

A group of school children in blue uniforms are holding a large green sapling with brown roots. The child in the foreground is smiling. The background is slightly blurred, showing other children and foliage.

The School Health Parliament Manual

Movement
OF LIFE
Uganda

A guideline from the
Movement of Life Uganda
for the 'End Heart Disease!
Plant a Fruit Tree!' campaign

Gyavira Mwesigwa Bugigi, Paul Anthony Taylor, Paulina Paciorek

A horizontal bar at the bottom of the page consisting of five colored squares: green, blue, red, yellow, and purple.

The School Health Parliament Manual – A guideline from the Movement of Life Uganda
for the 'End Heart Disease! Plant a Fruit Tree!' campaign

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The School Health Parliament project in Uganda is a pilot project for teaching children that good health begins and depends upon the food we put in our mouths. Through the innovative and inspiring work illustrated in this manual, carried out under the leadership of Gyavira Mwesigwa Bugigi, the Movement of Life Uganda team are playing a vital role towards creating a healthier and better world.

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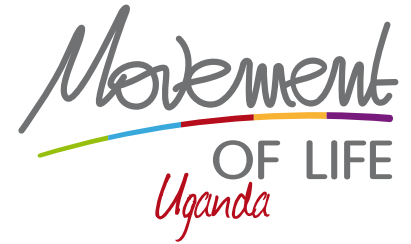
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The School Health Parliament Manual



A guideline from the Movement of Life Uganda for the
'End Heart Disease! Plant a Fruit Tree!' campaign



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The Movement of Life project

The Dr. Rath Health Foundation's Movement of Life project is a non-profit movement that focuses on encouraging people to create hands-on pilot projects in the areas of health, food, water, energy, knowledge, and work.

The 'End Heart Disease: Plant a Fruit Tree' campaign is a Movement of Life global project coordinated by the Dr. Rath Health Foundation. Its aim is to educate people how heart disease is caused by a long term lack of vitamin C.

In March 2015, having learned that fruits are a good source of vitamin C, the Movement of Life Uganda team, under the leadership of Gyavira Mwesigwa Bugigi, launched a school gardening project at the St. Agnes Centre for Education in Mbarara town, located in the Western Region of Uganda, and have become keen supporters of the 'End Heart Disease: Plant a Fruit Tree' campaign. The project involves growing fruit trees, vegetables, and medicinal plants. Enthusiastically supported by children, parents and teachers alike, over 1000 fruit trees have now been planted at the site and in the surrounding area. The gardening work carried out at the school is organized and conducted through a 'School

Health Parliament'. The members of the school parliament meet regularly to represent their classes. They fulfill a variety of roles and carry out tasks in order to meet the goals of the school gardening project. Impressively, with word about the initiative beginning to spread beyond Uganda, the team has recently even had children from neighboring countries such as Rwanda and Burundi taking part.

The team from the Movement of Life Uganda is planning to raise further awareness of the health benefits of a vitamin-rich plant-based diet. Taking the form of school clubs, their plans include the forming of fruit tree planting clubs; vegetable gardening clubs; health education clubs; and other similar ventures. Each club will have its own committee, as well as registration and membership forms, and will be supported by local volunteers.

The Dr. Rath Health Foundation is a non-profit organization dedicated to improving human health on a global scale through research, education and the defense of patients' rights to choose natural health therapies. Founded in 2002 by Dr. Matthias Rath, a renowned scientist and physician whose scientific discoveries offer major breakthroughs in the

prevention and control of cardiovascular disease, cancer and other health problems, the Foundation has become a major force in promoting natural health education and health rights throughout the world.

This manual serves as a guideline for founding a 'School Health Parliament'. It has been prepared and designed for any teacher or social worker who wants to support the 'End Heart Disease: Plant a Fruit Tree' campaign and launch a 'School Health Parliament' project in their town or city.

Picture on right side: Teacher Gyavira with the School Health Parliament of St. Agnes Centre For Education after planting fruit trees in the compound ➤





Picture on left side: Members of the Health Parliament and children who played a significant role in the End Heart Disease - Plant A Fruit Campaign 2017, awarded with certificates ➤

Picture on the right side: Pupil Brenda under her passion fruit tree at home in Kigali, Rwanda ➤

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Introduction

- The primary target of the 'End Heart Disease! Plant a Fruit Tree!' campaign is to promote the importance of fruits as sources of vitamin C in controlling and preventing heart disease and other preventable health conditions.
- One person alone cannot manage to organize a campaign like this by themselves. School children are a fantastic resource if empowered to take part in the campaign and use it as a source of health education.
- The School Health Parliament is built by conviction and maintained by guidance and motivation.



