

**The Project Title**: Support 1,000 Girls in 10 Schools on managing menstrual hygiene in Nyimba District- Eastern, Zambia

**Summary**

Menstruation is an integral and normal part of human life, indeed of human existence, and menstrual hygiene is fundamental to the dignity and wellbeing of women and girls and an important part of the basic hygiene, sanitation and reproductive health services to which every woman and girl has a right. Globally, approximately 52% of the female population (26% of the total population) is of reproductive age. Most of these women and girls will menstruate each month for between two and seven days. The subject of menstruation however, is too often taboo, and has many negative cultural attitudes associated with it, including the idea that menstruating women and girls are „contaminated‟, „dirty‟ and „impure‟. Women and girls in rural setting and in particular girls in schools suffer most from stigma and lack of services and facilities to help them cope with the physical and psychological pains they undergo during their menstrual periods; inadequate preparations for the young girls not yet experiencing menstrual hygiene, lack of or inadequate water to clean and wash the body, lack of materials managing menstrual hygiene, private space and wash rooms and inappropriate facilities for disposal of materials for those who have used pads. In spite of these issues, menstrual hygiene has been routinely ignored by professionals in the water, health and education sectors. Currently the means of copying for girl pupils is the use of old cloth, dirty napkins and other un-hygiene materials. Some schools have provided pads ranging from sophisticated imported pads to locally manufactured pads as announced by the Government of Republic of Zambia, Stay Soft and Stay free. In some cases, parents provide the pads to the girls.

**Challenge**

Although menstruation is an integral and normal part of human life, indeed of human existence, the subject is however too often a taboo and has met many negative cultural hindrances and attitudes due to the perceptions among especially men and boys. More school menstruating girls in Nyimba District primary schools experience isolation and rejection from their fellow pupils who regard them as “contaminated‟, “dirty‟ and “impure‟. Women and girls in rural setting and in particular girls in schools suffer most from stigma and lack of services and facilities to help them cope with the physical and psychological pains they undergo during their menstrual periods; inadequate preparations for the young girls not yet experiencing menstrual hygiene, lack of or inadequate water to clean and wash the body, lack of materials managing menstrual hygiene, private space and wash rooms and inappropriate facilities for disposal of materials for those who have used pads. In spite of these issues, menstrual hygiene has been routinely ignored by professionals in the water, health and education sectors.

Our surveys have shown that a total of 70% of the girl pupils report to miss 1-3 days of primary schools per month, which translates to a loss of 8 to 24 school days per year. This means per term a girl pupil may miss up to 8 days of study. This represents around 10% of some girl pupil’s attendance missed due to menstruation; a majority of these girls note that they are physically sick and weak, cannot concentrate, or feel psychologically effects. In addition, 60% of the head teachers note that the girls absentee themselves from school during their menstrual cycle; Head and senior teachers further noted that they calculate around 10% of the total number of girls dropping out of school due to menstrual management and their schools do not have satisfying menstrual facilities. Over 50% of the senior women teachers affirmed the provision of menstrual pads to girls at school is not available and another 60% of the girl pupils stated that they need better facilities (hardware aspects). In addition, issues around sensitization of boy pupils, and the role of the senior woman teacher were also cited. Currently the means of copying for girl pupils is the use of old cloth, dirty napkins and other un-hygienic materials.

**Solution**

The organization proposes this application to respond to the needs of building capacity of schools and teachers in improving and upholding menstrual hygiene and sanitation girls in selected primary schools of Nyimba District. Mphatso Development Foundation (MDF) will offer direct in-kind support to schools and selected girls, train them in menstrual hygiene and sanitation practices and encourage the replication of acquired knowledge at household levels. At the same time focus on increasing awareness and capacity of young girls to deal with menstrual hygiene. This project will train 100 rural school girls to locally make reusable sanitary pads to manage their menstrual hygiene and stay at school throughout the months in Nyimba district. The project will also support selected schools to establish special rest rooms to enable girls have privacy during menstruation. These rooms will prove very useful for especially new girls who are taken unaware of their menstruation.

