



Health Promoters @ School

“Good health promotes good learning at school”.

Health Promotion South Africa Trust (HPSA) is very concerned for the health of South African young people. Modern life, poverty and deprivation provide many challenges to good health for our youth, and so the idea of Health Promoters teaching young people to improve their health at school was born.

If a school agrees to participate in our **Health Promoters @ School** programme, HPSA certified trainers (Health Promoters) invite parents to attend training sessions. Once their training is complete, these parents (now termed Health Promoters in their own right!) provide health training for the students at school. School Health Promoters also try to help schools to set up health information centres and referral connections with relevant metropolitan / state departments / health care institutions.

The aims of the **Health Promoters @ School** programme are devised to enable parents and students to:

- Learn knowledge about basic health and hygiene principles and practices
- Understand how healthy practices prevent diseases
- Be aware of, and overcome, consumer barriers to good health
- Develop positive attitudes towards good health habits.

One such partnership between **Health Promoters @ School** and a few schools in Athlone, a lower-income suburb of Cape Town, has been ongoing during 2014, with excellent results. For example, approximately 40 sessions were conducted in two of the schools in this area, on many health subjects. The schools have also been helped to develop health information centres and referrals to health care centres. HPSA has made particularly good progress in one of these schools, Norma Road Primary School and the principal, Mr Branmal Swartz, greatly appreciates our Health Promoters' involvement.

Duane Miller is currently a very active, enthusiastic and hard-working certified Health Promoter at Norma Road Primary School. He comments: “The **Health Promoters @ School** programme was one of the best experiences we as parents had, not only because we learnt about health, but also because it made us realize the importance of not taking our children's health for granted! We are glad to be part of this venture and are telling the students and others in our communities about this excellent programme. **Health Promotion Trust South Africa** I salute you for making all this possible!”

Your donations would expand the **Health Promoters @ School** partnerships to many more schools in the Cape Town area, and, eventually, further afield in South Africa. In addition, teaching children when they are young about health means that good health practices are likely to become habits, and so many lives will be saved!

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HEALTH EDUCATION IS **ALSO** A HUMAN RIGHT!

