



OCTOBER-NOVEMBER 2023

**SCHOOL TO SCHOOL VISIT REPORT IN BUTAMBALA DISTRICT
ON A PROJECT OF “IMPROVING SCHOOLS’ EDUCATION
ENVIRONMENT FOR ADOLESCENT GIRLS BY ADDRESSING
MENSTRUAL HYGIENE CHALLENGES IN UGANDA.”**

ACTIVITY

It was designed as a competition within the beneficial ten schools in Butambala District and to make these achieved, schools could have met in one venue to go that competition. Because VOTU did this activity last year, this time around VOTU decided to change the mode this way: (One school visited another and each school formulated their own 15 questions from within the matter about our project ever since it started to now. They fire questions among themselves and whichever answer is correct, is a mark then after we sort out the scores to get the winner and the winner awarded.)

We managed to move around the ten schools alerting them for the program to be the guests, so we could do this in order to check the progress about the project and above all we manage to identify the best performer in ten schools. This means 5 schools visited five and the order was as bellow:-

GUEST

HOST

1. Kiwala Umea primary school vs. Butende Umea primary school.
2. Lwamasaka Umea primary school vs. Butaalunga c/s primary school.
3. Kitagobwa c/s primary school vs. Nkokooma c/s primary school.
4. Bule Umea primary school vs. Namwango c/u primary school.
5. Kayenje c/s primary school vs. Ntolomwe Umea primary school.

KIWALA VS BUTENDE. (QUIZ)

MEMBERS PRESENT

KIWALA MEMBERS			BUTENDE MEMBERS		
NAMES	CLASS	AGE	NAMES	CLASS	AGE
Namazzi stellamableh	P7	15	Nansimbe shadiah	P6	14
Najjombwe mable	P5	12	Nakitende shaluwah	P7	15
Nakayiza Aisha	P5	13	Namuddu aisha	P7	15
Nabatanzi Aisha	P4	25	Nantayi Juliet	P7	15
Namuyanja Rahumah	P6	12	Ntambi Abudallah	P6	16
Mutesaasira Emmanuel	P5	13	Nagawa Rashidah	P6	14
Sserunjogi Jovan	P6	14	Lumu shakul	P7	13

Walukagga Mudashiru	P5	15	Numujju saphina	P6	14
Ssewankambo simon	P7	12	Nabuufu saaney	P6	14
Kaweesa yusuf	P7	13	Nabaloga teopista	P7	14
Nabakooza Angel	P7	14	Nayiga shanitah	P7	15
Namaganda Oliver	P7	12	Ainekiconco aisha	P7	15
Nantaba zaam	P6	13	Namutebi Mariam	P7	14
Nalukwago Mastula	P6	14	Nakigozi fatumah	P6	14

Butende managed to win (number one) and Kiwaala became second runners up.

The questions they were asked between the two schools are as follow: -

QUESTIONS ASKED BETWEEN KIWAALA AND BUTENDE

KIWALA (questions)	BUTENDE (answers)
1. How can menstruation pain and mood swings be managed	➤ Through swallowing medicine like brufen, Panadol.
2. What is the role of a chairperson in MHM club	➤ To mobilize MHM club members. ➤ Chairperson helps in daily cleaning of the changing room
3. Who experiences menstruation?	➤ An adolescent girl experiences menstruation.
4. Who is an adolescent?	➤ An adolescent is a person who is between childhood and adulthood.
5. What title is given to teachers in charge of MHM club?	➤ Senior man and senior woman teacher.
6. What is gender equality	➤ Gender equality is a state that is formed between women and men thus making them to be equal.
7. Why are we carrying out this discussion?	➤ To learn more about menstruation ➤ To promote our MHM clubbing our schools
8. Give any two menstruation hygiene challenges.	➤ Shortage of enough water ➤ Lack enough of knowledge about menstruation
9. Name any three things found in changing room.	➤ Water, soap, jerrican, and sponge
10. Give two causes of teenage pregnancy?	➤ Early marriage. ➤ School drop outs

Amongst of Kiwala and Butende, Butende was the winner and they were awarded as planned, all participants were happy to be involved in the competition



