

JICA Monitoring Report October 2023

IMPROVING SCHOOL'S EDUCATIONAL ENVIRONMENT FOR ADOLESCENT GIRLS BY ADDRESSING MENSTRUAL HYGIENE CHALLENGES

Mubende

Introduction

Ten public Primary schools in Mubende district have been implementing MHM activities since January 2022 including; rehabilitation of WASH facilities, training learners in MHM, formation of MHM clubs and reusable sanitary pad trainings among others. The schools include; Christ the King, Dyangoma, Kasasa, Kasaana C/U, CAWODISA, St. Mary's Gwanika, St. Mary's Kiyita, Katega and Ikula. Monitoring took place between 9th -13th October. The report details findings from the monitoring activity as below.

		
<p>MHM club members and the Deputy H/M at Kiyita P/S</p>	<p>Pad making session at Kasasa P/S</p>	<p>Pad making session at Gwanika P/S</p>
		
<p>List of MHM club members at Ikula P/S</p>	<p>Kasaana Church of Uganda P/S pads made</p>	<p>MHM club members at Katega P/S</p>
		
<p>Water available in the washroom at Dyangoma P/S</p>	<p>Guidance and Counselling session at Kabowa P/S MHM club</p>	

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Objective of the monitoring activity

To track the progress of project activities in the respective schools to generate lessons and corrective action where need be.

The monitoring processes

Monitoring was done with aid of a tool that looked at different aspects of the school including;

1. Demographics
2. Status of facilities
3. Awareness
4. Re-usable pad making
5. Remarks from MHM Club members; girls and boys, then senior teachers
6. Next plan

1. Demographics

It should be noted that all the ten schools had a file of project documents including minutes of the teachers' training meeting about MHM, sexuality education and gender awareness, community awareness meetings on MHM, sexuality education and Gender Awareness, pad making trainings, invitation letters and MOUs and other related documents. Below is a summary of the demographics;

School	Indicators (Demographics)			
	Total population	Population of Girls P.4-P7	Number of female teachers	Number of male teachers
Kasasa	402	82	7	5
Kabowa	706	209	5	10
Christ the King	300	80	5	5
St. Mary's Gwanika	528	80	6	7
CAWODISA	693	349	9	10
Katega	206	68	5	5
St. Mary's Kiyita	550	110	3	10
Dyangoma	572	116	5	7
Ikula	436	112	4	5
Kasaana c/u	354	134	6	5

2. Status of facilities (Washroom/changing room)

a) Privacy

Washrooms in most of the schools had doors including St Mary's, Kiyita and Ikula which were just fixed recently and locks fixed, cemented with clean water, basin and soap except at Kabowa where a curtain was improvised to work as a door to ensure privacy in addition to encouraging students not to overcrowd in the washrooms.

At Ikula P/S, the washroom is in good condition whereby as a result of the management decision, other two rooms were allocated to be the girls' washroom and the changing room because the other one was a bit far. It was still more economical to use the new allocated washroom and the changing room because they have doors and locks to ensure privacy.

	
<p>Newly allocated washroom at Ikula P/S</p>	<p>The changing room and the washroom at Ikula P/S</p>

At Christ the King, regarding the toilet, the Head teacher plans to work towards its completion in February 2024 once he gets funds

b) Hygiene

- All the washrooms were clean with a good drainage system

c) Materials

In all the schools the materials to use are kept with the senior lady or in the head teacher's office as ever and these included; soap, basin, a jerry can and emergency reusable sanitary pads made by the learners themselves.

At Christ the King a parents' meeting was held on the 30/October/2023 during which the SORAK projects manager attended. Parents were encouraged to be supportive towards the MHM club activities like sanitary pad making. Repairing the sewing machine and facilitation for the tailor.

Action points from the meeting: One of the male parents suggested that one thousand shillings (1,000/=) be added onto the school fees every term to make a total of 38,000/= purposely to cater for MHM activities at the school to which all members present agreed.

It was agreed that members start right away to contribute towards the MHM activities and before the meeting ended, a total of five thousand shillings (5,000/=) had been collected.

