



School Health & Nutrition Microlearning Toolkit

A multimedia resource developed and hosted by the Child Health Task Force

Key Messages

Healthy children learn better. For instance, certain conditions that are prevalent among school-age children and adolescents can impair cognition, attention span, and learning.

School health programs are a win-win for educators, health professionals, and the school-age children and adolescents who they serve. For the health sector, schools are a cost-effective platform for reaching school-aged children with the health and nutrition interventions they need to achieve their potential. For the education sector, delivery of health and nutrition services ensures that a child's poor health is not a bottleneck to learning, growth, and cognitive formation.

Tools are available to support health and education stakeholders to deliver quality school health and nutrition interventions. The School Health & Nutrition Microlearning Toolkit consolidates materials to guide practitioners in the health and education sectors with advocating for school-based health interventions to improve the wellbeing and learning outcomes of school-age children and adolescents.

What is School Health & Nutrition?

Broadly we can think about school health in terms of what is required for children to be healthy, including: supportive policies, health promoting environments, routine health services offered in schools, and health education.

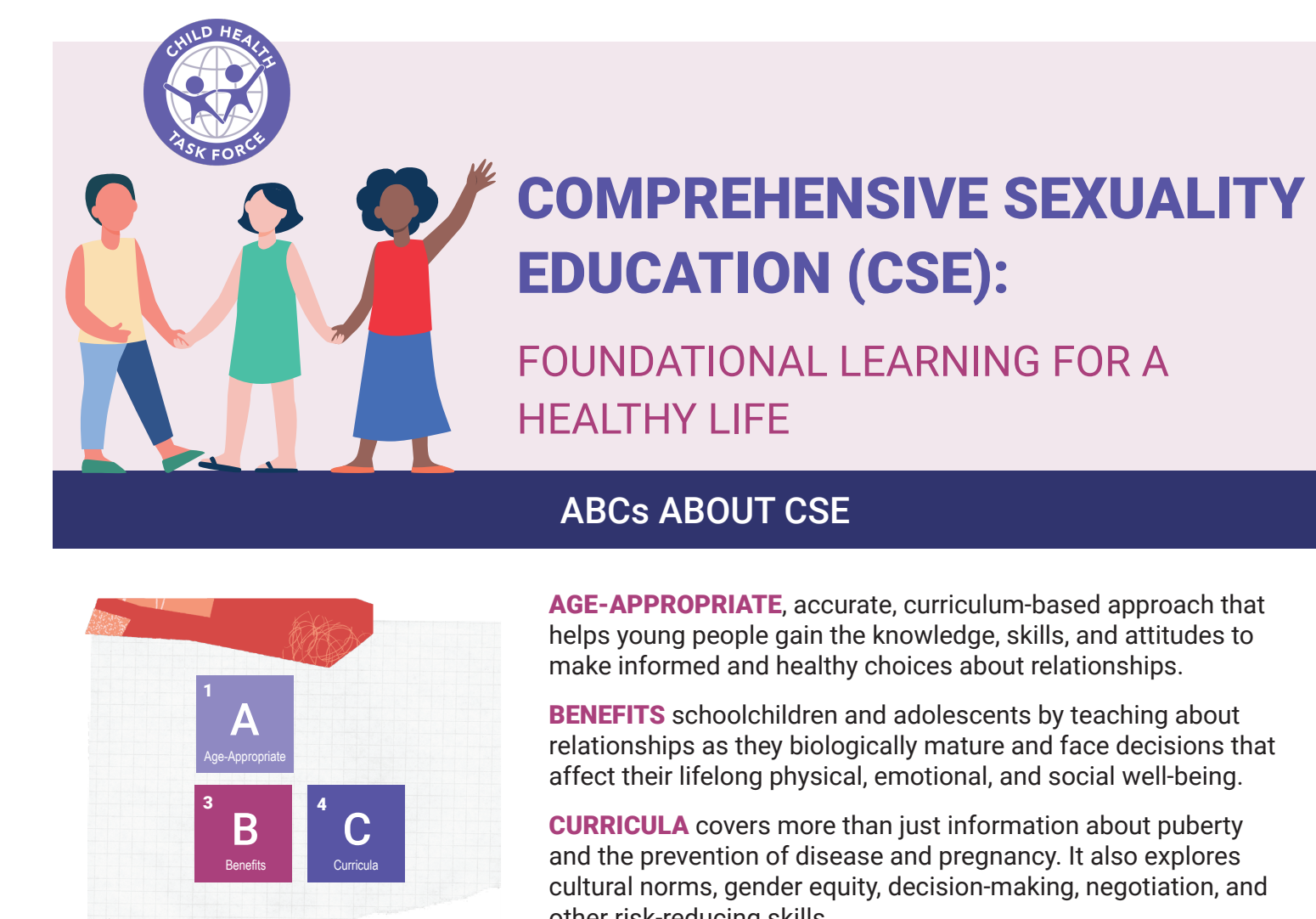
School health and nutrition interventions consist of a holistic and integrated multi- sectorial package of support for children including deworming, malaria prevention, vaccination, sexual and reproductive health, gender-based violence prevention, nutrition education, water, sanitation and hygiene (WASH).