The School Health Parliament (SHP)

- The SHP consists of a team of children representatives who sit together to discuss, build and maintain projects related to health in the school.
- In the SHP, children are always allowed to speak freely. Any other participant who attends must sit separately from the parliament team and should not make any comment about the proceedings.

Picture on right side: Hazel, clerk
to the School Health Parliament at
St. Agnes Centre For Education ➤

The School Health Parliament (SHP)

- The SHP is made up of 4 representatives (2 boys and 2 girls for mixed schools) from each class, who are elected democratically by the children.
- Representatives chose the speaker, deputy speaker, clerk, sergeant at arms, head of working committees, timekeeper, and the publicity secretary.
- Members refer to each other as 'Honourable Members of Parliament'.



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OBJECTIVES of the School Health Parliament

- To discuss health issues concerning the school and the communities around it.
- To plan for the projects to be carried out.
- To ensure the successful running and completion of each project.
- To spread health information around the school and other local communities.

Picture on right side: Election of Members of the School Health Parliament at Kyonyo Primary school ➤

Launching the Parliament

1. Chairperson → Kyarimpa Olivious (P. 6)
2. Vice Chairperson → Ampaire Olive (P. 6)
3. Records Manager / Secretary
→ Ariho Rutaremwa (P. 6)
4. Treasurer → Nuwararira Kenneth (P. 6)

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LEADERSHIP of the School Health Parliament

- The speaker
- The deputy speaker
- The clerk
- The sergeant at arms
- The head of working committees
- The time keeper

Picture: Luoana and Braise conducting the election of Members of the School Health Parliament ➤



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ROLES of the LEADERSHIP of the School Health Parliament

The speaker / deputy speaker

- Chairs all sittings
- Guides election of other parliamentary leaders
- Guides and directs discussions
- Organizes voting on bills
- Disciplines members in case of misbehavior
- Organizes parliamentary sittings
- Spearheads all activities in the project
- Invites any leader in the school to take part in talks about health, on subjects such as healthy eating, nutrition, or hygiene etc.



The speaker is the key controller of all records made by the clerk

ROLES of the LEADERSHIP of the School Health Parliament

The Clerk

- Takes note of everything discussed in the Parliament.
- Records motions and bills in the order book and on the order paper before the parliamentary sitting.
- Supplies all Honorable Members with the order paper (meeting agenda) before the parliamentary sitting.
- Carries out the counting after votes.
- Writes letters to different offices as directed by the speaker.



The clerk needs a file of minutes and the order book (recording issues brought by members for discussion in the Parliament) for records.

Picture on the right: Luoana from Burundi, a pupil of St. Agnes, recording donated fruit seeds ➤

3/3

ROLES of the LEADERSHIP of the School Health Parliament

The sergeant at arms

- Ensures discipline in the Parliament.
- Applies punishments to members as directed by the speaker.

The head of working committees

- Chairs all meetings of the working committees.
- Monitors activities carried out by different communities.
- Gives direction to committees and informs them about their roles.
- Reports to the Parliament about achievements and challenges among the various working committees.

The time keeper

- Manages time during parliamentary sessions.

Activities flow in the School Health Parliament

Formation of the School Health Parliament



Formation of working committees



Seed donation



Creation of fruit nursery beds



Planting and donating seedlings

Picture: Donated beans and fruit plants grown directly from seed by the children of the 'End Heart Disease! Plant a Fruit Tree!' campaign in Uganda ➤



Working Committees for the gardening projects of the School Health Parliament

Finalizing every task in a gardening project requires the support of teams formed as Working Committees of the School Health Parliament. Each working committee has a leader who is responsible for managing the team.