	
<p>The manager sensitize parents about MHM at Crist the King P/S</p>	<p>Participants during the meeting at Christ the King P/S</p>

d) Water

Schools still have a challenge of scarcity of water especially during the dry season apart from Kasasa where a community bore hole was constructed near the school. Schools like St Mary’s Kiyita and Dyangoma have their children fetch water early in the morning to cater for kitchen activities and hygiene when the water reservoirs or tanks are empty. It should be noted that water remains the greatest challenge in most of these schools.

Follow up points

a) CAWODISA P/S

Hand knitting of reusable sanitary pads is going on as suggested by GBN. Two girls and a boy were selected to learn how to make pads and thereafter will teach their peers. Due to the fact that it is third term, with preparations for the Primary Leaving Exams, conducting a parents meeting was not viable and it is hoped to be held in the first schooling term in February 2024 for parents to be encouraged to provide support towards reusable sanitary pad making

b) Katega P/S

The Head Teacher hopes to finish the toilet facility (put door) during holidays between December 2023 and January 2024 once he gets funds.

c) Kabowa P/S

The sewing machine has been repaired and in good shape where learners are now able to make their re-usable sanitary pads.

d) Dyangoma P/S

Due to the fact that it is third term, with preparations for the Primary Leaving Exams, conducting a parents meeting was not viable and it is hoped to be held next term in February 2024.

e) Kiyita PS

The washing was still in its state as it was during GBN monitoring visit. The headteacher still promised to complete as soon as he was able to get funds most likely in term one of 2024(February to April)

At Kiyita the material were received and pad making continues to take place.

f) Christ the King

Pad making is in progress and learners have skills in the use of the machine. The washroom will be completed next year in February 2023 once funds are available

g) Ikula PS

Training in pad making is on course and learners especially boys are much interested in acquiring the skill. By October, the school had moved steadfast with training of learning and their improved skills were displayed on 13th November when they attended the school-to-school visit at ST. Marys Gwanika primary school.

3. Awareness

a) MHM Club members

All the ten schools had at least 15 members of the MHM club where some of them who replaced those who left the school were actively involved in MHM work especially reusable sanitary pad making.

i. Topics of the training covered.

The topics of discussion are generated from the MHM booklet including; Menstrual hygiene management, reusable sanitary pad making, how to use the reusable pad, Sexuality education and Gender Awareness and have been taught in all the project schools.

ii. Number of girls who missed at least 1 day of school during their periods

It was noted from all schools that since the project activities begun in their schools, there was no single girl who missed school during menstruation because the environment is friendly whereby, they can confidently approach the Senior woman teacher or any responsible person to support them during menstruation while at school and their needs are catered for. All target schools have emergency pads made by the learners themselves.

iii. Activities conducted by club members

MHM club members are involved in a number of activities such as;

- a) Formation of discussions about their personal and general hygiene in order to maintain the general cleanliness of the school, ensuring that water for washing hands after visiting the toilet is available, helping those who are challenged due to menstruation or lead them to the teachers.
- b) They supported other members outside the MHM club with information regarding proper menstrual hygiene management
- c) Training other members in pad making and how to use the machine
- d) The club presidents worked hand in hand with the senior teachers to ensure continuity of the club
- e) Club members still raise funds for the continuity of MHM club activities at Kiyita Primary School. This is what is happening because the Headteacher has been able to agree with the parents of the club members.

iv. Any findings/comment about the MHM club.

- In Dyangoma, St Mary’s Gwanika, St Mary’s Kiyita and Katega, boys are more active when it comes to making reusable sanitary pads because they are interested in acquiring the skill.
- Club members in most of the schools would wish to learn how to make other garments other than reusable sanitary pads.
- Club members are now better equipped with knowledge about MHM and are very active when it comes to supporting others with menstrual emergencies at school.
- Some of the club members who belong to Primary Seven were not very active during the term as they were busy preparing for their Primary Leaving Exams and they were replaced by other potential members. This had been planned for during the formation of clubs. A succession plan of recruitment membership from primary four to seven ensured an immediate replacement as soon as those in primary seven would leave this level of education.

b) TEACHERS

All the schools had senior teachers a male and a female teacher but it was clear that the female teachers were more active for issues to do with Menstrual Hygiene Management. Most of the schools had female head teachers and these were well informed about the situation especially the head teacher of Gwanika Primary School which is the best performing school as far as project activities are concerned. This school has a highly motivated head as well as her other team members. She is also good at mobilizing the community /parents of the children who embraced the project. This is natural as it always happens with personalities and qualities of leadership.

