

## **STANDARD OPERATIONAL PROCEDURE OF HEALTH CLUB**

### **INTRODUCTION OF THE BODY**

Health Club of GBS is an association of students in school for taking care of everything that goes in to prescribing ways and activities for students to possess good overall health (Mental Physical, Emotional and Social).

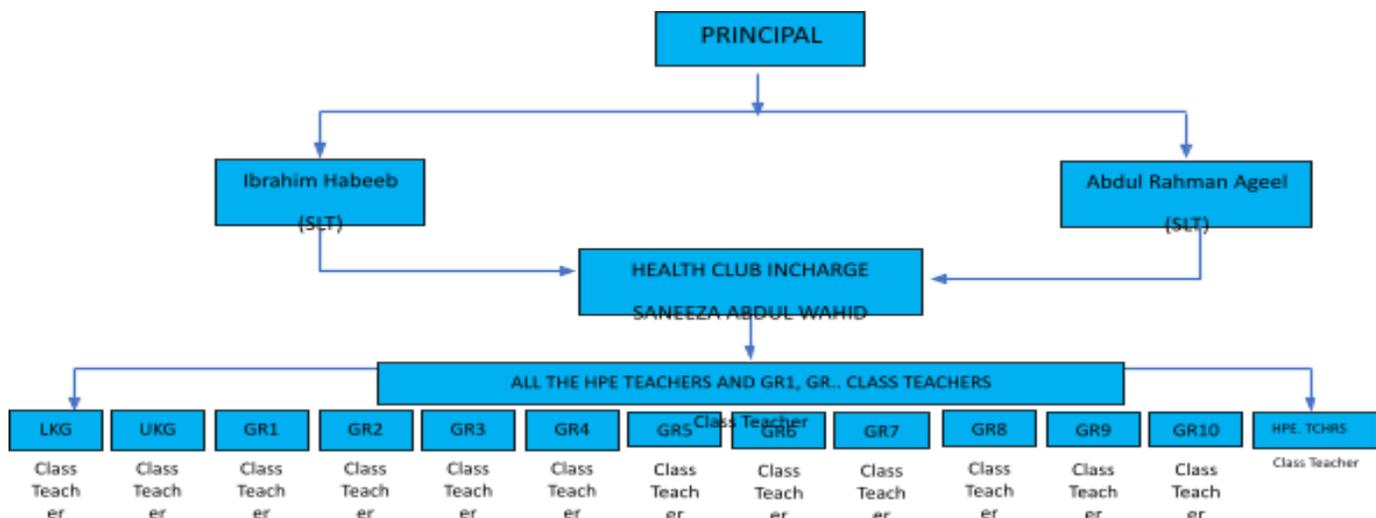
The primary objective of GBS Health Clubs is to promote the well-being of the pupils and the teachers, to make the students key players in the transformation of their environment and transform the school as a place of promotion of health and human rights within the community.

Health is condition (mental and physical) in which the individual is functionally well adjusted internally with respect to body parts and externally with his environment. In a broader perspective Physical Education and health education are mutually interdependent.

Our Health Clubs is committed to favorably influence the habits', attitude and knowledge relating to an individual and community. The club focuses on modifying our behavior towards the attainment of optimum health. The club supplement the activities of the health and Wellness of the stake holders by providing opportunities for physical exercise which activates pituitary glands and hypothalamus secreting 'feel good' hormones. These hormones also have the capacity to reduce pains and improve the Sense of wellbeing.

This SOP is a detailed document outlining the aims and purposes of the Health Club of Ghaazee Bandaarain School. Additionally, it states the activities planned to achieve these aims and procedure to elect the students for this club and their responsibilities. Ultimately the document is an outline guide to pave the way for a best implementation of all necessary activities required for the development of pupils with sound body and mind.

## ORGANIZATION STRUCTURE AND CHAIN OF COMMUNICATION OF THE BODY



## AIMS AND OBJECTIVES

- ❑ To create awareness among students and teachers on health.
- ❑ To increase the awareness of health issues and healthy lifestyles within the whole school community (students, teachers, parents, members of the school community).
- ❑ To develop skills that will enable them to be responsible and take decisions to protect their own health.
- ❑ To conduct health related activities included in the Ministry of Education and school activity calendar with the help of school management.
- ❑ To improve the school environment and to ensure the protection of the health of the students.
- ❑ To enhance students personal hygiene
- ❑ To conduct and keep records of “Risk assessments”, and “Health Screaming”.
- ❑ To assist and provide interventions when required.

## PURPOSE

The purpose of the GBS Health Club is to mainly plan the activities which will help to achieve the aims and objectives mentioned above. This involves planning and facilitating activities, by actively

communicating between the club members in a way it includes all the health-related activities in MOE and school activity calendar. It is to be considered that the planned activities, which could be distributing posters, giving speeches in the assembly, inviting special guests to information forums. The most important purpose of this club is to effectively convey the message that our health is in our hands, it is our actions that could potentially improve our health and our loved ones' health which could increase our chance to live a healthy happy life. ( borrow some ideas from introduction)

## **SCOPE**

The anticipated outcomes from the activities in this club is improved health of majority of the people in our community. Raising awareness can help people identify the food items that could harm their health and what actions they can take to make sure they are leading a healthy lifestyle. Knowing about various illness that could be caused because of small actions can encourage people to be more careful about their cleanliness as well. In long term, improved diet and lifestyle of people in our community can be prevented from having common illness in the Maldives like Diabetes and Heart problems. ( borrow some ideas from introduction)

## **PROCEDURE TO ELECT SELECT EXECUTIVE COMMITTEE (exco)**

- Coordinator of health club will be selected by school management.
- President, vice president and secretary will be elected through student's vote.
- Students of grade 7 and above are given the opportunity to contest and participate in the election.
- The election will be conducted by school management.

## **FUNDS, MATERIALS AND RESOURCE MANAGEMENT**

If needed funds for any activity, will conduct a fundraising program with the help school management.

For example: Chip – a - Job day

## **ROLES AND RESPONSIBILITIES**

### **COORDINATOR**

- Coordinate all the events with the guidance of school management.
- Plans activities of the Club
- Coordinates the club functioning by delegating the tasks

#### **PRESIDENT**

- Support the coordinator to run the club

#### **V. PRESIDENT**

- Supports the President to run the Club

#### **SECRETORY.**

- Helps to plan and conduct activities
- Keeps records of the Club's activities

#### **ANNUAL PLAN (of the body)**

- Speaking at the assembly to create awareness among students and parents on health twice a month.
- Once a semester conducts an awareness program with the assistance of a health center member.
- Celebrating the days set out in the Ministry of Education and school calendar.
- Celebrate any five international health related occasions at school level.
- Conduct a cleaning program of whole school once a month.

07 <sup>th</sup> April	World Health Day
31 <sup>st</sup> May	World No-Tobacco Day
14 <sup>th</sup> November	World Diabetes Day
29 <sup>th</sup> September	World Heart Day
07 <sup>th</sup> June	World Food Safety Day

**World / National thalassemia day**

#### **ANNUAL REPORT (of the body)**

A report based on all the activities conducted by the health club throughout the year will be made and submitted to the school management on the structure provided by them.

## REFERENCES

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