**Long Term Impact**

Increased school completion rate among targeted girls supported by this project; Reduced stigma and isolation of girls from boys due to improved knowledge and understanding on menstrual hygiene; Reduced school absenteeism; reduced cost of purchase of disposable sanitary pads

**Project Goal**

**Goal**: To support and strengthen the capacity of 10 schools and 1,000 school girls in managing menstrual hygiene in Nyimba District-Eastern Zambia by 31st December, 2020.

**Specific Objectives:**

1. To strengthen Girls menstrual hygiene management by the school management;

2. To increase the capacity of selected primary schools to effectively manage and sustain menstrual hygiene and sanitation practices;

3. To increase awareness on proper hygiene and sanitation practices among pupils

**Expected results**:

1. 100 rural school girls supported and trained to locally make reusable sanitary pads to manage menstrual hygiene and stay at school throughout the months.

2. 10 schools supported to establish special rest rooms for girls‟ privacy during menstruation.

3. Knowledge and awareness created on menstrual hygiene management among schools and pupils in selected schools

**Impact:**

1. Increased school completion rate among targeted girls supported by this project;

2. Reduced stigma and isolation of girls from boys due to improved knowledge and understanding on menstrual hygiene;

3. Reduced school absenteeism; reduced cost of purchase of disposable sanitary pads.

**Activities**

To achieve the above results, Mphatso Development Foundation proposes to undertake the following activities:

***1. Output 1.1: 100 rural school girls supported and trained to locally make reusable sanitary***:

To achieve this output Mphatso Foundation will;

**1.1.1. Identify potential school girls to benefit from the project and sensitize them:**

Mphatso Development Foundation proposes to identify 100 girls in selected schools from upper primary pupils and sensitize them on menstrual hygiene; the girls will be supported to elect their chairpersons and other executive members. These groups will also be charged to commit themselves to supporting other girls within the school or in their communities/other schools in collaboration with the School Management Committee chaired by a senior women teacher.

**1.1.2. Conduct 5 trainings sessions for the girls and school senior women teachers**

Special trainings to teachers on how to train the pupils to practice safe hygiene management, the use of placed structures like water taps, constructed pit latrines and maintaining them (T.O.T training) have not been popularized. In turn and in the long run pupil’s capacity building and training through school health clubs promotion approach would yield results in improving personal and general school hygiene at school and homes where children later become ambassadors to their homesteads. Training the pupils on how to manage menstrual hygiene, use and maintain the sanitation facilities put in place can be done more easily by emphasizing child to child approach through sanitation committees at schools. MDF proposes to train the existing teachers and girls on menstrual hygiene. These groups can later be incorporated to form school health clubs and teacher committees in Water, sanitation and hygiene practices which will include proper management of hygiene and sanitation.

**1.1.3. Facilitate training sessions by trained girls and senior women teachers for other school pupils and teachers.**

Realizing increased impact is the aim of any capacity building activity; accordingly, Mphatso Development Foundation proposes to support the trained girls and senior women teachers to carry out their role for which they were selected and supported. MDF will support the rolling out of training and education campaigns for other pupils on good hygiene and sanitation practices. They will also encourage the pupils to roll out training to other schools not reached by the programme to ensure increased outreach and project impact. MDF will ensure that the trainings are hands on and practical, taking place within the school compounds.

**1*. Output 2.1:******10 schools supported to establish special rest rooms for girls‟ privacy during menstruation*.**

**2.1.1. Identify schools with utmost need and ear mark for support**

Menstruation is an integral and normal part of human life. MDF-Nyimba proposes to identify and support schools with dire need for their pupils to have special rest rooms to help the have comfort during disturbing days of menstruation. This will enable them to avoid stigma and isolation which can easily lead to school dropout or missing out lessons. A quick assessment will be conducted to determine the schools that need immediate intervention prior to final selection and support.

