

NUTRITION GOES TO SCHOOL (NGTS)



Gizi Untuk Prestasi



Introduction

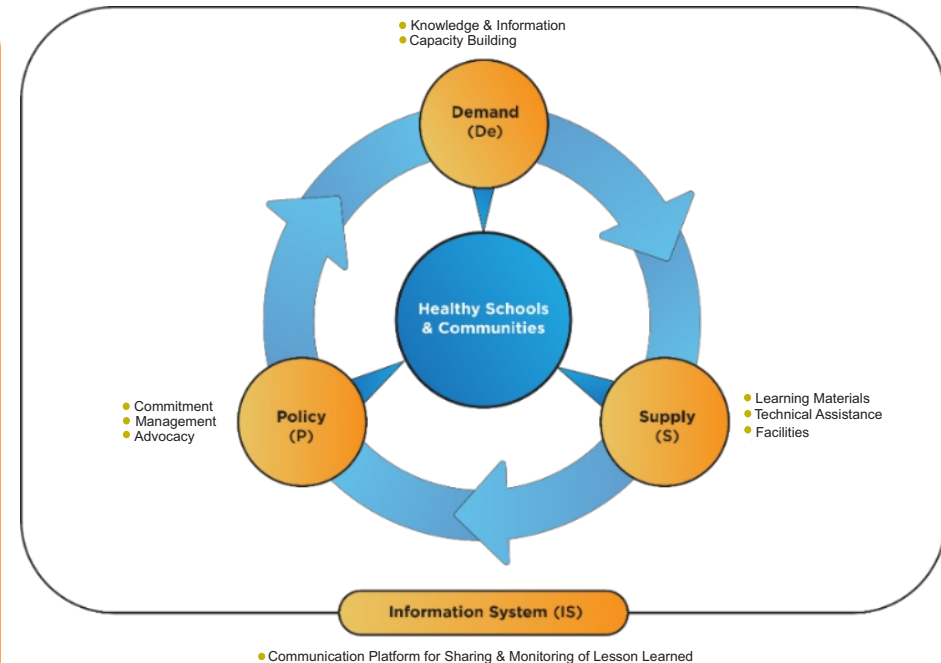
Balanced nutrition is critical to the health of school children as well as adolescents as potential parents of our future generation. Adolescence is a critical period wherein boys and girls aged 10 to 19 acquire a variety of eating habits that could be either good or bad to their health. Multiple forms of malnutrition such as stunting, underweight, anemia, micronutrient deficiency, and obesity are prevalent in most adolescents globally. Unless timely, appropriate and sustained interventions are provided to this age group, our future generation would be at risk.

School is seen as a potent agent of change by transmitting knowledge and shaping the behavior of students. They are ideal channels to deliver information about nutrition and build good dietary practices among students toward improving their academic performance and acquiring a healthy lifestyle. With the characteristic of the school children and adolescents such as eager to learn new things, and have wider exposure to information, the SEAMEO Regional Centre for Food and Nutrition (RECFON) initiated its flagship program called Nutrition Goes to School (NGTS) in 2016 to contribute to addressing adolescent nutrition issues and concerns in Southeast Asia.



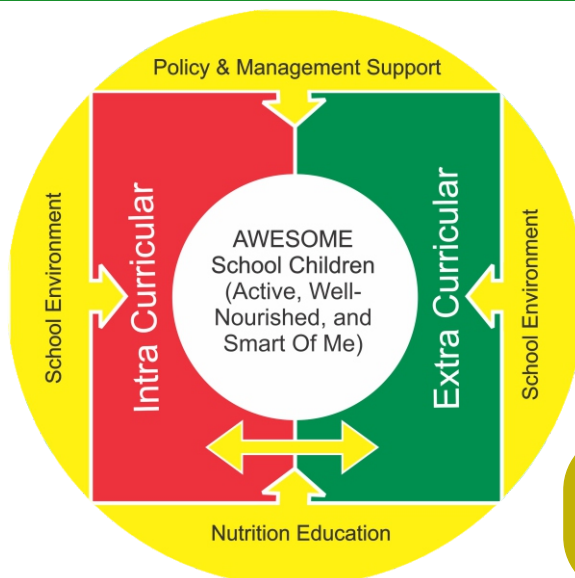
What is NGTS Program?

- A school-based multisectoral program emphasizing the role of schools as effective media for character building education that is centered toward enabling students to learn good nutritional practices both in school and at home
- Operates within the DeSPiS (Demand-Supply-Policy-Information System) approach developed by SEAMEO RECFON's team
- Supports governmental school programs related to nutrition and health as well as SEAMEO Priority Area 2 on Addressing Barriers to Inclusion in education
- Aligns with Sustainable Development Goals 2 (ending hunger, achieving food security and improving nutrition), 3 (ensuring healthy lives and promoting well-being of all at all ages) and 4 (ensuring inclusive and equitable quality education and lifelong learning opportunities for all)
- May be adopted and adapted by any institution that are interested in promoting a school-based health and nutrition program.



