOGO teacher was impressive. We learned that Japan also has mental health problems among students.
- ▶ Special Needs Education is very interesting. We need to consider comprehensive education for kids with disabilities in Cambodia.

Ms. Saito Chikage, Saitama University (in charge of chapter 8) joined the lecture 1-1 online. She explained the problem of poor vision among Japanese students in recent years.

We need to consider how much children spend time with digital gadgets.



On the second day of 9th training, lecture was about First Aid. We already learned basic knowledge about first aid on 7th training. Therefore, all lecturers conducted hands-on training.

First aid is necessary in various way such as to save one's life, let the injuries heal quickly and mitigate the pain. However, since teachers are not medical workers teachers can not apply medical treatment including giving the medicine for students. Teachers need to call parents to take their children to health center if necessary.

In order to practice **PRICE** treatment (**P**rotection, **R**est, **I**ce, **C**ompression, **E**levation), we used materials that we can get easily even in rural area such as cardboard, plastic bag and Krorma. It is sometimes difficult to get medical supplies for first aid, but there are a lot of materials that can be a substitute. It is important skills for teachers to think out the solution when there is a lack of medical supplies.



Development of a teacher's guidebook for School Health for All Cambodian Children.

ASAKURA Takashi

**It takes a long time to teach or learn the essentials of school health.
It is important to continue learning throughout a lifetime.
What is easily learned is easily forgotten.
A good teacher is a teacher who keeps learning.**



In response to requests from TEC, we have developed a teacher's guidebook for school health textbooks. An outline has already been introduced in the 9th school health training.

The TEC management asked us to clarify what to teach in each class time because the chapters in the school health textbooks are voluminous. We received a wide range of requests, such as for teaching materials and video materials. Even though we cannot completely respond to all of them, we believe that this is something that should be developed with the TEC instructors in charge over the coming years.

The guidebook explains what school health aims to achieve, its relationship to the goals of TEC, key points for improving teaching, how to teach each chapter, skills to use in the lesson, and key points for Project-Based Learning. To all TEC lecturers, let's work together to improve both the school health textbook and the teacher's guidebook.

We hope that you will read the guidebook carefully and use it.

On 2nd November, SHCC participated in Health education workshops organized by Education Support Center KIZUNA. KIZUNA is an international NGO which support education area in Cambodia including Health education support to Lower Secondary schools of remote area in Koh Kong province. SHCC and KIZUNA sometimes collaborate in activities about Health education because SHCC support pre-service in TEC and KIZUNA support in-service in Lower secondary school. We should note that both projects are supported by The Nippon Foundation.

1. “Kamishibai” workshop by KIZUNA

“Kamishibai” is a Japanese traditional picture story show for Children. It was popular before the advent of television. Kamishibai is enjoyable by eyes and ears, and as it does not require electricity, it can be shown anywhere even in remote area. Nowadays, KIZUNA applies “Kamishibai” for Health education in Lower Secondary school in Koh Kong province as a teaching material.

The advantage of using “Kamishibai” is that children as well as teachers can acquire knowledge. It is a teaching material that can be used in the classroom without prior knowledge of Health education. It can be called “teaching and learning material”



Demonstration by “Kamishibai” specialist who invited from publish company uses several kinds of voices when he reads the script.



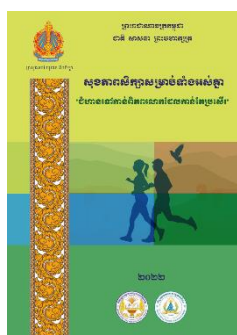
2. SDGs “Sugoroku” workshop by Social Compass

In the last part of the workshop, TEC lecturers and management team enjoyed to play SDGs “Sugoroku” together. “Sugoroku” is a Japanese traditional board game. Social Compass created a “Sugoroku” which we can learn SDGs with playing it.

Social compass is a designer and artist organization that seeks to solve social issues through the power of design and art. Social Compass created KIZUNA’s School health “Kamishibai” above as well. There were collaboration cases between SHCC and Social Compass is many such as all of illustrations and cover design of TEC School Health textbook is created by Social Compass. SHCC logo is also designed by the member of Social Compass.



SHCC Logo



Cover of Textbook



“Kamishibai”



Playing “Sugoroku” with fun and learn about SDGs at the same time. It is designed for both of adult and student.

* SHCC= School Health Development Project for all Cambodian Children (School Health for all Cambodian Children)

Award for the completion of teaching all chapters in School Health textbook

Congratulations!!



Mr. Pall Chamroen

Ms. San Sreyry

Mr. Chan Ra



Ms. Heng Tola

Ms. Pheng Saray

Ms. Sar Somnea

SHCC project awarded lectures who completed teaching all chapters in the School Health textbook.

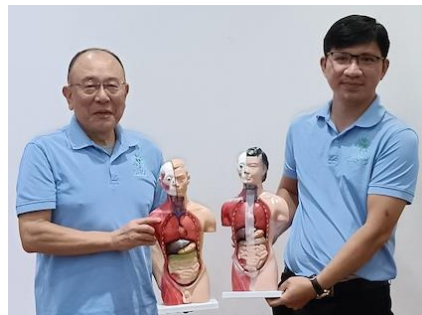
We hope that lectures cooperate together as a team to improve the lesson and share a lot of ideas of the lesson in order to educate students understand the comprehensive school health deeply. **Mr. Mao Veasna** and **Mr. Srey Khivsokhom** also completed teaching all chapters! ▶



Teaching Materials and Tools for School Health

SHCC project supports teacher to deliver the better education for students and conduct the health check-up lesson.

Please use these materials well and maintain in a good condition.



Human Body Model



Health Check-up materials

Project's student supporters (1st year student)



FUNABASHI Yuuka

I have been interested in the mental and physical health of children, and this is why I participated in this project. I hope to gain various experiences through this project and use them when I work as a school health teacher in the future. My hobbies are playing tennis and listening to music. thank you!



KASHIMA Kotomi

I joined this project because I want to learn something new related to School Health. I have a lot of hobbies such as singing, playing the piano and going on a trip. Also, I often climb mountains, so I expect to involve in more activities from this project.



INOUE Ruruka

I participated in this project because I wanted to enlarge the vision about global health. I supported in making teaching materials for TEC students but I felt it difficult because I did not understand the situation in Cambodia. Therefore, I think it is important to interact with Cambodian and experience in local culture. I am looking forward to that I can meet everybody!



OJIO Yuna

I am a first-year university student. I participated in this project because I wanted to experience various things. I am interested in school life and health education in other countries. Through this project, I want to learn about the differences in health, culture and values between Cambodia and Japan!