**2.1.2. Support the schools to set up separate rest rooms for girls in menstrual period**

Girls are faced with poor hygiene and sanitation facilities including inadequate water for washing, lack of soap, no privacy and non-functioning or insufficient toilets and inability to buy sanitary pads. This reduces school attendance; A survey of menstruating girls in Uganda found that “the biggest numbers of school dropouts are girls because of inconveniences during their menstrual periods.” MDF-Nyimba proposes to persuade and support the school administration without special rest rooms and sanitary facilities for girls to secure special rest rooms, equip and ensure maintenance of these rooms for use by girls during menstruation. The rooms will be equipped with sanitary items such as locally made reusable sanitary pads, washing soap, basins and rest beds with bed sheets, cleaning brooms. Costs incurred in this activity will include cost of equipping the rest rooms, provision of sick beds/rest beds, first aid kits, and general maintenance and supervision costs. A senior woman teacher or school maid will be trained and supported to take lead in this activity.

**2.1.3. Support school management in piloting training lessons on local production of sanitary pads and menstrual management in schools.**

Mphatso Foundation will agree with the school management on specific days or hours set aside for general school sensitization on menstrual hygiene for girls, develop necessary training and advocacy materials for sensitization and awareness creation to provide deep understanding on the subject matter and support outreach to non-targeted schools. MDF-Nyimba will spear head meetings with school administration and senior school management committees or Parents Teachers Association (PTA) representatives to determine how best to support girl child pursue good hygiene and sanitation to reduce the risk of losing study days during menstruation. MDF-Nyimba proposes to procure advocacy materials and discuss possible ways of sustaining the action beyond project life time.

**2.1.4. Conduct school sensitization to increase awareness on the relevance of good menstrual hygiene management**

MDF proposes to conduct general sensitization for all school pupils and management on menstrual hygiene. This will help to reduce negative perceptions and taboos about girls during menstruation. MDF staff will talk to boys and teachers on the consequences of stigmatizing girls when they are experiencing menstruation, teach them how they can support their fellow school mates during this time especially for the beginners who may be taken unaware. With the presence of the rest rooms in the schools, boys could play a role of directing such victims to places where they can help themselves best. In the long run, continuous sensitization will increase positive attitude among boys and girls and how they relate with each other, hence avoiding isolation and possible school dropout.

***1. Output 3.1.******Knowledge and awareness created on menstrual hygiene management among schools and pupils in selected schools.***

**3.1.1. Facilitate interschool sanitation and hygiene visits and competitions (general cleaning, dialogue, essay writing, poems, dance and drama).**

Mphatso Foundation will facilitate interschool sanitation competitions and sensitizations with an aim of increasing outreach and enhance hygiene and sanitation knowledge among pupils. Criteria will be developed for monthly inspection of the selected schools and scores given based on cleanliness of latrines, cleanliness of compound, maintenance of rubbish pits, cleanliness of school kitchen, cleanliness of water source, personal hygiene of pupils, and classrooms etc. An award inform of certificate of recognition will be awarded to best schools, pupils and teachers. The District Education Board Secretary and local authorities will be involved in this important activity. School management and local authorities will be engaged to ensure sustainability of the action. This will include incorporation of key activities in the school master plan so that schools will conduct exchange visits to learn and share best experiences on hygiene and sanitation issues in their schools while promoting best practices adoption. Costs will cover the cost of transportation, printing of hygiene and sanitation education materials (pictorial charts), printing of certificates and refreshments during award ceremonies.

**3.1.2. Conduct 5 joint support supervision visits on improved hygiene and sanitation practices.**

At the beginning of training sessions, beneficiaries will be taught effective hygiene and sanitation processes and procedures by imparting basic skills and asked to practice this on their own to show their motivation and capacity for work. Continued participation on the programme and collection of inputs will depend on successful completion of the previous element of hygiene friendly environment, and this will be monitored and supported by MDF-Nyimba field officer. Support supervisions will be conducted in conjunction with the school head teachers, leaders of health clubs, heads of department health and sanitation, selected pupils, district standard officers (inspector of schools), district health inspector, PTA committee member, area councilor and secretary for education and health. Costs incurred will include transport costs for monitoring team, refreshments, allowances to selected leaders and participants.

