

## Education

— With Correspondent



# Getting the message across

Health for Life Kenya is using posters to give advice on health-related issues to students

**H**ealth for Life Kenya (HFLK), a youth-driven health initiative, has launched a poster campaign in schools, offering advice on the many health issues affecting the young.

The pilot project was rolled out recently in various schools in Elgeyo Marakwet County, thanks to a unique partnership between the county administration and a young team of volunteers from HFLK.

The aim of the project is to support Kenya's national health and physical school education programme premised on the knowledge that students suffer from preventable infections and diseases, which comprehensive school education can help eradicate.

In addition to conducting research, writing lesson plans and teaching, Health For Life has created 10 posters on health topics. The aim is to provide information so that students can better manage their own health. The topics include hygiene and sanitation, menstruation, puberty, chronic diseases, HIV and Aids, nutrition and exercise, depression, mental health, malaria and yellow fever, and asthma.

low fever, and asthma.

The poster exercise was co-ordinated by the county department for health services, led by Public Health Director William Kendagor and County School Health Co-ordinator Judith Tallam.

They were joined by a team from Kenya Fluorspar Company, led by its Clinical Officer Julius Chesire and Liaison Officer Elijah Chesumer, who made a 500-kilometre tour of the area, distributing the posters to a number of schools.

The programme will eventually be rolled out across the entire county but schools that have so far received them include: Queen of Peace Secondary School, Sambirir Girls, Moi Kapsowar Girls, Chebara Girls, Singore Girls, Tambach Boys, Maria Soti Girls, Kapkenda Girls, Simotwo Boys and Soy Mixed Secondary School.

While all schools visited were affected by the strike, their principals and deputies were very co-operative and agreed to champion the project.

Judith said the county will embrace the initiative because it is in line with Millennium Development Goal Six, the Constitution, Vision 2030 and the county's integrated development plan.

"Being the county of champions, we are ready to champion Health-for-Life Kenya for a healthier



The Health For Life team show one of the 10 specially produced posters to pupils at Chepserei Primary School. (PHOTO: COURTESY)

county and ultimately a healthier Kenya," she said.

HFLK Volunteer Leader Cecilia Jakobsson, thanked county officials for their

support in producing and distributing the posters.

The poster campaign comes two years after the launch of Health For Life, which was initiated by Eliana Field-Marsham, a Stanford University student.

Eliana taught in schools in

Lamu, Nairobi and Kerio South and then formed a think tank of Kenyatta University faculty and researchers and Kenyan students from various universities.

Last year, after extensive grassroots research and support from Kenyatta University, Health For Life Manager Sharon Koimett, presented the group's policy proposal to the permanent secretary for Education at his office in Nairobi.

"Our region is world famous for its runners who not only bring great honour to Kenya, but also put their success to use by coming home and investing in the county.

Part of their success is due to the fact that they have been running since they were at school.

Nowadays, we see more and more children going for errands on boda bodas! We need to get them running again," said Elgeyo Marakwet Governor Alex Tolgos.



We appeal to students to join the movement for a healthier, happier and more prosperous Kenya

-HFLK Volunteer Leader Cecilia Jakobsson



## Top Marks

— With Grace Kirigha

Not many students are familiar with open-book tests, which are exams where the teacher allows you to use your textbooks and notes as references while you sit for the test.

This concept of testing is not easy since it is designed to teach you how to use your brain. As such, the questions will ask you to explain, evaluate, discuss or compare and contrast, among others.

Many students assume it is just a matter of looking up answers from the material they have. This is not the case. You will be required to understand concepts. A student has to understand how to find information, write good notes and organise their material so that it is easy to

find.

Because time allowed to do these exams is often limited, it is encouraged that you use your books for supporting information only.

Below are other tips one can apply in preparing for the open-book test:

- Read ahead of time keeping in mind that it will not be easy to find quick answers during the test.

# Taking an open-book test

- Master your books in such a way that you know where to find everything. Take note of the headings and sub-headings so that the structures are reinforced in your mind.
- Highlight all important chapters, pages and terms whenever you notice them so that you will not waste time searching for info during the exam. Also prepare brief summaries of important facts and information for quick references e.g.

writing in margins or on separate sheets of paper.

- Do not overload yourself with books that you may not use in the exam room.
- During the test, evaluate each question and assess whether it requires facts or interpretation. As you do this, quote the textbook appropriately - do not rewrite the whole book.
- Start with questions whose answers you are more familiar with, this will give you ample time to complete the exam.
- Never copy word for word information from the book. This test is not meant to measure how good you are at locating information but to know whether you have mastered content.