

Every parent, caregiver and learner can play a role in holding their SCHOOL ACCOUNTABLE for providing QUALITY EDUCATION in a SAFE ENVIRONMENT



Tell us about the National Policy for School Health

Namibia is governed according to the values set out in the Namibian Constitution. The government uses laws and policies to put these values into action. One of the policies your school should be implementing is the National Policy for School Health. Your school should be providing services that will help keep learners healthy and safe.

The National Policy for School Health requires schools to:

- provide **safe water** and **clean sanitation facilities** for learners and teachers
- develop and put into action **health-related school policies**, such as rules against the use of tobacco, alcohol and drugs
- provide **skills-based health education**, such as establishing a health club where learners can learn about health issues
- provide **health and nutrition services** at school, such as dealing with minor injuries and providing a school feeding programme.

Each school should have a **SCHOOL HEALTH PROGRAMME** which includes these things:

1. Health services and education

- **Monitoring:** The health of learners should be checked on a regular basis. The check-ups should look for problems with eyes, ears or teeth, and signs of sicknesses which are common in Namibia. The height and weight of learners should be recorded regularly, as a child's failure to grow as expected can be a sign of health or nutrition problems. The check-ups can also cover other health issues.
- **Prevention:** The school should make sure that learners have the correct immunisations. Where a learner's immunisation schedule is not up to date, the school can encourage that learner to get immunised. Schools should also teach learners how to prevent health problems like malaria and sexually-transmitted infections including HIV/AIDS.
- **Treatment:** The school should be equipped to provide proper care to learners for minor health problems such as cuts, bruises or headaches.
- **Health education:** The school should teach learners how to take care of their own health, such as how to prevent the spread of sickness, including sexually-transmitted infections. It should make sure that learners know the best ways to take care of their own bodies and teeth.

2. Steps to promote a safe and healthy school environment

- There should be clear school rules against the use of tobacco, alcohol and drugs, and information on what to do when learners do use these substances and need help. These rules should be based on the relevant laws in Namibia, such as the Liquor Act.
- The school building and grounds should be clean and safe. Learners should help with keeping the school clean and safe at all times.

3. Nutrition services

- Each primary school should have a **school feeding programme** in place. If a school has its own gardens, it can supplement the food provided by the government. This will improve the nutritional content and variety of the food served.

4. Physical education

- The school should provide enjoyable physical activities and sports that will encourage learners to be active throughout their lives.

If you think that your school is not following the National Policy for School Health correctly, you and your parents can talk to your Principal. You can discuss the things your school should be doing. You can also contact the regional or head office of the Ministry of Education for assistance. Together we can ensure that all schools provide quality education in a healthy and safe, caring and supporting environment.

HOLDING YOUR SCHOOL ACCOUNTABLE

Step 1: Start at your school. Talk to your Life Skills teacher or teacher counsellor, your Principal and your School Board. Talk to any member of your Learner Representative Council.

Step 2: If you need to look further for help, contact the Regional School Counsellor or Inspector of Education for your school. You can get contact details from your school. The Inspector's job is to make sure that the school follows all the relevant laws and policies.

Step 3: If the Regional School Counsellor or the Inspector cannot help, contact the Director of Education at the Regional Directorate of Education, or the Chief Regional Officer at the Regional Council, or the Regional Governor.

Step 4: If Step 3 also does not help, contact the Permanent Secretary of the Ministry of Education at the Head Office in Windhoek:

**Permanent Secretary
Ministry of Education
Private Bag 13186, Windhoek
Tel: (061) 293-3523/4**



This poster was produced by the Legal Assistance Centre for the Social Accountability and School Governance Project on behalf of the Ministry of Education. The project is supported by UNICEF and the European Union. The contents can in no way be taken to reflect the views of the European Union.

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