DeSPiS Approach

What comprises NGTS Program Framework to achieve its objectives?



The program aimed at developing AWESOME (Active, Well-Nourished, and Smart of Me) school children that are performing well academically/intra curricular as well as in extra curricular activities by acquiring proper nutrition

NGTS Program operates within three requisites, namely: sustained nutrition education, conducive school environment, and supportive school policy and management which are expected to influence the intra and extra curricular activities toward producing AWESOME (active, well-nourished and smart of me) school children.

Nutrition Goes to School Framework



How SEAMEO RECFON implements NGTS Program?

SEAMEO RECFON operationalizes the NGTS Program through its mandates in:

Community Development by:

- Assessing school readiness to adopt the program
- Developing NGTS School Models
- Providing technical assistance and consultation to partner-schools
- Conducting nutrition competitions for school teachers and students
- Monitoring and evaluating progress of NGTS partner-schools



Research by:

- Facilitating school-based research by academic researchers and action research for school teachers relevant to NGTS program



Capacity Building by:

- Providing face-to-face and online training courses for district health officers, school principals and teachers, students and other relevant stakeholders
- Developing teaching-learning materials on health and nutrition

Information Dissemination by:

- Translating research results and developing easy-to-understand information materials
- Making information materials accessible through the Centre's social media accounts
- Compiling evidence and disseminating information on school-based nutrition promotion through the activities of School-Based Nutrition Promotion Working Group Indonesia and Southeast Asia.

Partnership by:

- Formalizing collaboration with relevant academic and local government units in the NGTS sites with local partners
- Creating linkages with individuals with expertise in health and nutrition as training resource persons

What are the phases of NGTS Implementation?

NGTS Program is implemented in three phases:

Initiation phase

which generally consists of building the capacities of school, academic and local government partners on the general concepts and basic component activities of the Program. In this phase, the school-partners are expected to produce action plans to implement any of the Program components according to their school needs.



Strengthening phase

which consists of enabling the school-partners, with support from the academic and local government partners, to sustain the implementation of their action plans and prepare them to become NGTS model schools.



Institutionalization phase

which consists of scaling up the Program implementation by using the experiences of the NGTS model schools, highlighting their best practices, for advocacy purpose.



Where is NGTS Implemented and Who are the Partners?

NGTS Program is being implemented in 6 cities/districts in Indonesia and initiated in Timor Leste in 2019. SEAMEO RECFON expects to implement the program in other SEAMEO member countries in the years to come since it has been endorsed by the SEAMEO Council during its 50th meeting in July 2019 in Kuala Lumpur, Malaysia.

SEAMEO RECFON establishes collaboration with academic institutions and local government units in developing and strengthening NGTS model schools. The NGTS Program sites, levels of school beneficiaries, and academic partner-institutions involved are listed below:



Area	Level of school model	Partners (with MoU/MoA)
Bogor, West Java	Vocational schools	UPVN, Jakarta
Cimahi, West Java	Primary schools	Health Polytechnic of Bandung, GIZ
Cirebon, West Java	Primary and junior high schools	Health Polytechnic of Tasikmalaya Prodi Cirebon, GIZ
Jakarta	Junior and senior high schools	UHAMKA
Klaten, Jogjakarta	Primary schools	Health Polytechnic of Yogyakarta, GIZ
Malang, East Java	Senior High and vocational schools	Health Polytechnic of Malang
Sambas, West Kalimantan	Primary, junior and senior high schools	Health Polytechnic of Pontianak, Government of Sambas District