The Seed Donation Committee – led by the Seed Bank Manager

The Nursery Bedding Committee – led by the Head of Nursery Beds

The Health Education Committee – led by the Publicity Secretary

The Gardening Committee – led by the Garden Head

The Sanitation Committee – led by the Health and Sanitation Prefect

The Healthy Eating Committee – led by the Food and Nutrition Prefect

TASKS of the working committees

COMMITTEE

ACTIVITIES

LEADER

The seed donation committee

- Collects and makes records of fruit seeds donated
- Dries donated fruit seeds
- Stores seeds after drying

The seed bank manager

The nursery bedding committee

- Beds all fruit seeds in the nursery
- Takes care of nursery beds
- Donates fruit seedlings

Head of nursery beds

Health education committee

- Spreading health information to the school and communities
- Spreads information about decisions by Parliament
- Gives out education materials to fellow children and beneficiary communities

The publicity secretary

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TASKS of the working committees

COMMITTEE

ACTIVITIES

LEADER

The gardening committee

- Gardens seedlings and manages public gardening
- Takes care of fruit garden
- Gives out fruits after maturity

Garden head

Sanitation committee

- Endures good sanitation in the school and the neighborhood.
- Makes dust bins for the school and community using local materials.

Health and sanitation prefect

TASKS of the working committees

COMMITTEE

The healthy eating committee

ACTIVITIES

- Encourages children to eat healthy foods and parents to provide them.
- Gathers news about effects of poor diet.
- Forms healthy food centers in classrooms (bananas, fruits etc.).
- Makes sure that school canteens have healthy foods and encourages children to buy them.

LEADER

Food and nutrition prefect



Health committees are formed according to needs. Many more are possible!



Motivation of children

Like any other human beings, children are motivated by three main factors:

1. Understanding and appreciating the problem
2. Awards and prizes
3. Verbal appreciation and encouragement

Picture on the left side: Pupil Brenda gifts her own fruit harvests to Gyavira, Coordinator of the MOL Uganda team ➤

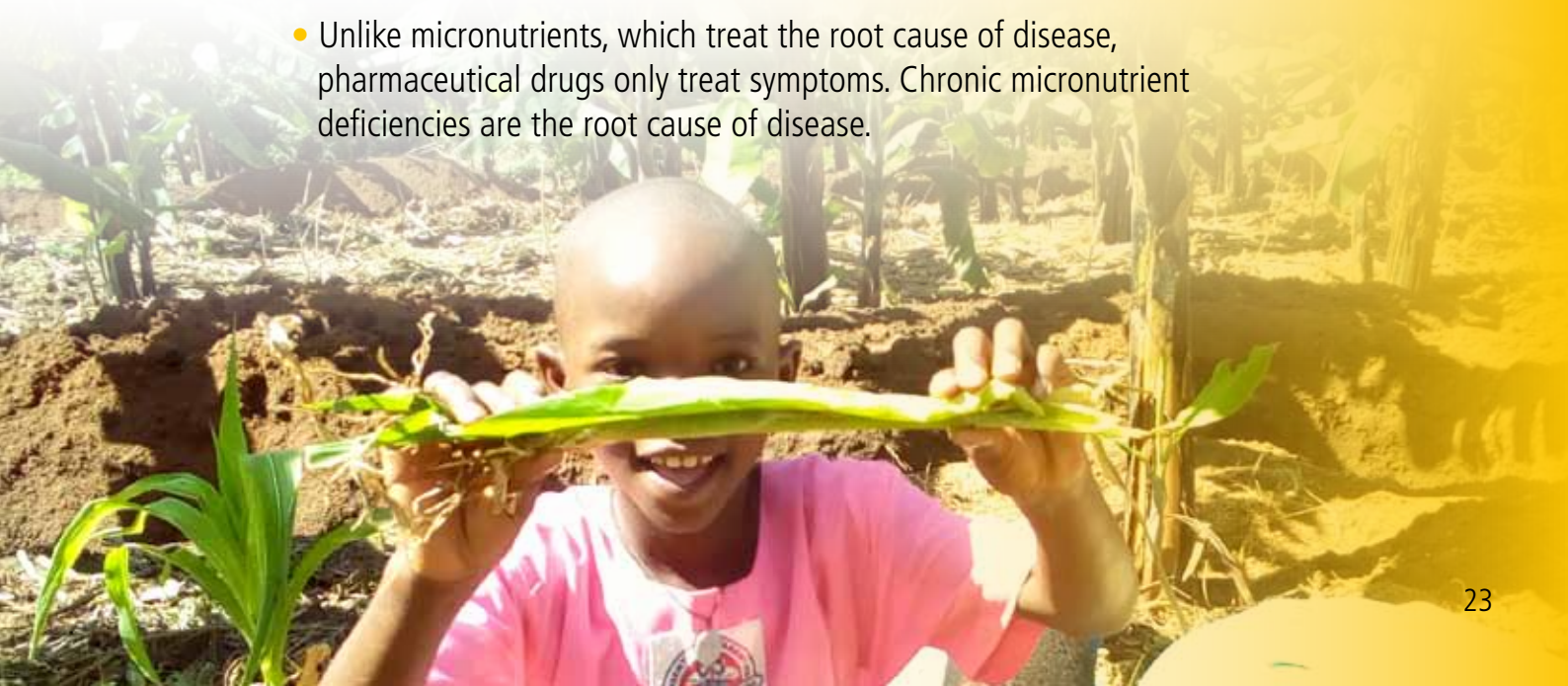
Picture on the right side: Happy pupil after weeding the banana plantation at Lwebitakuli Primary school ➤