Below is a summary of how MHM is incorporated into the schools’ time table

*Term: 3 months from September to November

School	Senior teachers	Timetable	No. of training done by Sr. teacher	No. of MHM meeting with fellow Teachers
St. Mary’s Gwanika	Mrs. Kusemererwa Dorothy Mr. Matovu Charles	Once in 2wks	Once in 2wks	Twice a term
Kasasa	Mrs. Namuyunga Sarah	Once in a month	Once in week	Twice a term
Ikula	Mrs. Nabukenya Joan Mr. Nyirahimana Nickson	Once a week	Once in week	2 times a term (6)
Dyangoma	Mrs. Nakabiito Allen Mr. Kushabe Emmanuel	Once a week	Once a week	Once a term (3)
Kasaana	Mrs. Namuyunga Sarah Mr. Twikilize Amos	Once in 2 weeks	Once in 2 weeks	Once a term
Christ the King	Mrs. Kanoel Maria Clare Mr. Tukamusiima Julius	Once in 2 weeks	Once in 2 weeks	Twice a term (6)
Katega	Mrs. Namala Patience	Once a week	Once a week	Twice a term

	Mr. Buhwaghe Joseph			(6)
CAWODI SA	Mrs. Kirabo Lovinah Mr. Muhairwe Joram	Once in a week	Once in a week	Once in a term
St Mary's Kiyita	Mr. Muhangi Jackson	Once in a week	Once in a week	Twice a term
Kabowa	Mrs. Kaindependance Jennipher Mr. Uzei Delmas	Twice a month	Twice in a month	Twice a term

Below are some of the comments by the teachers

- The lack of enough material for pad making was a common comment in every school but all were making effort to find alternative materials to use in pad making.

4. Re-usable pad making

All the machines were in good condition below is a summary of pad making in the different schools.

School	Pad making training in a month	Students involved		No. of pads produced in a month (Between September/October)	Emergency pads available
		Girls	Boys		
St Mary's Gwanika	5	50	30	30	Yes
St Mary's Kiyita	5	60	35	40	Yes
Ikula	3	50	24	12	Yes
Kasasa	4	83	39	15	Yes
Kabowa	5	55	47	18	Yes
Kasaana	2	47	30	10	Yes
Dyangoma	3	64	37	25	Yes
Christ the King	2	42	19	13	Yes
Katega	3	80	45	14	Yes
CAWODISA	3	75	54	11	Yes

5. Remarks from MHM Club members; girls and boys, then senior teachers

5-1. Remarks from the MHM club members (girls)

a) What is your role?

To mobilize members

To train other girls and boys about conduct and how to manage fellow girls getting to menstruation for the first time

To keep was rooms clean all the time and well stocked with water, soap, basins

b) What did you newly learn

Learning how to use sewing machines, making reusable sanitary pads, and sewing their own clothes were among the new things learnt across all the project schools.

c) Have you trained or supported other students outside the MHM club

Training and supporting others were a continuously activity. This is further supported by getting more machines on addition to the project supported ones

d) Do you feel comfortable going to school during menstruation?

Monitoring revealed a more confident school going girls irrespective of whether they were experiencing Menstruation

e) How do boys behave towards girls during menstruation?

There is no unique behaviour noted among girls concerning menstruation.

f) How is pad making going on

Pad making was moving on well and according to plans. This is because it was a good initiative that relieved schools of the burden to termly buy disposable pads.

g) Any challenges?

- Scarcity of materials used for pad making and scarcity of water during the dry season were the two main challenges.
- Learners lack towels at the wash room for drying themselves after cleaning themselves during menstrual emergencies. This is in all the ten schools The schools advise each member to have spare piece of cloth for drying themselves and some like St Mary's Gwanika use toilet papers provided by the school for drying themselves
- The schools run a line of activities which at times affects the guidance and counselling sessions where it becomes a challenge to ensure that all learners participate. This is addressed by the Senior teacher requesting other teachers to give some time for the learners to attend the counselling sessions at St Mary's Kiyita Primary School.