LWAMASAKA PRIMARY VS BUTAALUNGA PRIMARY

MEMBERS PRESENT

Lwamasaka			Butaalunga		
Names	Class	Years	Names	Classes	Years
Kaniziyo muhamed.	P6	13	Nassaka betty	P6	12
Sseguya yasin	P7	14	Nalungaa Firidausi	P7	14
Kyeswa Akram	P5	15	Namukwaya Margret	P5	15
Lubega sadat	P7	14	Nalubega jane	P6	16
Lubega isma	P6	15	Nganda mercy	P7	14
Iga Huzaifah	P5	16	Bukirwa resty	P6	13
Nsubuga isma	P6	12	Nambasa Aidah	P5	12
Nassuna marget	P6	14	Ssempijja henry	P6	14
Nanozi Mariam	P7	13	Kalyango king mike	P6	15
Nabaweesi Winnie	P6	15	Nakamatte shamirah	P7	12
Najjemba faridah	P6	15	Nabukenya parvin	P6	13
Nanyondo faridah	P5	14	Nasuuna Rehema	P6	14
Nampijja rose	P7	15	SSekitto Emmanuel	P7	15
Nakagozi ashinat	P7	16	Ssegirinya tonny	P6	13
Nanyunja prossy	P7	15	Ssemamanda Vicent	P6	14

QUESTIONS ASKED BETWEEN LWAMASAKA vs. BUTAALUNGA

Lwamasaka questions	Butaalunga answers
1. What is referred to as gender?	➤ Is the characteristics of women and men, boys, girls are socially constructed
2. Give any two materials which we use to make pads.	➤ Cotton wool ➤ Polythene
3. What is SRH in full.	➤ Sexually and reproductive health
4. What is menstruation?	➤ Is the normal bleeding from a woman or girls virgin.
5. What is menstruation cycle?	➤ Is regular natural change that occurs in the female reproductive system
6. What is menstrual blood?	➤ Is the blood that comes out of an adult woman or a girl from the virgina.

7. What is puberty?	➤ Is a period of time during an adolescent when or become mature and a baby
8. What is gender equality?	➤ Is the process of being fair to both men and women
9. What is VOTU in full	➤ Voiceless orphan taskforce Uganda
10. At what age does menstruation period end?	➤ At 51 years.



Two teams facing each other

Members for both teams actively adjudicating

Group photo after the session

According to the way these questions were formulated by themselves, they randomly chose similar questions and here to avoid writing similar work, we choose in brief the most unmonotonous questions answered by **KITAGOBWA vs. NKOOKOMA, BULE vs. NAWANGO and KAYENJE vs. NTOLOMWE** as stated below:

KAYENJE Questions	NTOLOMWE Answers
1. Give at least three symptoms of menstruation	➤ Abdominal pain ➤ Back pain ➤ Mood swings
2. What is ovulation?	➤ Is the monthly release of eggs from the ovary to the uterus
3. What is adolescent?	➤ Is a period between childhood and adulthood
4. Give two ways how we care for sanitary pads	➤ By washing them ➤ Sun drying ➤ Ironing
5. At what age does menstruation start?	➤ 8 to 12
6. What is a myth about menstruation?	➤ False things taught about menstruation
7. What is menarche?	➤ Is a girl's first menstrual period
8. Write JICA in full	➤ Japan international cooperation agency
9. What is the use of trash during menstruation?	➤ For proper disposal of used pads
10. What does pre-menstrual syndrome mean?	➤ These are signs one gets before menstruation
11. Give two challenges during menstruation	➤ Inadequate materials for use e.g. pads ➤ Inadequate clean water
12. What are reusable sanitary pads?	➤ These are pads that are washed and used again
13. Define the term menopause	➤ Is the state at which menstruation ends

14. Write GBN in full	➤ Global bridge network
15. Why should a girl record her first day of menstruation	➤ In order to know the menstruation cycle
16. Give any two menstrual hygiene materials	➤ Sanitary pads ➤ Clean water ➤ Soap
17. How do you benefit from MHM	➤ It has made us know that menstruation is normal
18. Give two examples of secondary sex characteristics in boys?	➤ Voice becoming deeper ➤ Sweat glands become more active
19. What is the importance of MHM club in your school?	➤ The club teaches us about the use of re-usable sanitary pad
20. What is the role of boy in MHM club?	➤ They help by taking her to the senior woman teacher
21. What is the difference between growth and development?	➤ Growth is increase in size while development is in maturity
22. What are the re-usable pads?	➤ Are pads which used again after washing them
23. Give any two menstrual hygiene tips	➤ By cleaning the re-usable sanitary pad ➤ By cleaning the changing room



