

NAMBALE INTEGRATED SCHOOL FEEDING PROGRAM
QUARTELY PROGRESS REPORT
TERM II, 2011



Geographic location: Malanga, Manyole and Nambale AC primary schools
Busia County, Western Kenya

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Table of Contents

| | |
|---|-------------------------------------|
| Table of Contents | 2 |
| I. Executive summary: | 3 |
| 1.0 Introduction:..... | 4 |
| 1.1 Objective:..... | 4 |
| 1.2 Activities: | 4 |
| 1.2.1 Conducted Anthropometry | 4 |
| 1.2.2 Offered School nutrition support..... | 5 |
| 1.2.3 Community mobilization | 5 |
| 1.2.4 Monitored the progress of activities..... | Error! Bookmark not defined. |
| 2.0 Progress of Activities: | 5 |
| 2.1 Anthropometry:..... | 5 |
| 2.2 School nutrition support:..... | 7 |
| 2.3 Community Mobilisation: | 8 |
| 2.3.1 Mobilization of community | 8 |
| 2.3.2: Microfinance input dissemination | 8 |
| 2.3.3: Healthcare and community awareness..... | 9 |
| 3.0 Monitoring progress of activities..... | 10 |
| 4.0 Recommendations: | 11 |

Executive Summary:

This report documents the quarterly activities (April, May and June) and output for Term 2, 2011 of the integrated school feeding program in Nambale, Busia County in Western Kenya. KMET in partnership with OVAAT and Ministry of Education works with communities in the catchment areas of the three schools namely; Nambale AC, Manyole and Malanga Primary in Busia County to facilitate access and provision of quality nutrition support and Adolescent reproductive health care to primary school going children. This is a cost sharing initiative with the parents contributing an amount equal to the money being put in by OVAAT with clear very objectives to strengthen community nutrition support to school going children and assess the nutrition status of school going children aged 3 to 12 years.

K MET team has continued to conduct support supervision and follow up visit in the three schools. The recent one was meant to strengthen the feeding and revolving loan initiative in the three schools especially Nambale ACK Primary School which was introduced to the program in February 2011. A total of **1,548** pupils were enrolled into the program out of which **1,238** pupils had their nutrition and health profiles taken for assessment. The remaining 166 pupils were absent from school due to many factors including lack of food and sickness as reported by their teachers. Their profiles were taken later in the course of the term by teachers in charge of the feeding program.

The anthropometric and screening session conducted in Malanga, Manyole and Nambale ACK primary schools gave revealed that Nambale AC had 13.3% malnutrition rate among ECD, Class 1 to 3 pupils, Malanga primary school had a malnutrition rate of 8.0%; whereas, Manyole primary school recorded malnutrition rate of 7.5%. This was probably due to the fact that the later schools have been in the program for a longer period as compared to Nambale AC.

Through financial support by OVAAT, KMET provided the three schools with nutrition support in the form of mid morning snack i.e. Nutri flour porridge to ECD children and primary classes 1 to 3. Nambale AC was issued with **389** Kilograms, Malanga with **450** Kilograms and Manyole primary **358** Kilos of Nutri flour. Parents also contributed for other items to run the program i.e. firewood, water and wages for cooks and food stuff as away of cost sharing.

The community was sensitized on the advantages and need to incorporate school feeding program in the school activities. The parents and teachers agreed that school feeding program should incorporate all the pupils in the school from ECD, Standard 1 to

8. This was done in the three schools during the following special forums: parents' day for Malanga primary, school open day Nambale AC and school management meeting for Manyole primary school.

Weekly working group meetings strengthened parents' involvement especially in Malanga and Nambale AC primary schools. The group officials took upon themselves to follow up on contributions towards the school feeding program and remitted contributions to the school management.

Between April and June 2011, The K-MET team has intensified follow ups, conducting 8 support supervision visits in Nambale, Malanga and Manyole Primary Schools. The supervisory sessions were mainly done to help stream-line School Feeding Program implementation especially among teachers and parents.

1.0 Introduction:

This report documents the quarterly activities (April, May and June) and output for Term 2, 2011 of the integrated school feeding program in Nambale, Busia County in Western Kenya. KMET in partnership with OVAAT and Ministry of Education works with communities in three schools namely; Nambale AC, Manyole and Malanga Primary in Busia County to facilitate access and provision of quality nutrition support to school going children aged 3 to 12 years. This is a cost sharing initiative with the parents contributing an amount equal to the money being put in by OVAAT.

1.1 Objective: The School Feeding project has two main objectives:

- To strengthen community nutrition support to school going children aged 5 to 12 years in 3 schools in Nambale in Busia County.
- To assess the nutrition status of school going children aged 5 to 12 years in 3 schools in Nambale, Busia County.

1.2 Activities: To achieve these objectives, KMET implemented the following activities:

1.2.1 Conducted Anthropometry for pupils aged 3 to 12 years.

- Taking weight measurements
- Taking Height measurements
- Taking MUAC

1.2.2 Offered School nutrition support

- Vitamin A supplementation and deworming
- Mid morning porridge snack for children in ECD, class 1 to 3 aged 3 to 12 years.

