



***Health and Well Being:
Nurturing Kids through
Teacher and Parent
Collaboration
YPA14 Action Plan***

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Executive Summary (1/2)

Bachelor of Arts in Peace Studies as a course is required to uphold peace within the country through cultivation of students to serve as Youth Peace Ambassadors. YPA endeavor to fulfill one of the Sustainable Development Goals to achieving Good Health and Well-being to community. This global goal specifies in ensuring healthy lives and promote well-being for all at all ages. It consists thirteen targets including preventing deaths of children and reducing maternal mortality, fighting communicable diseases, treatment of substance abuse, reproductive health and education, pollution reduction, accessible medicines and vaccines and considering all aspects of health.

Executive Summary (2/2)

Along with the objectives of the program in highly developing pupils through the nourishment of their holistic health, the YPA are furthermore to acquaint parents on how to nurture their children through symposium regarding their mental, emotional and physical health. Moreover providing amendments to staggering cases of malnutrition through rendering vegetable seed that can help the parents and teachers in making fresh food for the mandated feeding program . The YPA's supervision of the program supplements with the third goal into the development of a healthy and well society.

President Rodrigo Duterte signed the Masustansyang Pagkain para sa Batang Pilipino Act on June 20,2018. In connection with this, Arise Bitano project aims to feed under-nourished children ages 3-5 through the provision of at least one nutritious meal qualified on the standards of government.

Problem Statement

Good health and well-being is one of the biggest matters that needs to be given much importance nowadays. There are some organizations who conduct programs to lessen these cases and it's happy to know that the death cases has been reduced. Feeding programs and seminars are one of the programs that was conducted by some organizations. This kind of programs has been widely implemented throughout the Philippines due to poverty and lack of basic necessities that deprive children or youth from good health and well-being. Because of this, we made a stand to contribute in this issue in order to lessen children that suffer from bad health and well-being. Lately, many cases around the world especially here in our country were reported about death of children due to malnourishment.

Problem Statement

According to UN, over 16,000 children under five years old die everyday, mainly from malnourishment, dehydration and preventable diseases.

This is something that all of us are involved because health is being discussed and each one of us should be aware in this kind of issues.

Many children around the country suffer from malnourishment due to lack of nutrients that they need.

Many people are less fortunate that's why they cannot afford to buy food for their family and unawareness about proper nutrition.

Objectives of the Action Plan

1. Acquaint parents how to nurture their children about the substantial of mental, emotional, and physical health of their children
2. Demonstrate how to plant and produce fresh vegetables inside the school and in their home .
3. Distribute a supply of seeds of different vegetables that would be the source of their feeding programs.
4. Mold all the *Hope of the Country* to become strong not just in Physical but also in mental and emotional aspect .

Funding Requirements

Particulars	Amount	Fund Sources	Remarks
1. Snack during Seminar for parents-5 meetings	Php 17,450 x 5= Php 87,250 per month	DSWD and LGU's in Legazpi	
2. Vegetable seeds	Php 10,000	Daraga Municipal Agriculture Office	

Activities

Activity	Expected Output	Person involved
1. Administer a meeting with the health provider buddies.	-Prepared specific action plan for the target elementary students.	-Health provider buddies and adviser
2. Conduct an appointment with LGU's , BU Student council and other department officers	-Demonstration and discussion of the programs. -Prepare project proposal for approval and implementation.	-LGU's -BU student council -Department officers -Mrs. Rowena Zoilo

Timeline(1/3)

- **September 17-28,2018: Discuss the target activities with Bicol University Student Council and the Adviser of the said project.**
- **October 1-12, 2018: Meeting with the target sponsors**
- **October 15,2018: Finalization of Action plan.**
- **June 3,2019: First day of program, *Health and Well Being : Nurturing Kids through Parent and Teacher Collaboration. On that day, the YPA representative will discuss how the parents and teacher will guide the kids how to conquer the emotional and mental problems .***

Timeline (2/3)

- **June 17-19, 2019 Second day of program. In this program, the YPA representative will demonstrate how to plant and make *a gulayan (GARDEN)* inside the school as long as in their home.**
- **June 24, 2019: Distribution of Vegetable seeds and starting to plant the seed in the vacant space in the school premises.**
- **July 1, 2019: Orientation for all the parents how to nurture the kids through discussing the benefits of eating fresh and nutritious food everyday.**

Timeline (3/3)

- **August 20,2019: Sharing and collaboration of children with their parent.**
- **August 21,2019: Transferring program with the school faculty members .**
- **June 4,2020: Inventory**

Potential Challenges

- Consistency of the numbers of parents that will attend the meeting.
- Loyalty of the sponsors .

Conclusions

We will be conducting a seminar for the parents in cooperation with the teachers to inculcate in them the practice of preparing nutritious foods, maintaining well-being through a healthy lifestyle, and how to nurture their children how to handle the stress around the environment like depression and bullying.

Throughout the seminar, we will admonish the parents to provide proper choices of food which will sustain nourishment to the children not just physically but also mentally and emotionally.

In addition, we will utilize funds in order to purchase a vegetable seed to help the parents and teacher to get less expenses during their mandated feeding program and to make sure that the food eaten by the children are fresh.

Procedures for Undertaking the Project

Getting funds from Local Government Unit of Legazpi; and demand a contribution from DSWD.

Make a collaboration with the principal from bitano elementary school to get a permit in conducting a *health and well-being project*.

Conducting a monthly observation to all beneficiaries in terms of their mental, emotional and physical health. And also the good benefits of eating vegetable that they've been planted throughout the activities.

Basis and Documentation



School Form 4 (SF4) Monthly Learner's Movement and Attendance

(This replaces Forms 3 & 335 Form 4-Administrative and General Profile)

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1. *Journal of Management Studies*, 1990, 27, 1, 1-14.

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Abstract: *See page 100*

STEWART D. HARRIS, Editor

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Journal of Management Inquiry 20(4)

10

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Linkages



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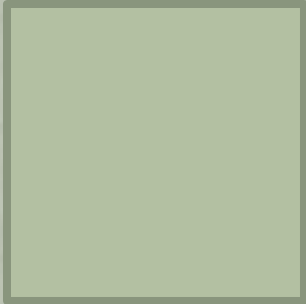
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