Motivation of children

Understanding and appreciating the problem

- This knowledge about health has been hidden by the trillion dollar a year pharmaceutical industry because vitamin C and other **naturally** occurring micronutrients are a threat to its sales of **synthetic** chemical drugs.
- Unlike micronutrients, which treat the root cause of disease, pharmaceutical drugs only treat symptoms. Chronic micronutrient deficiencies are the root cause of disease.



Cellular Medicine: Our Chance To Eliminate Diseases

Pharma Drugs approach
"Living **WITH** Disease"

- Drugs suppress symptoms
- Creating new diseases (from drug side effects)
- Prioritizing profits
- Protecting therapeutic monopolies
- High healthcare costs

Picture on left side: Children at St. Agnes Centre for Education putting health posters in the School compound ➤

Picture on right side: Gyavira teaching school children about the actual cause of heart diseases using education materials on Cellular Medicine. The image shown is from the Dr. Rath Health Foundation's BodyXQ program. Links to more online educational tools can be found on the Dr. Rath Health Foundation website ➤



Cellular Medicine: Our Chance To Eliminate Diseases

Cellular Medicine approach
"Living **WITHOUT** Disease"

- Eliminating root cause
- Focus on maximum health benefits, not profit
- Prioritizing prevention
- Comprehensive health solutions
- Lower healthcare costs



Motivation of children

Awards

- Awards are used to recognize extra effort put in by an individual, group or community.
- Awards build motivation and encourage children to do better.
- Awards can be given in the form of health books, certificates, DVDs, or anything that motivates the children and feeds their enthusiasm.



Picture: Adrine, winner of the 2015 School Essay Writing Competition
"My Healthy Plate and Control of Heart Diseases" ➤

Motivation of children

Verbal recognition and encouragement

- A 'thank you' for a well done piece of work motivates children and encourages them to do more.
- Children love being recognized and standing out from the group.

Added value – teaching life skills to children

The long-term educational value of the School Health Parliament goes far beyond simply teaching children how to grow fruits and vegetables and understand the important role played by micronutrients in preventing and controlling diseases.

Through participation in this innovative project, children also learn important life skills that they can continue to develop and refine right through to adulthood.

Picture on right side: A meeting of the School Health Parliament at St. Agnes Centre For Education ➤

Added value - teaching life skills to children

Examples of life skills that children learn through participating in the School Health Parliament include:

- **Teamwork** – Learning how to work together as members of a team.
- **Communication** – Learning how to communicate ideas to others and give short speeches.
- **Professionalism** – Learning how to act responsibly and take pride in their work.
- **Self-confidence** – Building confidence in themselves and their abilities.
- **Leadership** – Learning how to plan, organize, and take decisions.





Picture on left side: Gyavira, coordinator MOL Uganda, with some of the Movement of Life club-members of Bujaga Integrated Primary school posing with fruit seedlings donated to the school ➤

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Keeping records

Keeping accurate records of the work of the School Health Parliament is essential for a successful project!



As a coordinator you need the following records:

- A Health Parliament file
- A receipt file
- A letters file
- An action plan book
- A report record, containing periodic reports

Keeping records

The School Health Parliament file

This contains information about the Health Parliament activities in different schools.

It is fed with information from the Health Parliament files.

It has the following contents:

- Leadership of the Health Parliament (refers to all leadership information)
- Seed donation records
- Seedling donation to children, community records
- Awards records





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Keeping records

The receipt file

This contains all the receipts in relation to every expenditure made.