5-2. Remarks from the MHM club members (Boys)

- a) Boys give assistance to girls during pad making and when collecting water to fill the hand washing tanks. This is done irrespective of whether the girls are in periods or not.
- b) They were excited that they have learnt how to make pads which are used by girls during menstruation.
- c) At St. Mary's Kiyita P/S boy noted that they learnt how to repair the sewing machine in case it gets down.

5-3. Remarks from the senior woman teacher and the senior man teacher

a) What did you teach?

- The topics taught by all the schools were; Menstrual Hygiene Management, Sexuality Education, teenage pregnancy and pad making as reflected in the MHM booklet.

b) What is your challenge?

- Scarcity of water
- Scarcity and high cost of materials
- Inadequacy of the one machine provided yet all schools have many learners willing to use the machine

c) **Have you learnt anything new?**

- These are being mitigated by lobbying for more sources of water from other government programmes.
- Tasking school communities/parents to make cash contributions towards the cost of materials and more machines .

6. Next step.

- a) All the project supported schools plan to continue with pad making. They also plan to add more activities of making uniforms for the schools. They have discovered that the machines provided can further be utilized for other sewing purposes. And also can be used to promote tailoring as a vocational activity for both learners and community members. They all thus hinted on the possibility of expanding the activity in future whenever resources could allow.

Wakiso

Introduction

Monitoring was done on 25-27 of October 2023 with aid of a tool that looked at different aspects of the school and each of those had indicators to assess the current status of the WASH facility i.e. washroom where privacy, hygiene, availability of water and materials in the washroom were key indicators. Awareness creation was also part of the tool where the MHM club members, their responsibilities and topics covered were the indicators. The key findings are discussed herein under;

		
Interacting with the Senior lady at Kirolo UMEA P/S	Project Officer interacts with the Senior teachers at Kitanda C/U P/S	The Project Officer interacts with the MHM vice president and the Senior Man
		
During an interaction with the Senior Lady at Kitungwa C/U P/S	After an interaction with the Senior Man at Jinja Kalori p/s	After an interaction with learners at Kirolo UMEA
		
During an interaction with club members at Kitungwa C/U p/s	After an interaction with the Senior Lady and some members of the MHM club	New classroom block at Kitanda C/U P/S
		
Pad making session at Lwadda C/U Primary school	Pad making at Kitungwa P/S	Pad making at Kirolo UMEA P/S

		
Learners at Ssaayi Bright P/S during pad making		
		
Club member at Kirolo UMEA showing the damaged dust bin	Damaged washing facility at Kirolo UMEA	Learners cleaning a classroom at Lwadda C/U p/s

Objective

To check on the status of the hygiene in schools, awareness creation, MHM club and progress of the pad making.

1. Administration

All the schools had a file of project documents and below is the summary of the demographics at the respective schools.

School	Indicators (Demographics)			
	Total population	Population of Girls p4-p7	Number of female teachers	Number of male teachers
Kirolo UMEA	229	38	6	1
Kitungwa C/U	239	49	6	5
Ssaayi Bright	219	52	5	3
Kitanda C/U	309	71	8	2
Ssanga C/U	907	247	10	6
Lwadda C/U	1045	270	13	6
Jinja Karoli	735	209	14	5
Maganjo UMEA	1569	501	25	15
Kanyange mixed	865	245	13	5
Buwambo C/U	940	315	11	6

2. Status of facilities (Washroom/changing room)

a) Privacy

Nothing has changed about the privacy of the washrooms whereby girls have privacy while using them.

b) Hygiene

The hygiene of the washrooms in all the schools was good with Ssanga C/U primary school repairing its drainage well but Maganjo UMEA primary school still gets the problem of drainage but they get along with it by giving it some time to get back to normal functioning.

