

# IMPROVING SANITATION, HYGIENE AND ENVIRONMENTAL PROTECTION PRACTICES IN SCHOOLS



Sanitation



Hygiene



Environmental  
Protection

SWAROVSKI  
WATERSCHOOL







## Your voice matters

As a means of giving children practical lessons and tips on improving their cleanliness and hygiene, Children's Hygiene and Sanitation Trainings (CHAST) have been carried out in various settings and schools, especially in refugee settlements and the host communities. CHAST is an approach for promoting personal hygiene among children. The CHAST aim to create an effective channel for delivering sanitation and hygiene messages directly to local homes through children. CHAST is based on the premise that personal hygiene practices are usually acquired during childhood, and therefore better to try changing the habits of children who are also ideal ambassadors of behavioural

change. Engaging children in environmental conservation and sanitation desired practices creates a road map for a change to proper sanitation and hygiene practices, both at school and in families where they come from.

Since children learn mainly through writing, playing, drawing, and imitating, CHAST uses various exercises, pictorial messages and educational games to teach children the links between personal hygiene and health. Children carry an enthusiasm for participatory learning, trials, and replicating practices, and keeping reference literature for them makes access and learning easy.

This is why having this newsletter becomes essential. We hope that the children will enjoy reading what their peers are doing in their respective schools and practising

what they have learned. To the children, your voice matters and you should continue using it to inspire your peers, family, and community on good sanitation and hygiene practices.

Appreciation goes to the various schools, their headteachers and teachers, and the pupils for the great collaboration towards ensuring that the CHAST approach is put into practice. Lastly, I thank the United Nations High Commissioner for Refugees (UNHCR), the Office of the Prime Minister (OPM), and Swarovski Water School that have supported the implementation of this approach.

**Rashid Mawejje**  
Public Health Promotion Team  
Leader  
Kyaka II Refugee Settlement  
Oxfam in Uganda

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## BUKERE PRIMARY SCHOOL



ABIJURU BELYSE



Musabyimana Esperancy  
BUKERE SCHOOL MATRON



Children are encouraged to maintain social distance and wear masks to prevent spread of Covid-19

As the sanitation/environment club teacher, I play the following roles to ensure that sanitation and hygiene are maintained at school and in homes where our learners come from. Sensitising club members about the activities involved in personal hygiene, including bathing daily, brushing their teeth and cutting their nails short. I also encourage them to always wash their hands before and after eating food. I encourage the students to observe the SOPs to prevent the spread of Covid19 by sanitizing their hands at the school handwashing facilities with

water and soap, wearing face masks and keeping social distance.

I want to thank Oxfam for recognizing our club members by giving them t-shirts, nametags, wristbands, graph books, and other scholastic materials. I am also grateful for the effort Oxfam has made to supply the following items to our school; wheelbarrow, watering cans, gumboots, hoes, slashers, pangas. They have also trained our learners on how to make mushrooms. **Musabyimana Esperancy- BUKERE SCHOOL MATRON, Sanitation club.**

"I liked the training we had from Oxfam. They told us about how we can grow mushrooms. It was very good, and we had lunch every day of the training. They also gave our Sanitation Club T-shirts, wrist bands, identity cards, and we got skills in agriculture".  
**Abijuru Belyse**





## ST STEPHEN NURSERY AND PRIMARY SCHOOL



Students are taught the steps of proper handwashing



Maclean washing her hands as she was taught by Teacher Isaac



Stephen Joshua gets help in cutting his nails



Agaba Brian

Environment refers to our surroundings, including trees. Some of the ways we can save and protect our environment is by planting trees. - **Agaba Brian, P5**

Hygiene is the keeping of ourselves clean, including our bodies. Some of the things we use to keep our bodies clean include sponges, clean water, soap, basin, comb, toothbrush, and razorblade. We maintain our hygiene in many ways, including: brushing out teeth, combing our hair, washing our clothes and cutting our fingernails.

