TARA SCHOOL HEALTH PROGRAMME

SCHOOL HEALTH EDUCATION AND HEALTH SCREENING PROGRAMME
Established in 2015, Tara Foundation is a community-based health organisation that provides health education and health screenings to schools in eastern Myanmar. Tara Foundation was created by members of the Border Health Initiative (BHI), the Woman and Child Rights Project, and the Mon National Education Committee (MNEC).

Tara works in Mon State and Kayin State, where many residents are poor and living in isolated communities. The violence and political instability in this part of the country has led to underdevelopment in the medical and educational fields. As a result, literacy and health measurements for children in eastern Myanmar rank among the lowest in the world. (Myanmar has the second worst health system in the world after Sierra Leone.) Students face many challenges including poor health and hygiene in schools, lack of nutrition, inability to fully participate in education due to health reasons, and increased risk of communicable diseases. Tara hopes that by improving student health in this region, fewer students will drop out of school and be driven to participate in child labour.

Child’s Dream supports Tara, staffed with experienced and motivated medics, to implement a school health and screening programme in communities in Mon State and Kayin State.
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**OVERVIEW**

Tara’s team offers health services free of charge to students who would otherwise face considerable challenges accessing basic healthcare. There are 4 main components of the programme:

**COLLABORATION WITH COMMUNITIES AND SCHOOLS**

- Tara regularly meets with school staff and community members to collaborate on improving student health
- Schools are provided with guidance and health-related posters to display

**WORKSHOPS**

- Health workshops for teachers about first aid, dental care, and common disease prevention
- Kindergarten and lower primary school students receive monthly health workshops on proper dental hygiene, hand washing, and other topics related to health
- Teenage students participate in life skills workshops about adolescent health, HIV/AIDS, and drugs
MEDICAL TREATMENT AND SUPPLIES

- Health check-ups for all students are provided on a monthly basis
- Thorough health screenings are provided twice per year for all students
- Students with serious health conditions are referred to hospitals
- All schools receive first aid kit supplies, toothpaste, and soap every month
- Students are provided with vitamins and nutritional supplements if needed
- Toothbrushes are provided to students every three months

HYGIENE FACILITIES

- Hand basins are built in schools that have no washing facilities
- Water filters and tanks are installed in schools to provide clean, safe drinking water for students and teachers
The programme directly benefits more than 3,000 students annually (aged 4-15 years) and 200 teachers in 44 communities in Thanbyuzyat Township, Mudon Township, and Kayiak Ma Yaw Township in Mon State, and Kyainseikgyi Township in Kayin State.

**OBJECTIVES**

- To provide access to healthcare to the children studying in remote and isolated schools
- To promote health awareness among school children and within their communities
- To provide health supplies to children in the target communities
- To ensure students have access to sanitation facilities
BUDGET

The total amount of the programme running costs is approximately USD **75,000** for the annual budget of 2020-21 (June–April). Transfers from Child’s Dream to Tara are made in quarterly instalments during the year.
MONITORING AND REPORTING

We receive quarterly narrative and photo reports, as well as monthly financial and activity reports.

Feedback is collected directly during regular site visits by our local team.

Visits can easily be arranged anytime.

We reports to donors twice a year.