Nearly every country offers some form of school-based or school-linked health service to improve the physical health and nutritional status of school-going students. For example, one-in-two children receive a meal in school each day. Although the relationship between healthy children and able learners has been well-established, in practice many children remain inadequately supported.

What Resources are Available through the School Health & Nutrition Microlearnings Toolkit?

This Toolkit was launched by the Child Health Task Force in 2022 as a multi-media platform for policymakers, implementing partners, and donors to strengthen cross- sectoral collaboration and co-investment to improve students' well-being and learning worldwide. Resources include:

Infographics



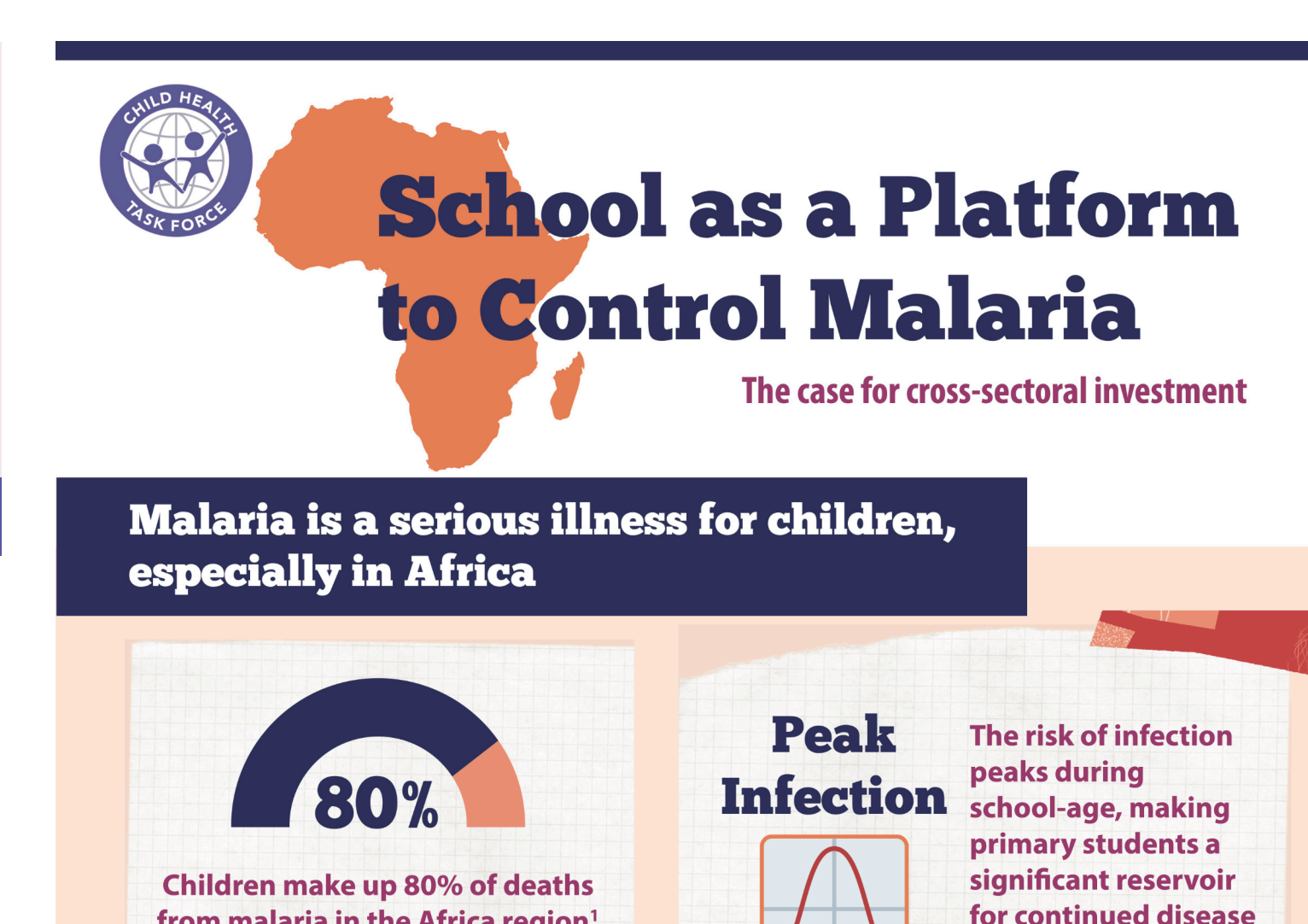
Comprehensive Sexuality Education: Foundational Learning for a Healthy Life