**Steven Joshua, P5**





## MUKONDO PRIMARY SCHOOL



Mahirwe Hamul



Mahirwe Habimana



Pafyance collects rubbish

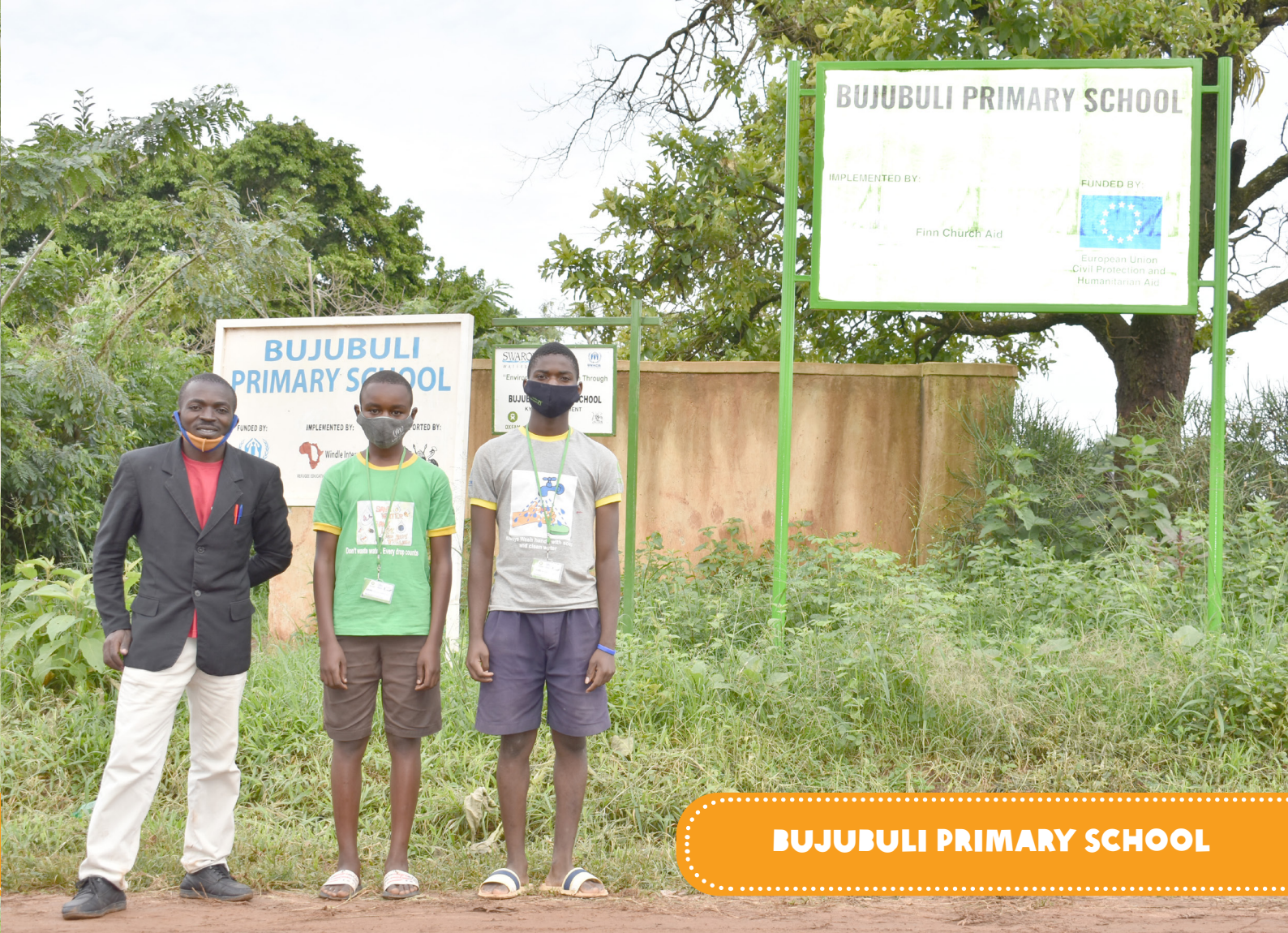
At home I usually smoke the latrine when flies are many. At school we scrub and mop the latrines. This helps keep safe from diseases caused by flies like diarrhoea and dysentery. – **Habimana Mahirwe**

I am in P.6, I study from Mukondo Primary school. This is how I encourage people to plant trees, because they help in rainfall formation. **Mahirwe Hamul**

My name is **Pafyance** and I am in Primary 5. As a member of the environment and sanitation club, I collect rubbish from our school compound to make it clean and prevent diseases.







## BUJUBULI PRIMARY SCHOOL



Espoir Kidoge



Atuyamba Elias



Irafasha Danny

Some of the things I have learnt in the sanitation and hygiene club is that we have to always wear masks to prevent Corona Virus, and to plant flowers for the compound to look smart. **Irafasha Danny, P6**

### HEALTHY BODY MAKES A HEALTHY MIND

I started teaching in Bujubuli primary school in 2018. I realised their hygiene was not good with some having unwashed clothes.

I then advised them to bathe and wash their clothes regularly to avoid bad smell and control some diseases which may emerge from poor personal hygiene. Ever since then, the students have improved their personal hygiene and even concentrate in class better, hence their good performance at the end of the year.