	
<p>Water tank with a message ‘avoid bad taches’ in the washroom at Ssanga C/U P/S</p>	<p>Senior lady Kitungwa C/U P/S shows how they ensure privacy for the washroom users</p>

c) Materials

Schools have material used during menstruation kept in the washrooms like soap and clean water.

d) Water

- Ssayi Bright Primary School successfully acquired a new water tank through lobbying but more water is still needed due to the high demand given the population of the school.
- Kitanda C/U Primary School needs a water reservoir due to the fact that the Head teacher resorted to buying the water unlike before when the learners used to collect the water from the community borehole themselves.

e) Follow up points

• **Kitungwa**

New teachers have been sensitized about issues of MHM and this is done during the MHM sessions as well as more learners have been trained and can clearly articulate issues of MHM with their parents with confidence

Parents will be engaged next term (February 2024) during February 2023 due to busy schedule at the school including preparations for the Primary Leaving Exams

• **Lwadda**

Learners have access to the MHM booklets as advised by GBN. The MHM club president and the Senior teacher have copies from which learners can borrow at leisure

The machine has been put to use and learners are benefiting from the physical trainings in reusable sanitary pad making.

• **Sanga primary school**

The machine is in good condition and in use during reusable pad making sessions.

• **Buwambo primary school**

Pad making is in progress and the machine is in good condition.

3. Awareness

a) MHM Club members

It was discovered that, MHM clubs still exist and members actively do their daily duties however the level of knowledge among the members may differ due to new recruitment where old members are more knowledgeable as compared to the new ones. The old members assist the new ones to get on board.

Any findings/comment about the MHM club.

Club members in Primary seven were not actively participating in club duties because they were preparing for their Primary Leaving Examinations and replacement of such members would be next year.

b) TEACHERS

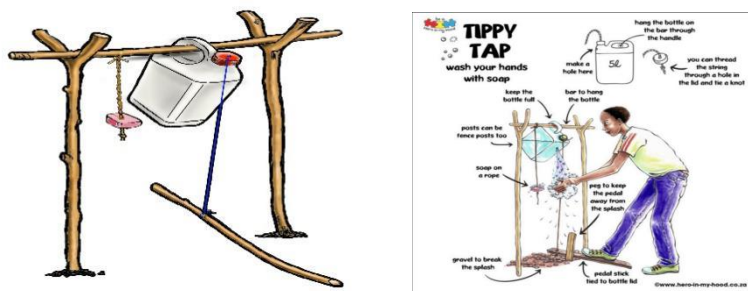
- Teachers are grateful for the project and their demand remain the same in all the schools which includes provision of material used in pad making to ease the process.
- Water scarcity is still a challenge in schools like Kitanda Church of Uganda P/S whereby, some learners had started dropping out of the school because they would be subjected to fetching water from a distance of two and half kilo meters. In response, the Head teacher stopped them from fetching water and resorted to buying it (1000/ per jerrycan) which makes it expensive. Teachers request for support towards buying a water reservoir.

4. Re-usable pad making

Pad making is ongoing in all the schools both by hand and with a sewing machine however the sewing machines in all schools often get faulty and it is up to the senior ladies and head teachers to repair them. Schools are encouraged to not only buy more machines on their own but also plan go the operation and maintenance of the machines.

5. Remarks from the MHM club member

- The MHM club president at Lwadda C/U primary school requested for more t-shirts for easy identification.
- Club members at Kirolo UMEA requested for more dust bins and tippy taps (hand washing facility) as those arounds were in bad condition and harmful to the users.



An illustration of a Tippy tap

- Elsewhere they were grateful for the support and requested for more pad making materials and sewing machines.
- Some of the club members were worried that their peers in Primary Seven will no longer be with them next year which might affect the club activities but this will be solved by replacing them with others to ensure continuity of the club activities.

6. Challenges

- Maganjo UMEA has a big population whereby, their MHM sessions are conducted under the tree and when it rains, they are affected.
- Materials used for pad making are still a challenge in all the schools. Parents are encouraged to be supportive in that regard.
- Parents believe learner perform better in private schools and usually take their children for upper primary elsewhere. As a result, newly recruited club members are lost. This is solved by continuous recruitment of members in case they leave.
- Schools that have Primary Seven learners in the club tend to have a shortage of members in the club because they tend to be so committed to academics.
- Some senior men teachers are not active and leave most of the work to the senior ladies. They are encouraged to work hand in hand with the Senior Women.
- Interaction with learners was limited as most of the schools were doing their midterm exams and others were preparing for Primary Leaving Exams and this was solved by reaching out to a few who were available for some minutes.
- Being a rainy season absenteeism is so high in all the schools which affects the MHM training timetable. This is solved by post pending the sessions.
- A class room block at Kitanda Church of Uganda P/S collapsed due to a storm and this led to limited space for both classes and meetings of the MHM club however a new block has been put up by the Ministry of Education.

