



MHM in my School Plan

#MeronAKO
Journey



WinS Indicators

▪ WATER

*All schools shall have an **organized system to make adequate and safe drinking water** as well as **clean water for handwashing, toilet use, menstrual hygiene management, and cleaning purposes** available to all students during school hours*

▪ SANITATION

*All schools shall have adequate, clean, functional, safe, and accessible **toilet** facilities that meet the pupil-to-bowl ratio as stipulated in the . . . ; maintain **cleanliness and safety** in the vicinity of school premises through **school-based solid waste management, proper drainage, and the elimination of all possible breeding grounds** for mosquitoes to prevent vector-borne diseases; and ensure safety in **food handling and preparation***



■ **HYGIENE**

*All students in school shall **perform supervised daily group handwashing with soap and toothbrushing with fluoride**, while a system and **support mechanisms for effective menstrual hygiene management** shall be ensured in all schools*

■ **HEALTH EDUCATION**

- *All teachers, heads of schools, facilities coordinators, and health personnel shall be oriented on the DepEd WinS program.*
- *Trained teachers can conduct Health Education in coordination with community leaders during PTA meetings.*
- *All pupils/students shall have a higher awareness of correct hygiene and sanitation practices and develop positive health behaviors*

■ **DEWORMING**

*At least **85 percent** of all students shall be dewormed semi-annually*



Menstrual Hygiene Management (MHM) within WASH and in CSE

I. Enabling Environment

1. MHM is included in the school documents (eg. School improvement plan, annual plan, etc).
2. MHM is included in the school budget.
3. MHM is included in school rules and norms.
4. MHM is assigned to a particular department/office/team/person.
5. Our school has created a code of conduct/policy that supports girls through menstruation.
6. Our school participates in coordination meetings across governance levels to promote the development, integration and implementation of MHM into national school health policies.



II. Knowledge and Skills

1. Scientifically accurate and age- and developmentally-appropriate menstrual hygiene and puberty education is being taught in the school curriculum (integrated into subjects such as Science, Health and EPP).
2. Our teachers had received training on comprehensive sexuality education.
3. Our teachers had received training on MHM content and delivery.
4. Our school has learning and teaching materials (in different formats) on MHM.
5. Our school has developed MHM lesson plans that are adapted to the cultural context and need.



III. Facilities and Services

1. Our school has access to water and soap for washing hands, body and reusable menstrual cloths.
2. Our school has access to private and hygienic sanitation facilities for changing and disposing of sanitary protection materials, and for bathing.
3. Our school has access to accurate and user-friendly information on the biological facts about menstruation and menstrual health and hygiene.
4. Our school has access to menstrual hygiene materials.
5. Our school has access to disposal facilities and services for used menstrual materials (from point of collection to final disposal). No)



IV. Materials

1. Our school has IEC materials on Menstrual Health for teachers.
2. Our school has IEC materials on Menstrual Health for students.
3. Our school has teaching aids that can be used for both modular and online applications.

V. Social Support

1. Our school engages parents during Parents and Teachers Association meetings to discuss programs and challenges impacting students in school, including menstruation
2. Our school gives parents the opportunity to learn about MHM and how to support their children during PTA meetings.
3. Our school has organized activities to advocate and promote MHM to parents, local partners and stakeholders.
4. Our school has MHM in co/extra-curricular activities.



MHM in my School Plan



Planning for MHM integration into my SIP

- Review of Three-Star Report and AIP/SIP (identify MHM-related gaps and challenges in terms of enabling environment; knowledge and skills; supplies, facilities and services; information to be provided; and social support)
- Set MHM improvement objectives and targets (and prioritize)
- Identify strategies to address challenges
- Adjust our regular school plans to accommodate the identified solutions to improve the MHM situation in the school.



Templates



SCHOOL IMPROVEMENT PLANNING PLANNING WORKSHEET

Instruction: For each priority improvement area, write the general objectives and root causes using the root cause diagram as reference. Afterwards, identify the year when the root cause will be addressed.