**4. Project Monitoring and Evaluation:**

A monitoring framework will be created, assessing inputs, processes and outputs of the various projects in the programme. Results will be synthesized into quarterly reports in order to track progress and adjust programming and a final report to the donor and other partners at the end of project. Records on human resources and non-personnel inputs will be kept in order to monitor staffing/volunteers and spending. Records on partnerships created; numbers of workshops, training and hygiene education sessions held; and participant feedback will be kept in order to monitor availability and quality of the project. Records on workshop, training and hygiene education session attendance, and the training of girls on menstrual hygiene, personal hygiene and their application, will be kept in order to monitor participant numbers and outputs.

**5. Implementation**

5.1**. Method of implementation**

Mphatso Development Foundation will conduct direct implementation of this project once the grant is confirmed and awarded. The technical team and volunteers will be deployed in the project locations to effect community mobilization and sensitization, supervised by the Program Coordinator. An activity plan will be drawn showing steps of implementation and main persons responsible. A consultant will be hired to deliver training of trainers and support development of training materials on hygiene and sanitation. The DEBS and the local authorities will be engaged in support supervision and monitoring on agree basis.

**6. Time frame:**

July,2020 to December, 2020

**7. Necessary Means and Costs**

Own resources: applicant’s own resources in cash and/or in kind if applicable

Mphatso Development will provide in kind support to this project which will include;

Time provided by the M&E officer during key activities such as baseline, end line surveys, gender analysis survey among others.

Overall project Management will be provided by the Program Coordinator with only agreed cost charged to this project throughout the implementation; support provided will include overall implementation, support to design of activity implementation plans, financial management (in and out flows), timely accountability and enforcing adherence to the existing organizational policies including external coordination with stakeholders and donor reporting.

Finance Officer will support fund utilization which will include withdrawals and expenditures recording, budget follow up and financial reporting.

MDF-Nyimba will also contribute to office running costs such as daily utility costs (electricity, water, garbage collection etc.), office supplies (stationaries), etc.

**9.Detailed Budget Estimates Project Proposal: see Annex A below hereunder.**

* $10.00 will buy 1 menstrual kit for 100 Girls in a School
* $20.00 will buy 10 First Aid Kits for 10 Schools
* $50.00 will buy 10 Dozens of Detergents for 1000 Girls in schools
* $100.00 will be used for School Hygiene and Sensitization in 10 Schools for 6 months
* $200.00 buys all the training materials for 30 Girls and Teachers on menstrual Hygiene
* $250.00 can be used for training 30 Girls and Teachers for 3 days’ workshop on menstrual hygiene.

**Detailed Budget Estimates for the Project "Support 1,000 School Girls in 10 Schools on managing menstrual Hygiene in Nyimba District, Eastern Zambia.**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| C:\Users\Admin02\Desktop\MDF LOGO (2).jpg   |  | | --- | |  | | | | **Name of ORG** | | : Mphatso Development Foundation | | |
| **Funding Agency** | | : GlobalGiving | | |
| **Project Duration** | | :6 Months | | |
| **Funding Request** | | : $5,000.00 | | |
| **Exchange Rate** | | :1=18ZMW | | |
|  | | | | |
| **Activity No.** | **Project Expenses** | **Unit** | **Unit Price in ZMW** | **Quantity** | **Total in ZMW** | **Total in USD** |
| 1 | Training of Girls and Teachers on menstrual Hygiene | sessions | 4,500 | 4 | 18000 | 1000 |
|
| 2 | Menstrual kits | kits | 40 | 100 | 4000 | 222.222222 |
| 3 | school mobilization & sensitization | rounds | 500 | 5 | 2500 | 138.888889 |
| 4 | Establish & set up special rest rooms | pcs | 1500 | 10 | 15000 | 833.333333 |
| 5 | School hygiene & sanitation sensitization | rounds | 500 | 5 | 2500 | 138.888889 |
| 6 | First Aid Kits | Kits | 50 | 10 | 500 | 27.7777778 |
| 7 | Cleaning detergents | dozens | 100 | 10 | 1000 | 55.5555556 |
| 8 | project documentation | lump sum | 120 | 10 | 1200 | 66.6666667 |
| 9 | Training materials | lump sum | 1980 | 10 | 19800 | 1100 |
|  | **Subtotal** |  |  |  | **64500** | **3583.33333** |
|  | **Over heads** |  |  |  |  |  |
| 1 | Staff Support | months | 3000 | 6 | 18000 | 1000 |
| 2 | Travel Allowances | Number | 100 | 50 | 5000 | 277.777778 |
| 3 | Communication/airtime/stationery | lump sum | 500 | 5 | 2500 | 138.888889 |
|  | **Subtotal** |  |  |  | **25500** | **1416.66667** |
|  | **Project Totals** |  |  |  | **90000** | **5000** |