7. Positive influence

- A big number of learners including boys and girls in all schools have knowledge about MHM issues.
- As a result of the trainings in reusable pad making, one of the parents at Ssayi Bright P/S was impressed by his son who is now an expert in making reusable sanitary pads. The parent plans to buy a sewing machine to his son for him to continue with the skill in the community.
- Learners don't miss school whenever they are to practice sewing at Ssayi Bright p/s because they are eager to learn.
- Each school has at least four learners who have mastered the use of the sewing machine.

8. Next plan

Schools plan to budget with school community about availing material used for pad making as it was a common problem in all the ten project schools

Butanbala

SCHOOL FOLLOW UP VISITS

During the follow up of 10 schools was conducted in 4 days for the month of October 2023.

We checked on the continuity of the sanitation and hygiene as well as the multiplier effect of the promotion of MHM in the schools visited as well as skills of making reusable pads. The pupils can ably make reusable pads using their bare hands with no assistance of a teacher or a sewing machine.

Activities

There is continuity of skills and knowledge by the MHM clubs and these have empowered the boys and girls to effectively manage menstruation.

The 10 schools visited have embraced the MHM trainings within their school curriculum which has showed the achievements of the project.

MHM club members in 8 among the 10 schools still continuously play their roles of educating, training, and supporting their fellow girls and boys how to manage their menstrual periods e.g. cleaning of the Washrooms using the already existing school rotas.

On the other hand, MHM activities in Kitagobwa and Nawango primary schools are still low. The MHM club members lack support from the senior teachers making them dormant. The team engaged the senior teachers and head teachers to pass on the MHM information and to encourage their fellow pupils to embrace the Happy pad and even talk to their parents to buy the Happy pad for them.

During the follow up visit we noted that the total population of all schools as well as the population of the girls from P4 to P7 was still the same.

No	Schools visited	Population of the school	Population of Girl p4 to p7	Number of teachers	
				Female	Male
1.	Bule Umea.	233	67	4	4
2.	Kiwala Umea.	280	100	5	3
3.	Ntolomwe Umea.	427	114	7	4
4.	St. Kizito Nkokoma P/S	456	140	4	7
5.	Kayenje C/S P/S.	651	196	9	7
6.	Nawango C/S P/S.	150	97	6	2
7.	Lwamasaka Umea.	300	82	6	2
8.	Kitagobwa P/S.	187	51	7	2
9.	Butaalunga P/S.	540	290	5	7
10.	Butende Umea	565	114	6	4

PHOTOS CAPTURED DURING THE FOLLOW UP VISIT



Miss Christine with the MHM club of Butalunga Umea during the follow up visit.



MHM club members of Butende Umea during an MHM session.



Kiwala MHM club with Miss Christine and Team leader of VOTU during the follow up visit.



Team leader of VOTU with the pupils during break time.

PRIVACY OF THE WASH ROOM FACILITIES

All the 10 monitored schools had doors fixed with locks still intact. Only Kitagobwa primary school still had dents in the walls and its main latrine broken down. The administration and head teacher were advised to raise resources to patch the dents so as to improve privacy. 5 out of 10 monitored schools had a roof on the washroom. Therefore, we will make abrupt visits to schools and make spot checks.

Name of schools	Doors fixed	Doors have locks	Walls have no dent	Roof exists
Kayenje c/s p/s	✓	✓	✓	✓
Ntolomwe UMEA	✓	✓	✓	✓
Butalunga UMEA	✓	✓	✓	•
Butende UMEA	✓	✓	✓	✓
Nawango c/u	✓	✓	✓	•
Kiwaala UMEA	✓	✓	✓	✓
Kitagobwa c/s	✓	•	•	•
Buule UMEA	✓	✓	✓	•
St. Kizito Nkokooma	✓	✓	✓	•
Lwamasaka UMEA	✓	✓	✓	✓

HYGIENE OF THE WASHROOM FACILITIES

Of all the 10 Schools visited, the hygiene of the washrooms facilities has been satisfactory, a well cemented floor with a proper drainage system. Bule Umea primary school,

Ntolomwe and Kitagobwa primary schools still struggle to access clean water. Water sources are far (about 1Km) from these 3 schools. Only 3 schools had soap available in the washrooms.

