

**MAY 2009 PROJECT REPORT FOR
GOVERNMENT PRIMARY SCHOOL KIKAIKELAHKI – KUMBO**

Prepared by:

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As part of our Thirst Relief project with schools, Life and Water Development Group – Cameroon invited the school administrative of Mbah in their office in Kumbo. In the meeting they discussed about the possibilities improving the health, hygiene and sanitation, latrine and biosand filter construction for the school. The meeting was successful and LWDG-Cameroon health team, Birla Faith and Judith Asahngwa, together with the latrine builders and the sand filter technicians visited the school, where the health team formed a health and water club. This consisted of 5 pupils from each of classes 1-5. We also spent 3 days teaching these selected children about hygiene and sanitation, and the biosand filters introduced a lessons about biosand filter and how it works, although the filters were not yet in school because it was getting close to holidays, and so the children will have their filters installed first week of September when schools resumes, because their filters have been constructed waiting just the installation.

We will also spend one final day after the Biosand Filters have been installed teaching the Health and Water club how to maintain, clean and restart the Biosand Filters.

AIMS/ OBJECTIVES

- Form a Health and Water Club in the school
- Teach Hygiene and Sanitation
- Encourage children to wash hands before eating and after using the toilet.
- Introducing the idea of germ transmission through hands and flies
- How germs cause diarrhea and digestive problems
- Storage of water and food to prevent germ transmission.
- Teaching children about proper use of latrines
- Introduction to the proper care and maintenance of Biosand filers.

RESOURCES AND MATERIALS

- Pictures of flies on food
- Picture of person stepping in excreta
- Bowls for water/soap

- Questionnaire related to good Hygiene practice
- Teaching manual
- Empty bottles, knife, string, stick, candle, match (for the tippy tap) picture of tippy tap
- Pictures of Biosand filters, pictures of water storage methods
- Sock for hanging soap from tippy tap.

IMPLEMENTATION

DAY 1:

We met with the teachers and five pupils from each of the classes were selected and then we were given three teachers which was great because the teachers will follow up the lessons especially the maintenance and usage of Biosand filters. We then began the lesson by introducing ourselves to make the kids feel more comfortable with us. We then sang a song about Malaria and after the song; we immediately started the topic of flies. As in other schools like Mbah and S T S Kumbo; we asked if they had seen flies around their food, water, and toilet and by their kitchens. Most of them gave an affirmative answer and added that they see flies everywhere even in their classrooms around their food and even on them.

We then asked what germs were and one quick student said germs were very tiny creatures that make us sick, very few could tell us what germs was. We then talked to them how germs get to our food and make us sick through flies: We then continued by asking them when they wash their hands. They gave various answers like before eating, after eating, after visiting the toilet and some said after coming back from the farms. We then stressed on hand washing to avoid germ transmission to food and encouraged them to always wash hands before and after eating, after visiting the toilet, after playing and after coming back from the farms. Some pupils confessed they never wash hands before eating and after using the toilet which they were advised to always wash hands properly.

We then demonstrated hand washing using clean water in a bowl and soap. We then let the children have turns in washing hands properly by washing between the fingers, the backs of hands, fingernails, the palms and the wrists. They children were very eager to wash hands properly and everyone had a turn. They children were also taught the diarrhea song which they liked very much.

We also explained to them to always cover food to prevent flies transmitting germ to their food and making them ill. We asked them what could be used to cover food to prevent flies getting to food. They gave us various answers like the lid of a pot, food flask, plate and a clean cloth. We further explained to them that rotten food and fruits attract a lot of flies and must be thrown far off into the farm where flies cannot get back to our food. We also talked to them about the ills of uncovered food and that; uncovered food should be thrown away. We then taught the children the diarrhea song and asked them to pass across what they had learnt to their teachers, classmates, friends and their parents. We also talked to them to always clean their yards by sweeping and to always empty their refuse bins everyday to avoid flies and eventually germ transmission which could give them diarrhea and make them

very ill. We then sang the diarrhea song and said goodbye and the children went out for break.

DAY 2:

In our second day in G.S Kikaikelaki, we were warmly greeted by the pupils and teachers. We then revised what we had learnt the previous day and they were quick to tell us all about hand washing especially, covering food, throwing rotten food into the farms and the diarrhea song which they particularly liked. We were so glad at the way they answered the numerous questions we posed which made us very pleased.

Madame Judith then taught the children about tippy taps, what they are used for, how they are made and the necessary equipment. We then carefully made sure each class was at the right step in the making of the tippy taps. We then went out to the field and demonstrated how a tippy tap works. This was great fun as the children fought to get a turn and the teachers were also very eager to try it.

We returned to the classroom and again sang the diarrhea song and talked to them about Oral Rehydration Therapy and we also read out to them the diarrhea story we have in our teaching manual. Many of the pupils said they had had diarrhea and their parents had taken them to the hospital, pharmacy to buy medicines. We told them ORT is costless and replenishes the sugars and the salts they lose when they have watery stool. They promised to always make a salt sugar solution whenever their sisters or parents have diarrhea. The teachers were also very pleased and thanked us very much for also reminding them about basic Hygiene and cleanliness. We then said goodbye and left.

DAY 3:

We joined our water club and they were happy to see us once again. We started immediately and they told us what they had learnt the previous days like hand washing, ORT, covering food and throwing away rotten food they remembered basically everything and we were also very pleased and we could also see the teachers smiling.

We took a short trip to their toilet which will soon be replaced and went back to class. We then asked them what they had seen everyone shouted excreta and pee and that it smelt so badly. And they also said they had seen flies hovering over excreta which we then told them such flies could bring germ to food during break time.

We then told them it was very necessary to keep their toilet clean, to always keep them covered and to also use them properly. And they promised to make sure their new toilets were clean everyday.

We then began to talk to them about Biosand filters which LWDG-C will install and generally talked to them how a filter works, how it is used and maintained, and the use of chlorine in water.

We then showed them a picture of Biosand filter and told them the necessary conditions for a filter to work properly. They should always put water in the filter everyday to make sure it

does not get excessively dry. We also explained to them that if the filter is clogged with water the flow rate will be very slow in that case it should be cleaned. So they should take off the lid and remove the diffuser plate and gently fluff the sand to 2 inches deep with their fingers and scoop off the dirty water. They could do so two times depending on how dirty their filter is. With this explanation, we got numerous questions from the teachers and we were glad to give them answers. Some of the pupils were able to explain the whole process which was very good as they will do same.

We sang our diarrhea song once again and showed them pictures of water storage after filtration. They were able to tell us the good and bad ways of storing water: We then played the thumbs up and thumb down game which included going through what we had taught them for three days. We look forward to see implement what they have learnt.

HOW WILL THE SCHOOL IMPLEMENT THEIR TRAINING?

- Teachers should encourage hand washing particularly before eating.
- A time table must be made for the cleaning of latrines and ensuring proper use of latrines
- A time table should be made for getting water to filter through the sand filters. This must be done everyday
- Also the filters must be checked and kept clean and hygienic.
- Teachers should encourage the water and health club to pass on what they have
- Learnt and also educate other pupils

EVALUATION

Overall the Hygiene and sanitation program was a success and more importantly because the teachers followed up and we are sure it is going to be implemented. The pupils were very good and answered questions very well. The school has promised to take care of the filters when they are installed and to always keep the toilets very clean.

We thank G.S Kikaikelaki for their cooperation and willingness to let us carryout this project in their school.

We are pleased with how it all went in G.S Kikaikelaki and look forward to returning when the Biosand filters have been installed to spend one final day with them and explain more about filters.

By:

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