**Atuyamba Elias Club Patron**

I am in Primary Seven from Bujubuli Primary school. I wake up early in the morning, greet my parents and after, I bathe and wear my uniform and go to school. At school, I find my friends, boys and girls. I advise girls to always wash their reusable pads and I advise the boys to always wash their inside wear and other clothes to promote personal hygiene. **Espoir Kidoge, P7**





Nyangoma Vicky



Ruta



Amanyire Patrick stands under his favourite tree with a classmate

Cleaning the classroom is a must in our school. What about your School? **Nyangoma Vicky**

### ENVIRONMENTAL PROTECTION

Our environment  
Oh what a good place to stay in.  
If I were a big tree, I would tell the wood cutter  
to plant a tree after cutting one.  
Trees help in making rain.  
Rain gives us water and water saves life.  
If I were soil, I would tell the herdsman  
Please save the grass that

covers the soil  
to stop running water that washes it away.  
Graze the cows in different places to give time  
for grass to grow and grow.  
By **Jennifer Akwer - BYABAKORA PS SANITATION CLUB MATRON**



Jennifer Akwer

At school, we work together to keep the environment clean. We sweep the compound regularly and place the rubbish in a rubbish pit so that we keep our environment clean and neat. **Ruta**

Come and we exchange since we are friends! In our school we love trees since they give us oxygen.  
**Amanyire Patrick**





## WISDOM (KAKONI) PRIMARY SCHOOL



Cleaning around the water source.



The club members all participate in the sanitation and hygiene practices at school, like cleaning the compound



Wizeye

As the sanitation and environment club, we carry out many activities to ensure that our school environment is clean. We slash the compound, and also carry out water source protection. We clear the bushes around the tap, and fetch water in clean jerrycans. **Wizeye**



Collecting rubbish to be taken to the rubbish pit





## KISHAGAZI PRIMARY SCHOOL



Natukunda Charity



Kabarungi Stella



The sanitation club members were also taught to maintain avoid hand shakes as a way to prevent the spread of Corona Virus

As the sanitation and environment club patron, we have key messages that we teach the students and some of them include:

- For a greener environment, do not litter
- Always keep your water source clean
- Plant more trees for clean, fresh air
- Always wash your hands before and after eating food
- Avoid swamp reclamation and always drain all stagnant water to stop the breeding

of mosquitoes. **Kaburungi Stella**  
**TEACHER AND MATRON – KISHAGAZI**  
**PRIMARY SCHOOL**

As members of the sanitation and hygiene club, we were advised to always wash our hands every time, after visiting the latrine.

**Natukunda Charity**

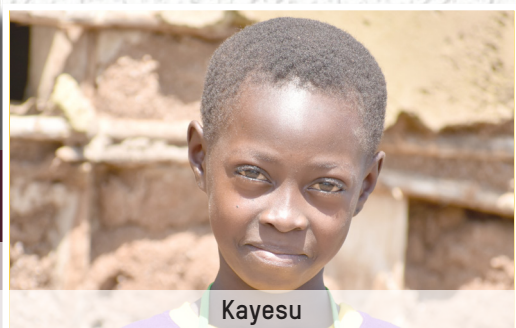


Always wash your hands after visiting the latrine

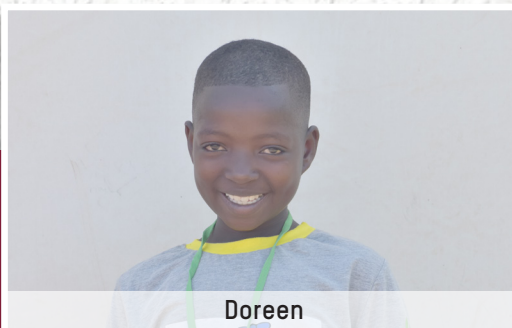




## GOOD HOPE PRIMARY SCHOOL



Kayesu



Doreen



We always make sure that our hands are washed with soap and water to keep away germs

Every morning when I wake up, I say my prayers and greet my parents. Then I bathe, and always wash my face. These are the things I do to promote personal hygiene.

**Doreen, P4**

We have learnt the importance of planting trees. They give us shade and also provide fruits which we eat for a balanced diet. **Kayesu, P4**



At Good Hope Primary School, the children were taught the importance of planting trees for the environment





## SWESWE PRIMARY SCHOOL



Basubi Jack



Nigaba Larine Nadia



Sweswe Primary School patrons.  
Teachers Katushabe Morine and  
Turyakamanyire Baguma

Leaving faeces on top of the latrine is bad, it can lead/cause germs. We should defecate well in a latrine. We should properly use latrines to prevent germs. **Basubi Jack P7**

My name is Nigaba Larine Nadia. As a member of the health and sanitation club, I have the following message for students