1.2.3 Community mobilization

- Healthcare and community awareness workshop for beneficiaries/ parents
- Mobilization and sensitization of community members on sustainable school feeding program through economic empowerment (microfinance) and continuous capacity building
- Feed program working group meetings to encourage parents to contribute money/food resources towards supporting the nutrition program towards sustainability

2.0 Progress of Activities:

K MET team conducted Support supervision, fact finding and follow up visit in three schools namely; Nambale AC, Malanga primary and Manyole primary in Busia county. This was meant to strengthen the feeding/loan project in the three schools especially Nambale ACK Primary School which was introduced into the program in February 2011. A total of **1,548** pupils were enrolled into the program out of which 1,238 pupils had their nutrition and health profiles taken for assessment. The remaining 166 pupils were absent during the exercise and had their profiles taken later in the course of the term by teachers in charge of the feeding program.

2.1 Anthropometry: Pupils in the three schools had their weights, heights and mid upper arm circumference (MUAC) taken to ascertain their nutritional status. The anthropometric and screening session was conducted in Malanga, Manyole and Nambale ACK primary schools with a total of 424 pupils in Nambale AC and 498 and 316 in Malanga and Manyole respectively being reached and screened. The anthropometric assessment was recorded in the meal card presented to every pupil. Vitamin A supplementation and Deworming was given to all the pupils who were in attendance during the exercise.

2.1.2: Anthropometry Output/ Results: The key findings from the anthropometric assessment revealed that Nambale AC had 13.3% malnutrition rate among ECD, Class 1 to 3 pupils. ECD had a malnutrition rate of 35.8%, Class one had 17.5%, class two had 11.3% and class three had 3.7%. Malanga primary school had a malnutrition rate of 8.0%; ECD had 13.1%, Class one 7.9%, class two 4.2% and class three 7.4%. Manyole

primary school recorded malnutrition rate of 7.5%; ECD had 10.9%, class one 7.7%, class two 8.1% and class three had 4.3%.

Table1: summarises key results for the anthropometric assessment conducted in three schools.

| SCHOOL | CLASS | # OF PUPILS | # OF PUPILS NORMAL STATUS | # OF PUPILS MAL-NOURISHED | % OF PUPILS MAL-NOURISHED |
|------------------------|---------|-------------|---------------------------|---------------------------|---------------------------|
| NAMBALE PRIMARY SCHOOL | ECD | 78 | 49 | 28 | 35.8 |
| | Class 1 | 148 | 104 | 26 | 17.5 |
| | Class 2 | 185 | 101 | 21 | 11.3 |
| | Class 3 | 214 | 87 | 8 | 3.7 |
| TOTAL | | 625 | 341 | 83 | 13.3 |
| MALANGA PRIMARY SCHOOL | ECD | 130 | 97 | 17 | 13.1 |
| | 1 | 153 | 132 | 12 | 7.9 |
| | 2 | 144 | 117 | 6 | 4.2 |
| | 3 | 135 | 107 | 10 | 7.4 |
| TOTAL | | 562 | 453 | 45 | 8.0 |
| MANYOLE PRIMARY SCHOOL | ECD | 64 | 44 | 7 | 10.9 |
| | 1 | 117 | 92 | 9 | 7.7 |
| | 2 | 86 | 70 | 7 | 8.1 |
| | 3 | 94 | 83 | 4 | 4.3 |
| TOTAL | | 361 | 289 | 27 | 7.5 |
| GRAND TOTAL | | 1548 | 1083 | 155 | 28.8% |

2.2 School Nutrition Support:

As already indicated, KMET provided the three schools with nutrition support in the form of mid morning snack i.e. Nutri flour porridge to ECD children and primary classes 1 to 3. Nambale AC was issued with 389 Kilograms, Malanga with **450** Kilograms and Manyole primary **358** Kilos of Nutri flour. Parents also contributed for other items to run the program i.e. firewood, water and wages for cooks and food stuff as away of cost sharing.

To help sustain the school feeding program, Malanga Primary shared its exit strategy as follows;

- The school has already planted 2 acres piece of land with millet, 4 acres maize, peas and beans, $\frac{1}{4}$ acre with rain fed rice and $\frac{1}{4}$ acre sorghum.
- The school has collected Ksh. 4,070 cash from parents especially those who benefited from KMET micro finance loans.
- The school has initiated a school feeding community cereal bank which parents will be contributing towards feeding the entire school.

Manyole primary school initiated sustainability inform of parents contribution. So far, the school has managed to collect Kenya shillings three thousand from parents whereas Nambale AC primary school initiated the following activities for sustainability:

- The school has planted maize and beans on its seven (7) acres of piece of farm land.
- The fish pond is being drenched and the school wants to breed more than three thousand Pisces in the pond.
- The school has bought two diary cows for milk production and,
- Parents from ECD have contributed more than five thousand (Ksh. 5,000) Kenya shillings.