The water situation for the 3 schools is still a problem for Ntolomwe, Kitagobwa and Bule. The continuing trespassing of community members at Bule Primary school is still a challenge to the school. Community members continue to irresponsibly use the schools' washrooms.

		
<p>VOTU officer checking on the Washroom of Bule Primary School.</p>	<p>Pupils exhibiting their skills to the senior woman during the MHM training session</p>	<p>Pupils of Lwamasaka Umea P/S Collecting water during break time nearby community water source.</p>

MATERIALS USED IN THE SCHOOL WASHROOM

Name of schools	Soap	Pads	Cloth/uniform
Kayenje c/s p/s	✓	✓	✓
Ntolomwe UMEA	✓	✓	●
Butalunga UMEA	✓	✓	●
Butende UMEA	✓	✓	✓
Nawango c/u	✓	✓	✓
Kiwaala UMEA	✓	✓	●
Kitagobwa c/s	✓	✓	●
Buule UMEA	✓	✓	✓
St. Kizito Nkokooma	✓	✓	✓
Lwamasaka UMEA	✓	✓	✓

The 10 schools continuously use materials in their washroom namely soap, emergency uniform and cloth for the better health of the pupils including the menstruating girls.

NUMBER OF TRAININGS DONE BY SENIOR TEACHERS

Trainings are still conducted continuously as listed below:

Bule, Ntolomwe, Nkokoma, Kiwala and Kayenje primary schools continue to conduct 4 trainings per month as stipulated in their school time tables.

Lwamasaka, Butalunga and Butende primary schools conduct MHM trainings once every week. They reported a busy school program. The team leader advised the senior teachers to create more time for the MHM sessions for the good of the girl child.

Kitagobwa and Nawango primary schools conducted MHM trainings 3 times in the months of September and October

Names of schools	Times	Number trainings in the month of October
Kayenje c/s p/s	Once a week	4 times a month
Ntolomwe UMEA	Once a week	4 times a month
Butaalunga c/s	Twice a week.	8 times a month
Butende UMEA	Twice times a week	8 times a week
Namwango c/u	Twice a month	2 times a week
Kiwaala c/s	Every Friday	4 times a month
St.kizito Nkokooma p/s	Twice a term	Once o month
Buule UMEA	Once a week	4 times a month
Lwamasaka UMEA	Once a week	4 times a week
Kitagobwa c/s	5 Times a term	Twice a month

TOPICS OF TRAINING COVERED BY TEACHERS IN THE 10 SCHOOLS

The topics below are still continuing since they are embedded in the school curriculum.

- All schools reported having covered the topic “How to make a reusable pad”
- 6 of 10 schools taught “the menstruation cycle” topic
- 8 of 10 schools taught topics about hygiene and how to manage menstruation
- Lwamasaka, Kayenje and Bule primary schools covered topics about a safe and supportive learning environment for girls and boys.
- 5 of 10 schools i.e. Lwamasaka, Bule, Butende and Butalunga primary schools covered topics on gender and gender roles

ACTIVITIES MANAGED BY MHM CLUB MEMBERS.

- Advertisements (re-training fellow pupils about how to use reusable pads)
- Share information about menstruation
- Encourage fellow pupils not to miss school during their periods
- Advise fellow pupils on good personal hygiene behaviour
- Support fellow pupils when they get menstrual challenges
- Cleaning of washrooms
- Making reusable pads

NUMBER OF PUPILS INVOLVED IN PAD MAKING (CLUB MEMBERS)

During the school follow up visits, most of the pupils are actively involved in pad making activity .There has been a slight increase in the production of reusable pads in all the schools as well as the enrolment due to the decrease in the raw materials for making the reusable pads.