Bogor District and City and Bandung District and City, West Java Province

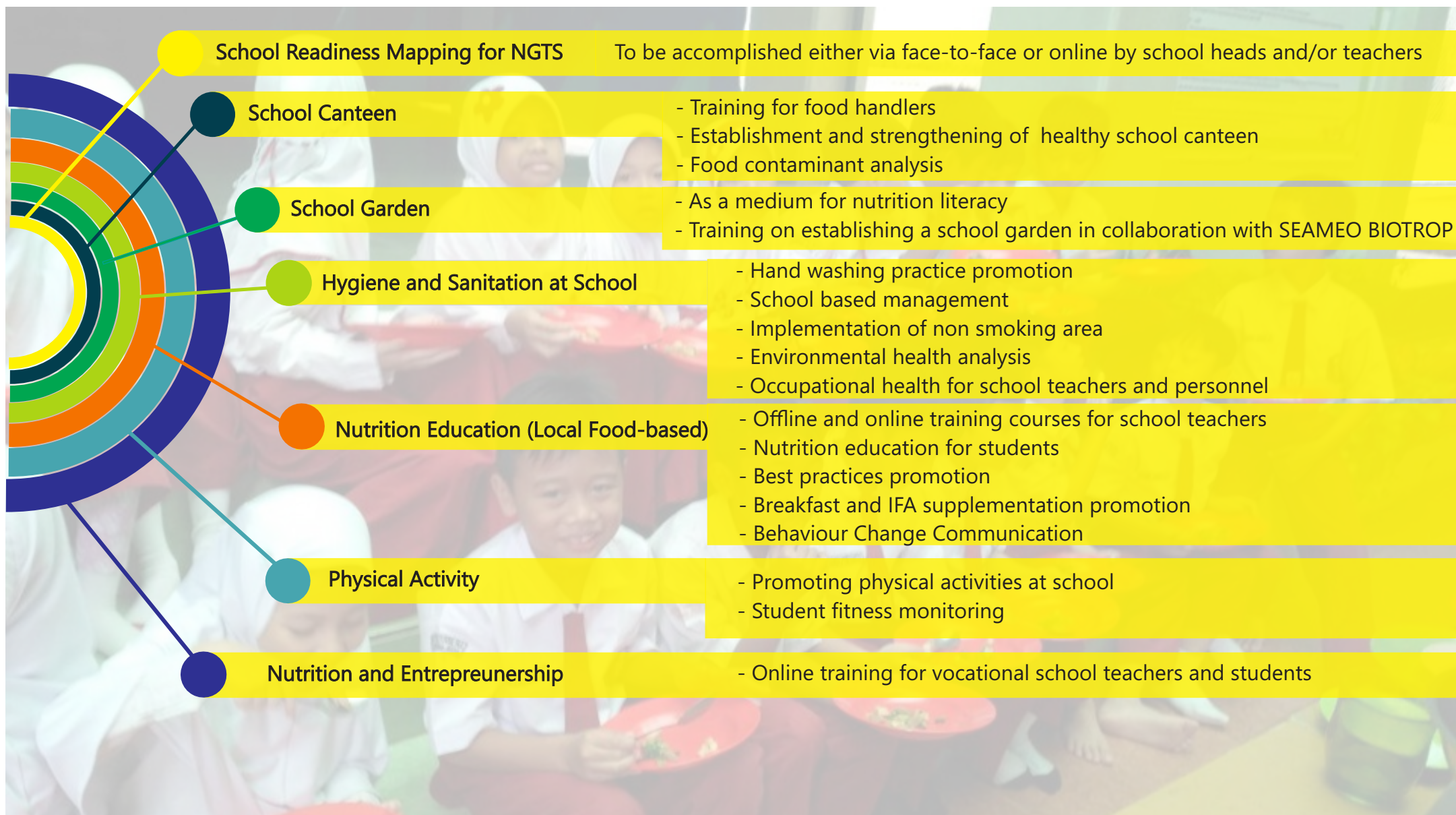


Malang District and City, East Java Province



What NGTS Activities are available to schools ?

The NGTS Program provides 7 types of activities to interested schools. SEAMEO RECFON can facilitate the initiation as well as the strengthening of these activities if already existing in the schools to fulfill the objective of developing AWESOME school children.



What NGTS publications (not activities) are available to schools?

SEAMEO RECFON publishes books to supplement nutrition education activities at schools. The books are developed based on series of consultation meetings with the school teachers from all levels, as well as with the Ministry of Education and Ministry of Health of The Republic of Indonesia. SEAMEO RECFON has already published five books which also contain lesson plans to enable school teachers to implement nutrition education activities with their students. All books can be downloaded for free through the link <http://ngts.seameo-recfon.org/>



About SEAMEO RECFON

The SEAMEO Regional Centre for Food and Nutrition (RCFON) is one of the 26 regional centres of excellence of the Southeast Asian Ministers of Education Organization (SEAMEO). SEAMEO is an intergovernmental organization established in 1965 among governments of Southeast Asian countries to promote regional cooperation in education, science and culture in the region.

The Centre carries out six mandates, namely: education, capacity building, research, information dissemination, community development, and partnership toward improving the quality of human resources in Southeast Asia in the area of food and nutrition. The Centre is hosted by the Government of the Republic of Indonesia through its Ministry of Education and Culture and is considered as a non-stock, non-profit regional organization.

The Centre implements two flagship programs called "Nutrition Goes to School (NGTS)" and "Early Childhood Care, Nutrition, and Education (ECCNE)". The NGTS Program aims to develop Active, Well-nourished, and Smart school children from primary to secondary schools. On the other hand, the ECCNE program aims to facilitate the provision of an integrated environment for the growth and development of pre-school children.

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