2.3 Community Mobilisation:

2.3.1 Mobilization of community members for sensitization on sustainable school feeding program, microfinance and capacity building:

The community was sensitized on the need and advantages for incooperating school feeding program in the school activities. The parents and teachers unanimously agreed that school feeding program should reach out to all the pupils in the school from ECD, Standard 1 to 8. This was done in the three schools during the following forums: parents' day for Malanga primary, school open day Nambale AC and school management meeting for Manyole primary school.

A newly initiated activity; Weekly working group meetings has strengthened parents' involvement especially in Malanga and Nambale AC primary schools. The group officials took upon themselves to follow up on contributions towards the school feeding program and remit contributions to the school management.

2.3.2: Microfinance input dissemination:

Table 2. Showing number of parents /beneficiaries of the micro finance program

| Groups Name | # of members | # of members funded | Amount of loan disbursed this term |
|--------------------|---------------------|----------------------------|---|
| Manyole | 78 | 4 | 70,000 |
| Malanga | 105 | 5 | 110,000 |
| Nambale AC | 38 | 38 | 471,000 |
| GRAND TOTAL | 221 | 47 | 651,000 |

2.3.3: Healthcare and community awareness workshop for beneficiaries' parents

KMET pioneered implementation of Sisterhood for Change (SFC) program to address the unmet needs of the disadvantaged adolescent girls aged between 10-24 years in Western Kenya. The program has come up with a unique innovative way to address adolescent girls' major problem during their menstrual period by producing re-usable sanitary pad to help these young girls who cannot afford the disposable sanitary pads.

During out reaches to various schools to Nambale and community groups, the SFC alumnis distributed re-usable sanitary pads to the needy girls and educated them on personal hygiene and how to handle adolescent girls' challenges in Kenya



2.3.4: Sanitary Pads Impact Assessment findings:

- Girls find the pads as a timely relief to their problems during menses.
- They were very happy with the reusable pads.
- No more missing of school during menses.
- They confirmed that it is as comfortable as any other pads.

Table3. Showing sanitary pads distributed in three primary schools in Nambale

| DATE | SCHOOL | # DISTRIBUTED TO THE GIRLS | # ISSUED TO SCHOOLS FOR EMERGENCY |
|--|------------|----------------------------|-----------------------------------|
| 3 rd Feb | Malanga | 300 Pieces (50 PKTS) | 2 Packet |
| 3 rd Feb | Manyole | 300 pieces (50 PKTS) | 2 Packet |
| 3 rd Feb | Nambale AC | 0 | 2 Packets |
| 11 th Feb | Nambale AC | 312 (52 PKTS) | |
| 1 st March | Malanga | 300 (50 PKTS) | 0 |
| 25 th March | Manyole | 306 (51 PKTS) | 0 |
| Summary: Total Pads distributed in term one were 256pkts amounting to Kshs. 76,800 | | | |

Case study.

Mercy is a 14 year old girl in class 6. She was given a packet of the re usable sanitary towel and she has used for three times during he monthly periods. She says it has helped her lot and she feels comfortable in using them. She is encouraging other girls to use the pad. This has also made he concentrate in her studies due to lack of worry of not having pads during menses. She thanks KMET and partners for this initiative.

3.0 Monitoring progress of activities

Between April and June 2011, The K-MET team conducted 8 support supervision visits in Nambale, Malanga and Manyole Primary Schools. The supervisory sessions were mainly done to help stream-line School Feeding Program implementation especially among teachers and parents.

Meal cards as a monitoring tool were recently introduced in term 2 to help monitor feeding and track on parents' contribution. Training sessions on the effective use of meal cards was conducted in three schools. Anthropometric measurement tools were also supplied to the schools which included: Three (3) Height wall charts and two (2) weighing machines.



The introduction of P2P among pupils prompted KMET staffs to increase outreach sessions since teachers were unable to strengthen pupils to parents (P2P) behavior change strategy for the nutrition and health support. The main aim of the P2P is to make the pupils to prompt their parents to demand and seek timely medical attention and nutrition support for their children to reduce delays. P2P also empowers the pupils to demand for safe secure environment from their parents/guardians which include provision of basic sanitation facilities like hand washing facilities for disease prevention.



4.0 Recommendations/Wayforward:

The following were some of the suggestion from stakeholders that would improve program implementation:

- KMET will partner with other community stakeholders and ministry of Education to foster active parent involvement, participation and contribution through PTA support advocacy and enforcement of school feeding/attendance and loan program.
- The school fraternity, parents and KMET will reinforce and strengthen (Pupil to Parent) P2P behavior change strategy for nutrition and health support, as a means of alleviating poor health practices and malnutrition in the community.
- KMET and the school management will offer continued education and sensitization to stakeholders/parents on the need to sustain the school feeding programme as part of the school activities.
- KMET will strengthen collaboration with all stake holders and beneficiaries to ensure maximum nutritional support to school going children.