School Health Programs Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

School Health Programs are a cornerstone of modern public health, education transformation, and child wellbeing systems, integrating health promotion into learning environments. School Health Programs Training Course is designed to equip participants with advanced competencies in school-based health interventions, adolescent wellbeing, WASH (Water, Sanitation and Hygiene) in Schools, mental health support, nutrition programs, and safeguarding frameworks. It aligns with global priorities such as the Sustainable Development Goals (SDGs), Universal Health Coverage (UHC), and WHO School Health Guidelines, ensuring learners can design and implement impactful, evidence-based interventions in school settings.

In today's rapidly evolving educational landscape, schools are not only centers of academic learning but also critical hubs for preventive healthcare, health literacy, and behavior change communication (BCC). This course emphasizes integrated strategies including digital health in schools, HPV vaccination campaigns, menstrual hygiene management, psychosocial support systems, and emergency preparedness in education settings. Participants will gain practical skills to design scalable programs that improve student health outcomes, reduce absenteeism, and promote lifelong healthy behaviors using data-driven and community-engaged approaches.

Programme Curriculum

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Course Duration

5 days

Course Objectives

By the end of this course, participants will be able to:

1. Design integrated school health systems aligned with SDGs and UHC frameworks
2. Implement WASH in Schools (WinS) programs for hygiene and infection prevention
3. Develop adolescent mental health and psychosocial support (MHPSS) interventions
4. Apply nutrition-sensitive school feeding and micronutrient programs
5. Strengthen HPV vaccination and immunization advocacy in schools
6. Establish child safeguarding and protection policies in educational settings
7. Use digital health tools and e-learning platforms for school health promotion
8. Conduct health risk assessments and epidemiological surveillance in schools
9. Promote sexual and reproductive health education (SRHE) for adolescents
10. Integrate climate-resilient school health strategies and disaster preparedness
11. Enhance behavior change communication (BCC) and health literacy programs
12. Build community-school-health sector partnerships for sustainable impact
13. Monitor and evaluate school health programs using data analytics and KPIs

Target Audience

- School teachers and headteachers
- School nurses and health coordinators
- Public health officers and program managers
- NGO and INGOs working in education and health
- Ministry of Education and Health officials
- Child protection and safeguarding officers
- Community health workers (CHWs)
- Education policy makers and curriculum developers

Course Modules

Module 1: Foundations of School Health Systems

- Concepts of school health and global frameworks (WHO, SDGs)
- Integration of health and education systems
- Roles of stakeholders in school health delivery
- Policy frameworks and governance structures

- School health program planning cycles
- **Case Study:** Implementation of a national school health policy in Rwanda improving student attendance and health outcomes

Module 2: WASH (Water, Sanitation & Hygiene) in Schools

- Hygiene promotion strategies and handwashing campaigns
- Safe water access and sanitation infrastructure
- Menstrual hygiene management (MHM) in schools
- Infection prevention and control (IPC) in learning environments
- Sustainability of WASH interventions
- **Case Study:** UNICEF-supported WASH in Schools program reducing diarrheal diseases in East Africa

Module 3: Adolescent Mental Health & Psychosocial Support

- Identifying mental health challenges in adolescents
- School-based counseling systems
- Peer support and mentorship programs
- Suicide prevention and early intervention strategies
- Trauma-informed school environments
- **Case Study:** School mental health intervention reducing dropout rates in South Africa

Module 4: Nutrition & School Feeding Programs

- Design of balanced school feeding programs
- Micronutrient supplementation strategies
- Addressing malnutrition and obesity in schools
- Linking agriculture and school meals
- Monitoring nutrition outcomes
- **Case Study:** Brazil's national school feeding program improving cognitive performance

Module 5: Sexual & Reproductive Health Education (SRHE)

- Age-appropriate sexuality education
- Prevention of teenage pregnancy and STIs
- HPV vaccination advocacy in schools
- Gender equality and empowerment education
- Safe spaces for adolescent dialogue
- **Case Study:** HPV vaccination uptake increase through school campaigns in Kenya

Module 6: Child Protection & Safeguarding in Schools

- Child rights and protection frameworks
- Identifying abuse and reporting mechanisms
- Safe school environment policies
- Anti-bullying and violence prevention
- Legal and ethical responsibilities
- **Case Study:** Safe Schools Initiative reducing violence in Philippine schools

Module 7: Digital Health & Innovation in School Health

- e-Health tools for school monitoring

- Mobile apps for health reporting
- Telehealth and remote counseling services
- Data-driven decision-making in school health
- AI and predictive analytics in education health systems
- **Case Study:** Digital school health reporting system in India improving outbreak response

Module 8: Monitoring, Evaluation & Impact Assessment

- Key performance indicators (KPIs) in school health
- Data collection and analysis methods
- Impact evaluation frameworks
- Community feedback mechanisms
- Continuous improvement strategies
- **Case Study:** Evaluation of school health program in Ghana showing improved immunization coverage

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com