**9. Risk Analysis**

Are there (external) factors that could possibly influence or delay/obstruct implementation of the project?

|  |  |
| --- | --- |
| **Assumed Risk** | **Mitigation Strategy** |
| Schools will cooperate during project execution | MDF-Nyimba will sign M.O.U with head teachers making their commitment to the project and its continuity. |
| Local authorities are supportive of the action | MDF-Nyimba will conduct community outreach and sensitization to inform and invite local participation |
| Cultural norms and practices within the target areas are supportive of the action | MDF-Nyimba will conduct community sensitization and awareness raising |
| Economic situation remains favorable | MDF-Nyimba will constantly monitor market situation to inform any price fluctuations and share with responsible authorities – exchange rate variations (if fund is in other currency); price monitoring to constantly update procurement needs. |
| Economic situation remains favorable | MDF-Nyimba will constantly monitor market situation to inform any price fluctuations and share with responsible authorities – exchange rate variations (if fund is in other currency); price monitoring to constantly update procurement needs. |

**10.0 Description of Applicant**

**10.1. About us**

**Name of the Organization** : Mphatso Development Foundation

**Registration Certificate** : ORS/102/83/100

**Physical Address** : Plot 2425, Airstrip Street, Off Great East Road

**Postal Address** : P.O.BOX 570200, Nyimba, ZAMBIA.

**Email** : [mphatsofoundation@gmail.com](mailto:mphatsofoundation@gmail.com)

**Main Contact Person** : Gadson Tembo; Executive Director

**Tel**  : +260 977 474491

**10.2 Brief Organization Background**

**10.2.0. Who are we?**

Mphatso Development Foundation strives by all possible means to uplift the living standards of poor in society through various strategies. The Organization directly implement developmental, educational, health, nutrition, food security and advocacy activities in order to improve the living standards of the poor especially those in rural areas focusing a Child and Youth Development.

**10.2.1. Vision:**

Mphatso Development Foundation envision a transformed community with no poverty and illiteracy free amongst the less privileged in society

**10.2.2. Mission:**

To help the most rural communities eradicate poverty and ensure an educated self-reliant community with food and income secure household in an HIV and AIDS free environment

**11. Organization Capacity/ Expertise**

The organization has a vast experience in undertaking developmental issues. This is the reason why the organization has gained good reputation from various funding partners as shown by the number of donors that the organization is in partnership with. Members of staffs are dedicated people that are directly working with the people in community and have undertaken various development activities together with members of the communities where the organization is carrying out its activities. Mphatso Foundation is also a member of District Epidemic and control committee which sit every Thursday every week and that we have been able to organize and mobilize human resources by recruiting more than 150 Community based Volunteers among them we have SMAGs, CHWs, Community Change Champions and other CBVs, we are capable of organizing ourselves into a vehicle to help sensitize and mitigate COVID 19 pandemic.

1**2. Organization Management**

Overall project management will be provided by the Director with only agreed cost charged to this project throughout the implementation; support provided will include overall implementation, support to design of activity implementation plans, financial management (in and out flows), timely accountability and enforcing adherence to the existing organizational policies including external coordination with stakeholders and donor reporting.

The Finance Officer will also contribute to office running costs such as daily costs (electricity, water, garbage collection etc.), office supplies and procurement of requisites etc.