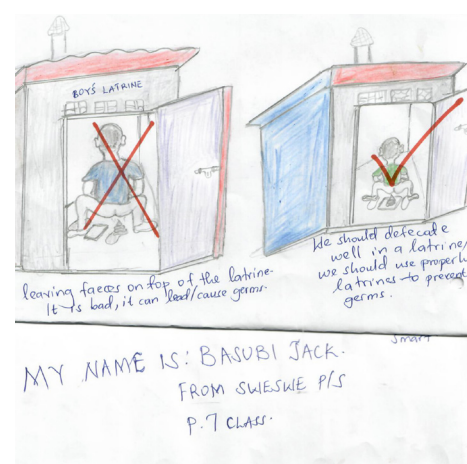
- We should brush our teeth
- We should bathe everyday
- We should clean the compound
- We should not cut trees on the school compound

**Nigaba Larine Nadia, P7**

We have to cut our finger nails short to be smart. **Leivin BM P7**

...Teachers it's your turn, Parents be at stake and learners be alert...

Wash hands after visiting a latrine  
Clean water and soap is a must,  
Good environment is our pleasure.  
Excerpt from poem written by **Katushabe Morine, SCHOOL CLUB MATRON**



Basubi Jack Drawing





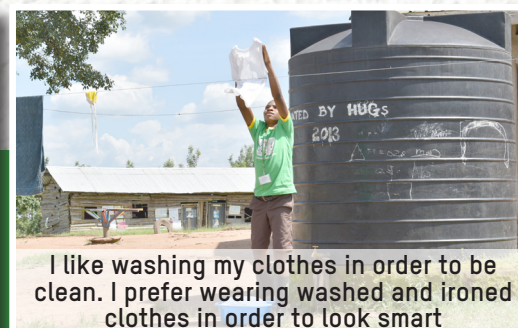
## ANGELS CARE PRIMARY SCHOOL



Ndagije lays his bed



A student of Angels Care Primary School combing her hair



I like washing my clothes in order to be clean. I prefer wearing washed and ironed clothes in order to look smart

My name is **Ngadije Samuel**. As a member of the science club, I prefer sleeping in clean bed sheets and a treated mosquito net. I also like shaving my long hair to look smart. I encourage my friends to always wash and comb their hair in order to avoid lice from entering it and also to look smart in the community. I like washing my clothes in order to be clean. I prefer wearing washed and ironed clothes in order to look smart.



I sleep under a treated mosquito net

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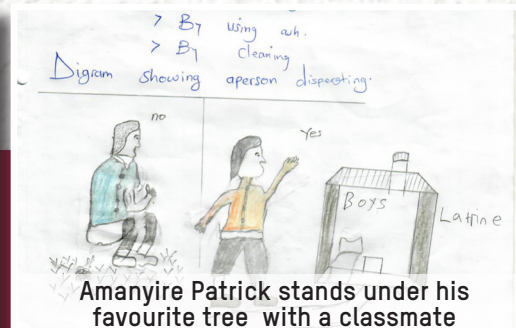
## MOTHER CARE PRIMARY SCHOOL



Umunezeza Faidah



Agaba Emmanuel



Amanyire Patrick stands under his favourite tree with a classmate

I like trees because they are used for shade.

**Nakamy Federesi P5**

My name is **Umunezeza Faidah**. I am in Primary Six.

Personal hygiene is the general cleanliness of our body. The importance of cleaning our body is to look smart, to kill germs, and to avoid diseases like tooth

The things we use to clean our body include soap, tooth brush and razor blades.

Some of the ways we can prevent diseases from getting into our body is by washing hands before and after eating, by washing fruits and vegetables before eating them.

My name is **Agaba Emmanuel**, I am in P3 class and I drew about good sanitation like latrine use.

Latrine is the place where human waste is dispersed.

We can keep the latrine clean by mopping, using ash and cleaning it.

Agaba Emmanuel. P3





## LIGHT NURSERY AND PRIMARY SCHOOL



Joseph Horimbwe points to one of the swamps in the area



Masudi Kerene cleans the water source



Cleaning around the water source

My name is Joseph, I am 14 years in primary five class. I keep my environment clean by not cutting trees, and planting trees. Avoid bush burning! We should not destroy our swamps because in swamps we get many things like mud fish.

**Joseph Hombirwe**

My story is about water source protection. I protect our water source at school by cleaning the surface and the surrounding. We do this by slashing to avoid malaria, and ensuring fencing so that children will avoid playing at the borehole.

I also ensure that before fetching water, I clean very well my jerrycan or container to avoid diseases like typhoid and diarrhoea.

**Masudi Kerene**







Plot 3459, Tank Hill Road,  
Muyenga/P.O. Box  
6228, Uganda Tank Hill Rd,  
Kampala



Tel: +256 414 390 500  
Fax: +256 414 510 242



P.O. Box 6228, Kampala,  
Uganda

# Issue 1

## Volume 1

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