This infographic presents the benefits of providing age-appropriate, accurate, and curriculum-based comprehensive sexuality education to protect the human capital of adolescents.



Mental Health Among School-Age Children & Adolescents

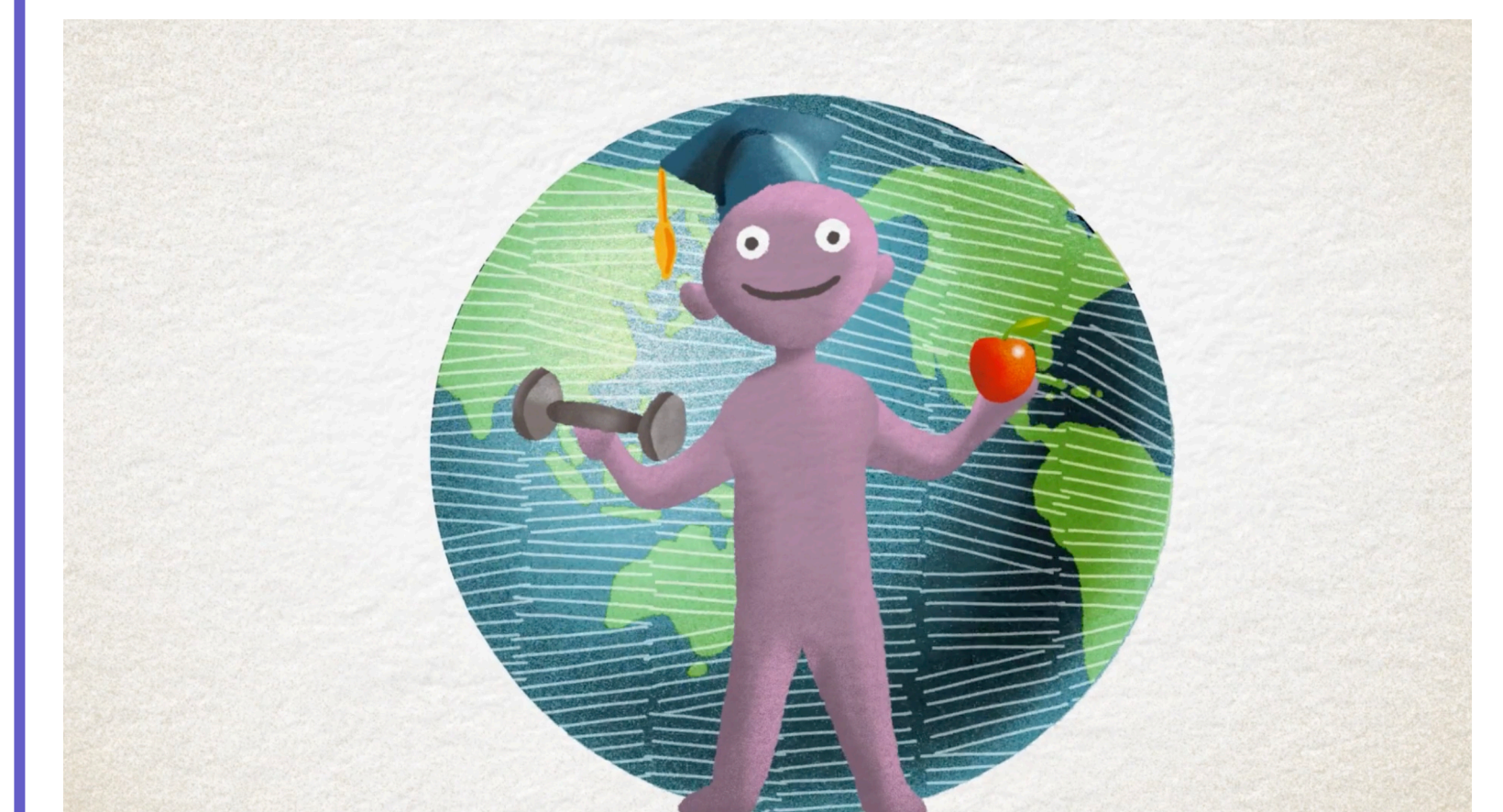
This infographic details the importance of recognizing mental health conditions among school-age children and adolescents, and explores the three areas where schools can play a critical role in supporting learners: cultivating safe learning environments, raising awareness, and detecting mental health conditions.