PRIORITY IMPROVEMENT AREA	GENERAL OBJECTIVE/S	ROOT CAUSE/S	TIME FRAME		
			SY__	SY__	SY__
WINS-MHM	Improve implementation of WINS-MHM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ANNEX 9 Project Work Plan and Budget Matrix

Project Title: **Think of a catchy title**

Problem Statement: ***why we want to improve WINS-MHM**

Objective Statement: **copy general objective**

Root Cause: **copy root cause – eg., poor health of the learners, absenteeism,**

Project Work Plan and Budget Matrix

Activity	Output	Date	Person Responsible	Budget	Budget Source



Republic of the Philippines
Regional Office No. VIII
Division of Northern Samar
Lavezares I District
LAVEZARES CENTRAL ELEMENTARY SCHOOL
Lavezares

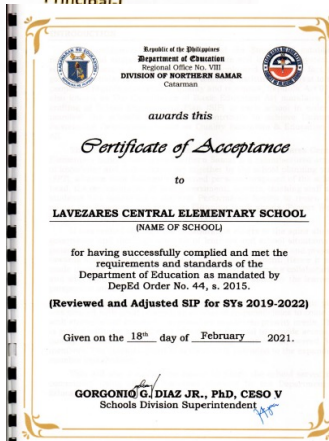


PRESENTATION OF PLANNING WORKSHEET, WORK PLAN AND BUDGET MATRIX

**Lavezares Central Elementary School
Lavezares I District**



Lavezares Central E/S Existing E-SIP



Project Title: **Project CASPE** (Create a Safe and Protective Environment)
 Problem Statement: Lack of Facilities.
 Project Objective Statement: To improve school beautification and school environment
 Root Cause: Deficiency of school facilities.

Project Work Plan & Budget Matrix

Activity	Output	Date of Implementation	Responsible Person	Budget	Budget Source
*Pre-Planning	Project proposal	February 2021	School Head Property Custodian	500.00	MOOE
*Orientation of Coordinators of different programs					
*Training the different Programs					
*Conducting quarterly monitoring of the different programs					
*Implementation					
*SBM WINS WASH					

*MHM	Action Plan	March 2021	School Coordinator	2,000	MOOE
*DRRM	Action Plan	March 2021	School Coordinator	5,000	MOOE
*GAD	Action Plan	March 2021	School Coordinator	43,225	MOOE
*CPP	Action Plan	March 2021	School Coordinator	5,000	MOOE
*Project Cool	Action Plan	March 2021	School Coordinator	10,000	MOOE Donations PTA
*Project Coziness	Action Plan	March 2021	School Coordinator	25,000	MOOE Donations PTA

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 RUTH F. GORDA
 Principal-I

Noted: *Pedro S. Vargas Ed.D*
 PEDRO S. VARGAS Ed.D
 District Supervisor



ACTION PLAN IN MENSTRUAL HYGIENE MANAGEMENT

S.Y. 2021-2022

Activity/ Program	Objectives	Strategies	Time Frame	Person Involved	Budget	Budget Source	Success Indicator
Creation of MHM-WinS Technical Working Group	Organize school Technical Working Group to monitor the school MHM implementation.	Coordinate with the school physical facilities coordinator, SDRRMO, Canteen Manager, GAD Coordinator, SH	Second week of August	SH, Teacher MHM Coordinator, Stakeholders, Parents, Students	-	-	Organized Technical Working Group
Pre-Planning	To orient WinS-MHM coordinator for the WinS and MHM program and projects	Coordinate with the school Technical Working Group, PTA and School Head	Third week of August	Coordinator, TWG, PTA	500.00	MOOE, LGU, School Local Fund	WinS-MHM Oriented
Consultative Meeting LGU/Health and PTA Officers and Teachers	To present the programs and project in WinS-MHM	Letter of invitation to the Chairman on Committee of Education, MHO, DSWD, PTA Officers	End week of August	WinS-MHM Coordinator, SH, TWG	2,000.00	MOOE, LGU, School Local Fund	Meeting conducted