Atala is doing the work of awarding both the winner and the runners up (kavenie vs. ntolomwe)

Group photo for both teams



Kayenje and ntolomwe ready for the session

Nawango and Bule during and after the session (competition)



Kitagobwa prepares for competition



Team of Nkokooma at their wing



Kitagobwa at their wing



Group photo of both teams (Nkokooma and Kitagobwa)



Both teams receiving their awards (Nkokooma and Kitagobwa)

Within these six school's competitions, we have fixed them together with their questions above:

NAWANGO, BULE and NTOLOMWE were the winners, then NKOKOOMA, KITAGOBWA and KAYENJE, were the second runners up.

All winners were awarded 50,000UGX/= each school and the second winners awarded 20,000UGX/= each of the school. This was designed for awarding in order to bring life in competitions among the learners, senior men and women plus the schools at large.

The pupils really enjoyed this competition because it was fun to interact with pupils from different schools. They were really happy because MHM club has really impacted in their lives and the community members and some enjoyed the moment of exposure for that day.

ACHIEVEMENTS OF MHM CLUB IN THESE SCHOOLS

- Girls have been given more time and are helped so that they are able to go to school regularly.
- Girls have been given materials like reusable sanitary pads and not only doing so they have taught them how the pads are made within the club.
- Girls are now confident during their days of menstruation and they know how to organize themselves well.

- Boys can also help girls, how? By reporting or taking those who have experienced their period at school to the person concerned e.g. senior woman, senior man and the teachers on duty.
- Construction of the wash rooms has also been a great impact to these schools. This is because girls have where to change their pads when they are in menstruation.
- Privacy has been promoted. This is because girls are able to change their pads privately due to the availability of the changing room.
- The senior woman, senior man and the pupils have known how to make pads, therefore making them more, have given them more experience about making more reusable pads.
- Other schools have been motivated to use reusable pads which are cheaper than other types of pads those are costly hence saving money.
- Reusable pads are durable, that means it stays for a longer period of time yet it can be used for very many times unlike other pads which are thrown away after every use.

CHALLENGES FACED DURING THE SCHOOL TO SCHOOL VISIT

- Our visits were being interrupted by rain since it is a rainy season and we had a very big task to reach other schools as you may know the type of roads we use.
- Few of the pupils were very active so teachers (senior woman and senior man) should add more efforts so as to make the pupils improve on their performance.
- These schools have really learnt to make pads but they have a challenge of materials for making more pads.
- Lack of enough support from the parents. Most pupils whenever they ask for help from their parents they are always let down. This happens due to poverty because the parents do not have money to give them.
- The senior woman and senior man have a challenge of allowances so they are demanding for allowances for example when carrying out the counseling sessions and supervision of the club and changing rooms. They would want a monthly token to show the appreciation of our organization.
- School activities, the busy schedule of the school activities also affects the club activities this because time is limited for the club activities.
- Majority of MHM members from all schools are candidates of primary 7 who will not be in the same school by next year, which means they have to replace new members.

FUTURE PLANS

- The schools wished for more machines to be distributed so as leads to more pad making.
- The schools also claim that the senior woman and senior man to be given allowances so that to motivate them to work harder.
- More of the materials should be distributed to schools so as to support pads making.
- More schools are interested in joining the project but unfortunately the project was limited to ten schools only due to limited funds but we pray next time they include other schools.
- It was a proposal from the participants that the five winners compete again to get the number ONE best winner out of the ten schools, but according to the design, that is the mode.

FINAL REMARKS

This activity was health and lives for the entire participants, reason being it was with full of juice the small token of awards.

According to the judgement of VOTU team, the best performer in regards all aspects such as:- lively, type of questions set, interaction skills during the competition and organization in general it was BUTENDE UMEA PRIMARY SCHOOL!!

Photos and videos were many but some are not indicated in this report, but for reference, they can be sent using other media because they are most in form of videos.