No.	School	Pupils engaged in pad making	
		Male	Female
1	Bule Umea Primary school	15	22
2	Butalunga Primary school	11	18

3	Butende Primary school	13	18
4	Nawango Primary school	4	11
5	Kitagobwa Primary school	8	13
6	Ntolomwe Primary school	17	26
7	Nkokoma Primary school	15	17
8	Kayenje Primary school	13	19
9	Kiwala Primary school	6	16
10	Lwamasaka Primary school	13	12
	Total	115	172

SOME OF THE QUESTIONS WE ASKED THE PUPILS IN DIFFERENT SCHOOLS.

1. What are your roles and responsibilities in the club?

- In 7 schools, learners answered they share information about menstruation and also supporting their fellow pupils when they get menstrual challenges.
- In all visited schools, pupils reported their continuous role of making reusable pads.
- Kayenje MHM club president said that their responsibility is to ensure that the Washrooms are cleaned and they have all the necessary things like; a Bucket or Basin, soap, uniform and availability of water.

2. What did you newly learn?

- In 9 out of 10 schools said they learnt how to talk about menstrual issues with their fellow pupils and sisters. They no longer shy off.
- MHM club members in all target schools said they learnt how to make reusable pads.
- Ntolomwe primary school; learners said they have learnt that menstruation is normal and it's not a disgrace.
- They have learnt how to clean their re-usable pads and keeping them safe.
- In 8 out of 10 targeted schools' learners said they learnt how to help their fellow girls when they begin their periods.
- Bule and Kayenje primary schools: learners said they have learnt how to socialise within boys and girls. The boys no longer laugh at girls who go in their periods.

3. Have you continued training /supported other pupils outside the MHM club?

- In 10 of 10 schools, MHM club members responded positively about supporting other learners outside the club.

4. Do you feel comfortable to go to school during menstruation?

- Out of 30 respondents from the 10 schools, 24 learners replied that they are comfortable to go to school during menstruation days.
"I used to fear coming to school during my periods but I no longer fear because all my friends at school now talk about it freely", said a learner from Lwamasaka primary school. The 6 out of 30 respondents had not experienced what we were talking about since they have not yet undergone Menstruation.

5. How do both girls and boys behave towards menstruation?

- “They don’t feel ashamed anymore,” said the MHM club president at Bule primary school.
- The boys are actively involved in pad making, continued the MHM club president at Bule primary school.
- “The boys now days do assist the girls to clean the washroom,” Head prefect Nkokoma primary schools.
- The boys no longer laugh at the girls when they menstruate, “sanitary prefect Ntolomwe primary school.”
- The girls feel free to interact with the boys when they are menstruating.

6. Challenges.

- In all the targeted schools, there is lack of materials for making reusable pads.
- Lack of enough water in schools like Bule and Kitagobwa primary schools. Water sources are far from the schools.
- At Lwamasaka, Butalunga and Butende primary schools, the school timetable is too occupied which leads to fewer MHM trainings.
- Insufficient training time in pad making due to the fact that a school has only one sewing machine.
- Sewing machines are overworked and required frequent repairs yet machine users lack the skill to repair them.

QUESTIONS ASKED BY THE SENIOR MAN AND SENIOR WOMAN TEACHER.

1. What training content did the senior woman and senior man teacher teach?

- Menstruation
- They taught both girls and boys how to handle themselves during puberty
- Taught girls not to be shy during menstruation
- Body changes
- Guidance and counselling about causes of teenage pregnancies
- Personal hygiene

2. What are their challenges as senior man and senior woman teacher?

- Difficulties with facilitation, water and lack of enough materials for making reusable pads.
- Lack of washing materials such as soap.

3. Have you learnt anything new from the club as a senior man and senior woman?

- They have learnt how to make reusable pads.
- The teachers have learnt to interact well with their pupils personally and in problem solving.
- They have learnt how to handle their issues.

Note:

Continuous trainings are still conducted to raise awareness on MHM to empower both boys and girls. For the sustainability of the project there has to be continuous reminders for the pupils as well as the parents .For example as we discussed in the online meeting about the continuous Radio Talk shows. This keeps awakening them about our good product the Happy pad and how they can best they can use it.