ACTION PLAN IN MENSTRUAL HYGIENE MANAGEMENT

S.Y. 2021-2022

Activity/ Program	Objectives	Strategies	Time Frame	Person Involved	Budget	Budget Source	Success Indicator
Presentation of Project to the parents/ stakeholder	To present the project Pasador to the parents	Conduct assembly meeting to parents.	1 st week of September	PTA, WinS-MHM Coor, SH,TWG	500.00	MOOE, LGU, School Local Fund	Meeting conducted
Training workshop for parents	To conduct training to parents	Hired resource person for the project	2 nd week of September	PTA, WinS-MHM Coor, SH,TWG	10,000.00	MOOE, LGU, School Local Fund	Project output
Monitoring and Evaluation	To conduct monthly monitoring and evaluation of the project.	Gathered data on the status of the implementation of the project.	Year-round	SH,M&E Coordinator	-	-	M&E

SIP PLANNING WORKSHEET

PRIORITY IMPROVEMENT AREA	GENERAL OBJECTIVE/S	ROOT CAUSE/S	TIME FRAME		
			SY. 2021-2022	SY. 2022-2023	SY. 2022-2023
WINS-MHM	To improve MHM in the WASH and education/ curriculum components	Observed lack of personal hygiene of girls, absenteeism, and poverty.		<input type="checkbox"/>	<input type="checkbox"/>
	<i>on MHM Materials</i>				
	To train teachers on the integration of MHM in the delivery of lessons.	Lack of comprehensive trainings with regards to MHM integration and concepts		<input type="checkbox"/>	<input type="checkbox"/>
	To provide learning materials and teaching guides on MHM	Insufficient funds		<input type="checkbox"/>	<input type="checkbox"/>
	<i>on MHM Norms</i>				
	Create school rules & norms/code of conduct that support MHM	Lack of Information about how to manage menstruation		<input type="checkbox"/>	<input type="checkbox"/>
	Assign an MHM coordinator			<input type="checkbox"/>	<input type="checkbox"/>
	<i>on Social support</i>				
	Provide flyers, information drives thru PTA meeting	Lack of information about how to manage menstruation		<input type="checkbox"/>	<input type="checkbox"/>
To provide signage for Menstrual health & hygiene			<input type="checkbox"/>	<input type="checkbox"/>	



PROJECT WORK PLAN AND BUDGET MATRIX

Project Title: **Project CASPE**
(Create a Safe and Protective Environment)

Problem Statement: **Learner's limited access to MHM education, sanitation (toilets, water, and soap), menstrual products, and a means of disposal.**

Objective Statement: **Improve MHM in the WASH and education/curriculum components.**

Root Cause: **Observed lack of personal hygiene of girls, absenteeism, and poverty.**

Project Work Plan and Budget Matrix

Activity	Output	Date	Person Responsible	Budget	Budget Source
Capacitate teachers on the integration of MHM in the delivery of lessons	District Training of teachers	August 2021	PSDS, SH, subject teacher, MHM Coordinator	1500.00	MOOE, LGU, School local Fund
Provide learning materials and teaching guides related to MHM	Secure a copy of prototype DLPs and Kuwenturuan Learning Delivery Materials for Teachers, Parents, Learners from Central Office	August 2021	CHSI, MHM Coordinator, WinS Coordinator	3,000.00	MOOE, LGU, School local Fund
Develop flyers and signages on MHM (to be used for information drives during PTA meeting)	Flyers, ACR, Attendance, Photo, invitation	August 2021	SH, Teachers, MHM Coordinator, WinS Coordinator, PTA	10,000.00	MOOE, LGU, School local Fund



Activity	Output	Date	Person Responsible	Budget	Budget Source
Develop a code of conduct or policy for menstruating girls and/or school rules that support MHM	School Memorandum	August 2021	SH, Teachers, MHM Coordinator, WinS Coordinator, PTA	1000.00	MOOE, LGU, School local Fund
Designate an MHM Coordinator	Special Order	August 2021	School Head, Teacher Coordinator	-	-
Increase the allocation of WinS supplies	IGP Project Pasador Genderized Comfort Room	All year round	SH, LGU, PTA, Alumni	100,000.00	MOOE, LGU, School local Fund
Total				115,500.00	





MHM-WINs Technical Team

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THANK YOU!