The School as a Platform to Control Malaria

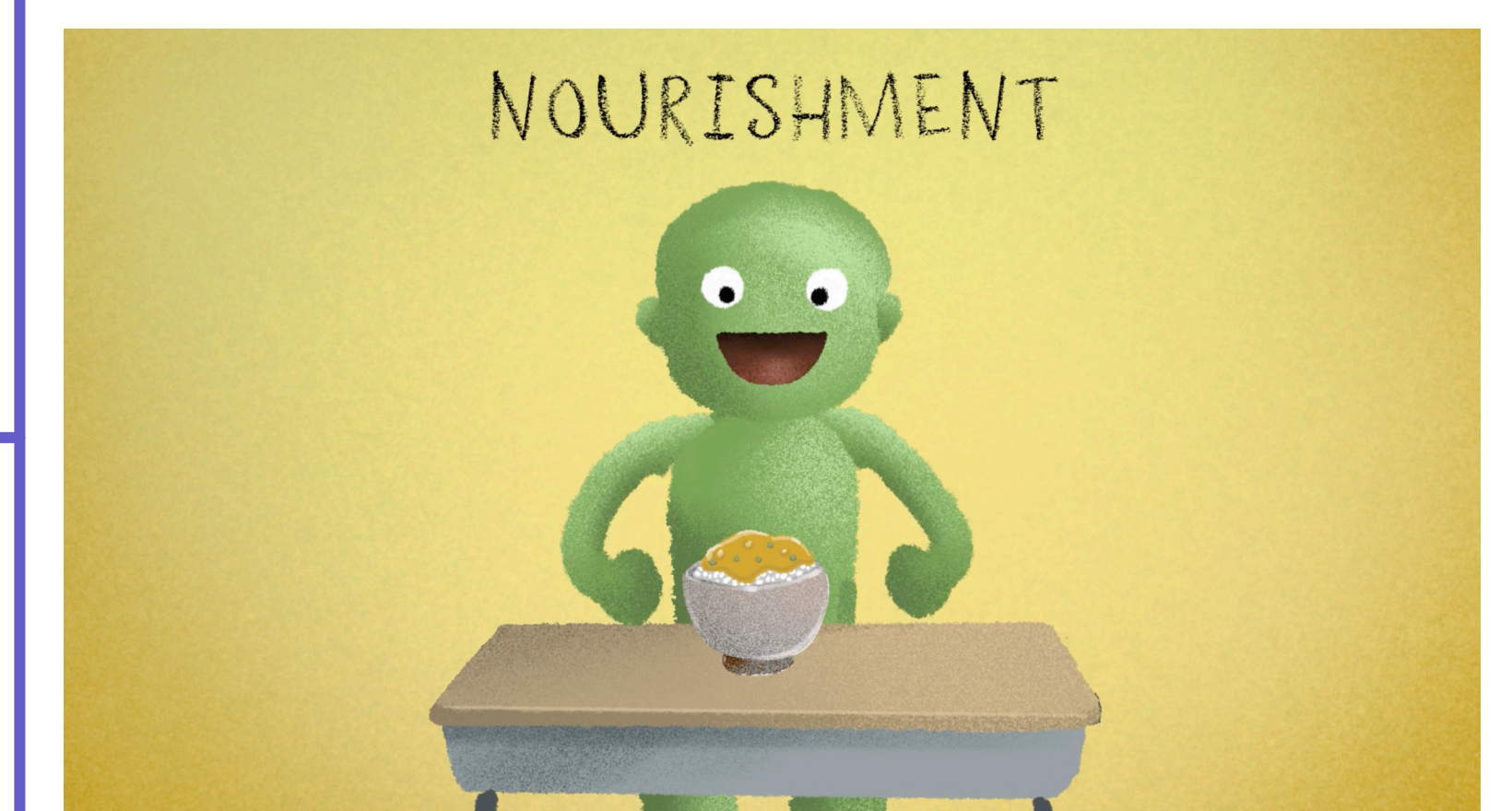
This infographic presents the rationale for utilizing the school as a platform to prevent and control malaria infections among school-age children. It also identifies key roles that the health and education sectors can undertake to support malaria prevention and control efforts.

Animated videos



Evidence for School Health & Nutrition Programs

This three-minute animated video presents evidence of the benefits of school health and nutrition programming for children and the need for health and education sectors to collaborate and co-invest.



