

## Project Report for Catholic Primary School Kikaikom, Kumbo

### INTRODUCTION



With the beginning of the academic year 2009, LWDG Cameroon working in partnership with Thirst Relief International U S A has continued with the sensitization campaign in schools with the Hygiene and sanitation Education, bio sand filter construction and installation and latrine construction projects. We went to Catholic School (CS) Kikaikom to form the Health and Water Club of the school. This was made up of 5 pupils from each of the classes 1-5. We then spent two days teaching these selected children about general Hygiene and sanitation, particularly focusing on activities like hand washing, proper storage of food and water, germ transmission. We also taught them how the Biosand filter works and how to take care of filters and latrine, which will be provided to them by the above mentioned organizations.

We will also spend the third day with the water club when their Biosand filters will be installed to teach the children practically how to maintain, clean and restart the filters.

### AIMS AND OBJECTIVES

- ✓ Encourage good hand washing practices
- ✓ Teach about germs and how they can be transmitted
- ✓ Teach about flies and their role in germ transmission
- ✓ Teach proper storage of food and water so as to stop germ transmission.
- ✓ Teach about Oral Rehydration Therapy as a treatment for diarrhea.
- ✓ Teach children about Biosand filters and how to maintain them.
- ✓ Teach the children about the importance of keeping latrines clean and sanitary importance of using latrines.

### REQUIREMENTS

- ❖ Bowls for hand washing
- ❖ Soap
- ❖ Containers, twine, nails, candles, match, socks, for tippy taps
- ❖ Pictures for teaching
- ❖ Glitter
- ❖ Play dough to be used for poop
- ❖ Pictures of tippy tap, filter, and food storage
- ❖ Teaching manual
- ❖ Salt and sugar for ORT, cups
- ❖ Germ sock puppets for the skit

## IMPLEMENTATION

### DAY 1

The roads to catholic primary school Kikaikom were really bad and the ride to the school was a night mare. And so, we walked when the motor bike could not carry us up hills and through muddy areas.

We then settled immediately and started the topic of flies, and also showed them examples of the artificial flies we had which was really helpful since we could not get a live fly. So we told them that flies carry germs. We also asked them if they knew what germs were, they did not know and so we explained what germs were, how they get into us and that they make us sick. We then demonstrated using play dough as poop and glitter as germs. We also demonstrated how germs are transmitted from hand to hand through handshakes using glitter.



*New latrine awaits painting*

The main ways was through dirty hands, and then came a practical lesson which everybody had to wash their hands. We particularly focused on the palms, between the fingers, under the finger nails and all of the whole hand. We then used the 1-10 method which the kids found very interesting and particularly loved it. Every kid had a turn to wash hands and Brendaline Yensi , was really keen and liked the lessons. We had three teachers present and which was good because they would help teach the lessons afterwards. We then emphasized on the good hand washing practices and told them to always make sure they wash their hands before and after eating, after visiting the toilet, after playing and after working in the farms to ensure they that they do not take dirty hands into their mouths.



We also showed them pictures and methods of covering water and food to always make sure that it is clean. We also told them to always make sure that food is clean before it is eaten. We also told them to make sure they empty refuse bins everyday to stop flies and eventual spread of germs. We then demonstrated the link between dirty hands, dirty water, uncovered food, refuse bins, flies, germs and the mouth; using the pictures and the kids were able to see the chain link between germ transmissions. They could then link one or more ways through which germs gets into our bodies using pictures to demonstrate.

We then revised all what we had learnt and the kids responded very well by answering questions posed to them to verify if they had completely understood. We then thanked the kids for listening so attentively and the teachers too were really impressed and the kids promised to teach their friends in school, and at home to practically do the entire hygiene lesson to ensure healthy habits.

### DAY 2

The first thing we did was to teach them the Diarrhea song and we sang it all together till the end. And they especially loved to sing with their golden voices and continued to sing over and over.

We then asked them if they had had diarrhea and most of them said yes and then we went through Oral Rehydration Therapy as a remedy for diarrhea and we also read to them a story and asked them what they had learnt about ORT. We then emphasized on the quantity of salt 3 finger pinch and two cubes of sugar to be used for the salt sugar solution in clean water. Few of them had a cup and measured the correct amounts to make sure they do the right thing when need arises because we had limited sugar and salt.

We then talked about tippy taps, what they are used for and how they are made. We did have enough materials and made enough tippy taps for all of the classes. This was followed up closely by the teachers and when they were ready we then displayed how a tippy tap works and the kids were very ready to try it. All of them fought to have a turn and were all very eager to do that at home since they all followed up.

We then talked to them about their new latrines that Thirst Relief and LWDG Cameroon will be providing for them. We then stressed on the importance of keeping their toilets clean and proper usage of these toilets, So as to avoid flies and eventual germ transmission. We also stressed on the cleaning of their latrines everyday and then we sang our diarrhea song once again and danced.



We then went on to talk to them about Biosand filters, defining a filter, what it is used for, how it functions and Biosand filter maintenance. We will be back in IPS when their Biosand filters have been installed to do a final training with the kids. The school is thankful to the sponsors of these projects and prays to God for more and more blessings on these humanitarian works.

We then played with the germ sock puppets skit using them to demonstrate how dirty and unhealthy habits make us sick. And all of the advice was to always use clean water and soap. The kids loved it and everyone fought to have a turn.

## EVALUATION

Hygiene and Sanitation training in CS Kikaikom has not only been a success but it has also been a great pleasure working with the kids of this school. The kids have been very smart and so intelligent. We are especially thankful for Brendaline Yensi for following up with our lessons because that is going to ensure continuity. The kids have started to behave responsibly by preaching against pooping outside and unhealthy habits.

## CONCLUSION

We then took some pictures of the group with their teacher who had been immensely helpful and interested. CS Kikaikom has promised to allocate time in their school timetable to allow the health and water club of the school to teach the rest of the school. Then said good bye and promised to be back to teach them more about Biosand filters when they are installed.

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