The letters file

This has a record of letters addressed or copied to your office, and a record of letters you write to different people and offices.

The action plan book

This shows activities to be done and how they are to be carried out within a given period of time.



Most of the work is done by children to create a sense of belonging and ownership. However, every step needs follow-up in order to have accuracy and targeted results.

Books by the Dr. Rath Health Foundation



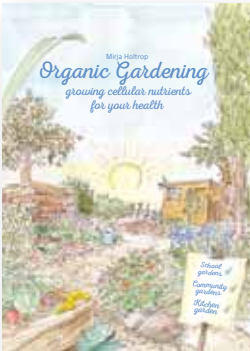
The Secret of Cells – The Secret of You

Our bodies contain millions of cells. They may appear strange to us, because we are so tall and they are so small. This book shows how important the fitness of cells is and how we should keep our cells healthy. In this way we discover a secret: Our cells and our daily life have more in common than we can see!

This book is part of a campaign to teach children a better understanding of health and nutrition.

Mirja Holtrop, Matthias Rath M.D.

44 pages, soft-cover, 2004; Language: English



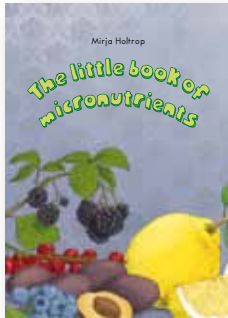
Organic Gardening - growing cellular nutrients for your health

This book shows you step by step how to setup a fully functioning biodynamic garden. Learn how to grow and harvest your own supply of essential micronutrients! The information in this book comes from old farmers' knowledge, which can help you understand and become an active contributor to the natural cycle of life. Good nutrition provides the key to opening the lock of health!

Mirja Holtrop

96 pages, soft-cover, 2016

Language: English



The little book of micronutrients

Key facts and information about micronutrients, contained in a handy pocket-sized book.

Mirja Holtrop

104 pages, soft-cover, 2014

Language: English



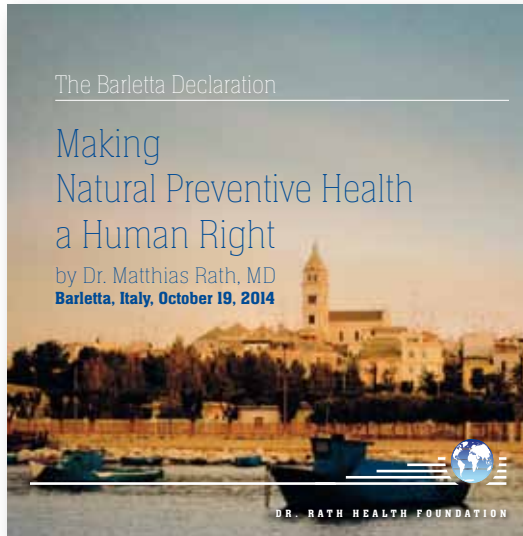
Why Animals Don't Get Heart Attacks ... But People Do!

"Why Animals Don't Get Heart Attacks...But People Do!" summarizes the groundbreaking discoveries of Dr. Matthias Rath, M.D., and explains how his scientific findings will ultimately lead to the eradication of cardiovascular disease.

Matthias Rath, M.D.

310 pages, soft-cover, 2015

Language: English



The Barletta Declaration Making Natural Preventive Health a Human Right

On October 19, 2014, a memorable event took place in Southern Italy in the historic town of Barletta.

Addressing the audience and the people of the world, Dr. Matthias Rath gave a keynote speech in which he outlined the cornerstones of a future preventive health care system. Demanding that powerful corporate interests should be stopped from imposing the “business with disease” on the people of the world, he described unique and impressive strategies that will allow mankind to free itself from the current dictatorial system of health care. In this brochure, you can read Dr. Rath’s speech and learn much more about this important issue.

Dr. Matthias Rath, MD
32 pages, soft-cover, 2014; Language: English

The Liberation of Human Health is Possible NOW!

FREE HEALTH FOR ALL!



More information

Do you want to know more? Visit our websites and learn more about our projects and initiatives.

Movement of Life:

<http://www.movement-of-life.org>

Dr. Rath Health Foundation:

<https://www.dr-rath-foundation.org>

Dr. Rath Book Store:

<http://www.drrathbooks.com>



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