School Feeding: It's More Than a Meal

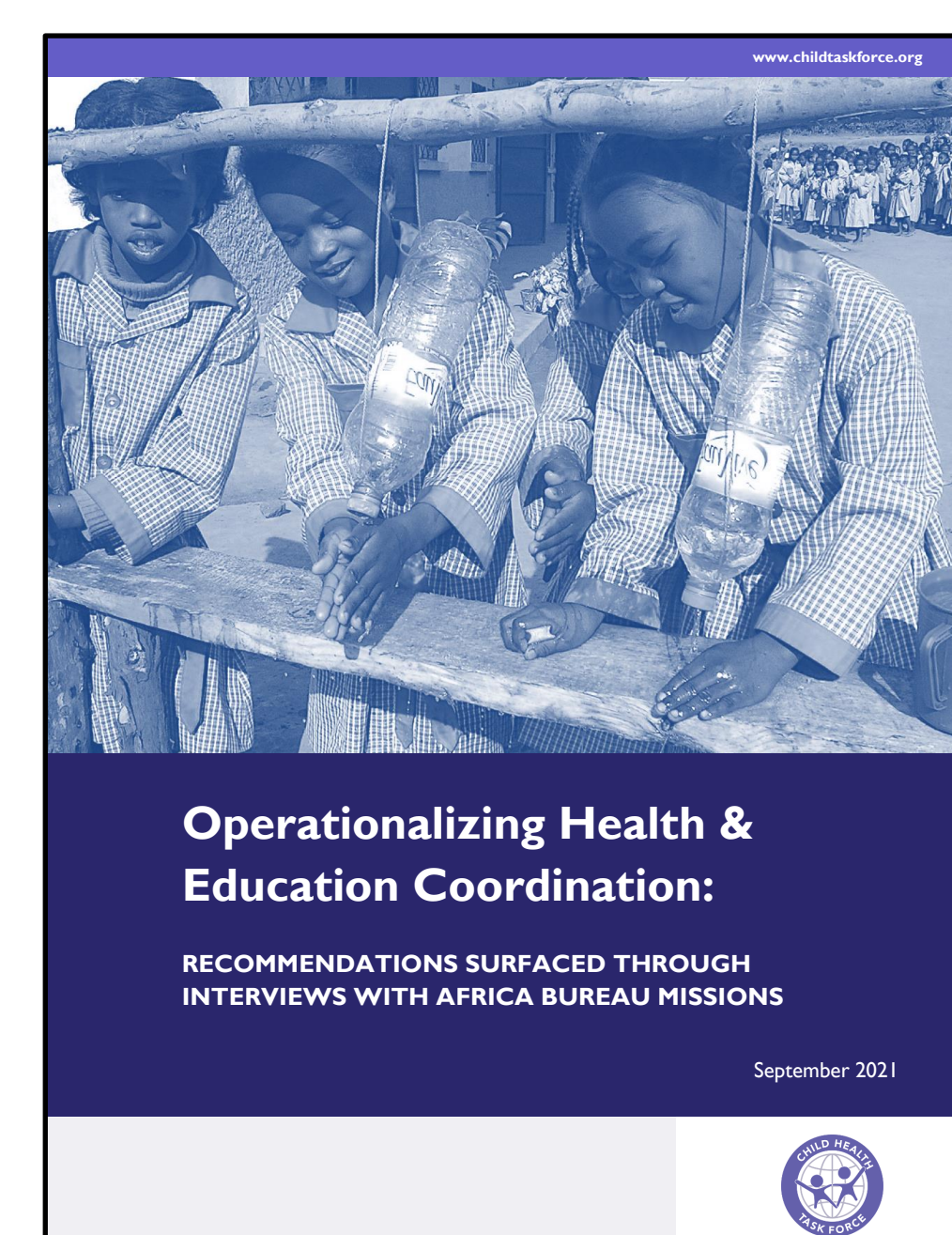
This short animated video presents the rationale for providing children with daily meals in schools and illustrates how investments in school meal programs benefit the students as well as the local economy.

How Can I Engage with the Toolkit?

1. Visit the Toolkit
<https://www.childhealthtaskforce.org/hubs/school-health-and-nutrition/microlearnings-toolkit>

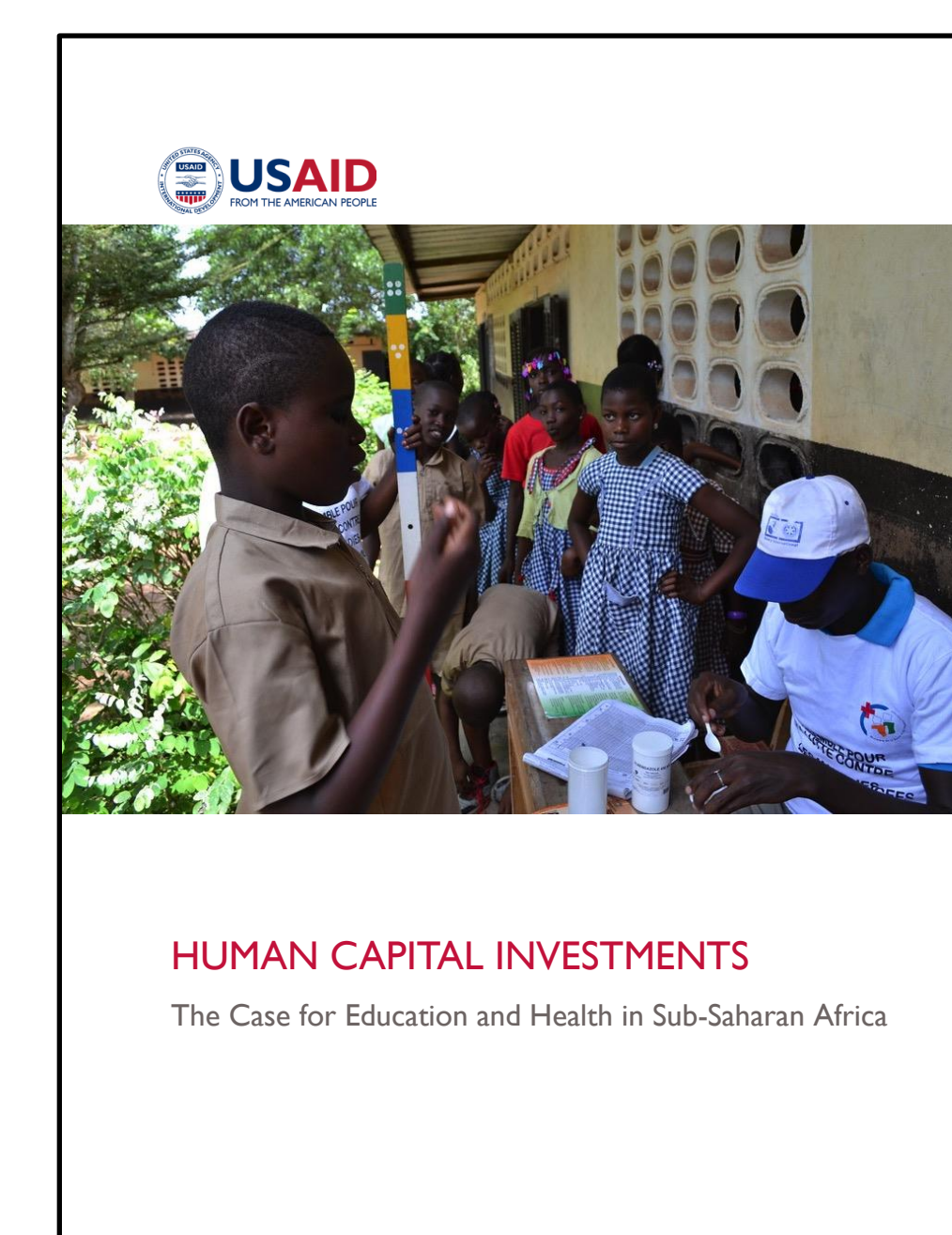
2. Subscribe to the Task Force mailing list
<https://www.childhealthtaskforce.org/subscribe>

Operational Reports



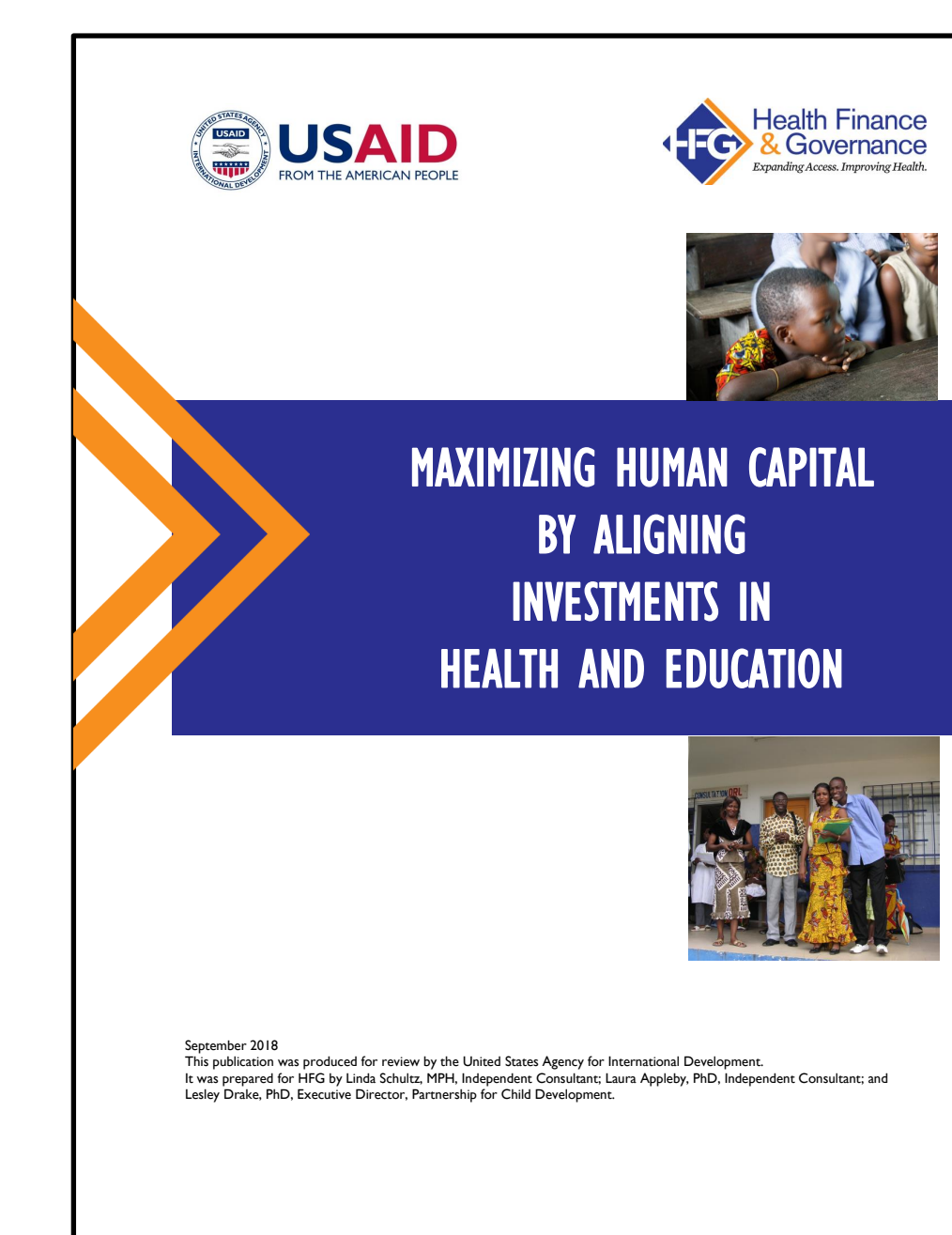
Operationalizing Health and Education Coordination

This paper addresses the question: How do countries, practitioners, and development partners bridge the gap between knowing 'what to do' and 'how to do it' when it comes to school health. The report offers a menu of practical recommendations that can be applied across the programmatic cycle.



Human Capital Investments: The Case for Education and Health in Sub-Saharan Africa

This paper considers opportunities to reach school-age children and adolescents in Africa given the young demographic profile of the region.



Maximizing Human Capital by Aligning Investments in Health and Education

This paper introduces human capital, its relevance to the Journey to Self-Reliance, and draws upon the Disease Control Priorities, Third Edition to provide examples of human capital interventions across the first two decades of life, spanning from early childhood to job entry.