

PROJECT PROPOSAL

**Sanitary Towels Project for Girls in Day Secondary Schools and Junior Secondary
Schools**

Mbeere North Constituency

Targeted Beneficiaries: 8500 Girls

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Proposal for Sanitary Towels Project

A Project to Provide Sanitary Towels Female Day Secondary School Students in Mbeere North Constituency under the Imarisha Elimu Programme

Imarisha Elimu Programme, Office of Member of Parliament, Mbeere North Constituency

Mbeere North Constituency, Embu County, Kenya

Brief Overview of Project

Menstrual hygiene remains a huge challenge among girls living and studying in rural and marginalized settings. One of the biggest concerns for Day Secondary School girls is absenteeism during their menstruation and this negatively impacts their academic performance and retention in school. Many schools have insufficient numbers of latrines, which are often poorly designed and maintained to provide girls with healthy environment for girls' sanitation. For girls who are menstruating, these problems compound the difficulties posed by the inability to afford sanitary towels as well as cultural taboos around menstruation. As a result, many girls miss school on average four days of school every month which is over a month in a year, meaning they fall behind in class and sometimes even drop out of school altogether. This is an added challenge to the already existing problems that lead to the high dropout rate of female students in day secondary schools in Mbeere North.

The Imarisha Elimu Programme under the Office of Member of Parliament for Mbeere North Constituency is searching for partners to provide sanitary pads to female students in Day Secondary Schools across the Constituency. The Constituency Office will distribute the reusable pads to approximately 5,500 girls in Day Secondary schools, encompassing girls from form one to form four on a termly basis. Under the Imarisha Elimu Programme, the Constituency Office will organize trainings and question-and-answer sessions to give girls a forum to discuss menstrual hygiene and related issues along with female teachers in conjunction with volunteer university students pursuing nursing, medicine and other medical related courses. This project will be on-going and is envisioned to address comprehensive menstrual health and sanitation of all girls in Day Secondary Schools in Mbeere North.

Overview of Imarisha Elimu Programme

Imarisha Elimu Programme is a comprehensive programme that aims to address all the infrastructural and structural issues affecting the education sector in Mbeere North to raise a generation of young people and professionals that are holistically prepared to build a socioeconomically empowered community for sustainable development in Mbeere North, Kenya and beyond.

Imarisha Elimu Programme was initiated in 2023 following multiple public participation forums across the Constituency, from which findings revealed persistent deficiencies in the education sector that led to more than 50% of secondary school students failing to transition to tertiary education institutions due to terribly poor performance in their final exams.

With a vision to holistically develop professionals that will become changemakers, community socioeconomic investors and drivers of sustainable development within Mbeere North and beyond, the Imarisha Elimu Programme targets to provide quality learning spaces for young people to achieve their career and professional goals.

Imarisha Elimu Programme offers a broad range of infrastructural, social, and educational programs and activities designed to advance the Imarisha Elimu Programme's ultimate goal of raising a generation of professionals holistically prepared to build a socioeconomically empowered community for sustainable development.

The sanitary towels project targets school-going girls from disadvantaged social and economic backgrounds in their puberty and most of whom in Mbeere North go to Day Secondary Schools.

Mbeere North Constituency: A Sanitary Towels Project for Girls in Day Secondary Schools

Target Population

Mbeere North is one of the four constituencies in Embu County. It is also one of the two arid and semi-arid constituencies in Embu County and the most arid between the two. The Imarisha Elimu Programme under the office of the Member of Parliament for Mbeere North Constituency aims to provide sanitary pads to the female students in the day secondary schools of Mbeere North Constituency as its first phase of the project. The project plans to address 10,000 girls in these schools and the project budget is estimated at Ksh.60 for each girl per term (Ksh.180 per year) coming to a total of Ksh.990,000 per year.

Project Objectives and Methods

The project aims to purchase sanitary pads that are produced in Kenya for all female Day Secondary School students in Mbeere North. These sanitary pads are made from natural and chemical free materials. We will supply a pack that containing 8 pads per girl per term.

Thus, the Office of Member of Parliament will partner with willing organizations and individuals to purchase the necessary sanitary pads for the girls. In order to raise the funding for the project the Office will approach menstrual health and sanitation organizations, non-government organizations supporting education programs, the Ministries of Education and Health and other stakeholders to collaborate and raise funds for the crucial project. Furthermore, Office will approach individual donors to support the program.

The Constituency Office will distribute all pads to day secondary schools in Mbeere North. Selected members of staff from the Constituency Office in collaboration with the Sub County Ministry of Education officers will deliver the pads to the girls at each school. These members will meet with the principal of each school and together with school staff will distribute the pads.

Through the Imarisha Elimu Programme, the Office of the Member of Parliament will organise training and question-and-answer sessions in each of the schools at the start of the project. At the start of the project, female teachers and nursing volunteers will hold a meeting together and then a forum with female students to discuss the sanitary pads and concurrent problems encountered by girls in the schools. The Office of the Member of Parliament will build a relationship with the female teachers and nursing volunteers over the course of the project and involve them in organizing the trainings. The Office will also follow-up on the girls and involve their parents.

The schools will help the girls to have a club of their own, a dream club, where they can address menstrual health and also develop self confidence among their peers. We expect that this will provide them a platform to shape their future and be a support group to discuss matters freely.

Long-term Goals:

The objectives above will, in the long-term, aim at achieving the following main goals:

Goal 1: Girls will not have to miss school simply because they are menstruating.

Goal 2: Girls will know that they can discuss problems connected to menstruation with health extension workers, other healthcare professionals who may be available, as well as teachers – male or female.

Goal 3: The project and other Imarisha Elimu Programme initiatives will cumulatively improve students' performance and increase to transition to tertiary level education for more professionals in the community.

Project Timeline

The project will commence on May 2024 and the delivery of the sanitary pads will be ongoing in subsequent years. Female students in the day secondary schools of Mbeere North will at the time be provided with sanitary pads for a year as a pilot and will continue in subsequent years based on assessment of the impact of the project.

At the same time, the Sub County Ministry of Education, the Office of the Member of Parliament along with female teachers and nursing volunteers will facilitate a training and question-and-answer session for female students.

The Office of the Member of Parliament project team responsible for project monitoring and evaluation will visit the schools again in three months' time, ensuring that the project is running smoothly and also to get feedback from the girls as well as the teachers and parents on the sanitary towels.

During the first year, this project will be in a pilot stage. The key to making it sustainable is having a strong relationship with the schools - especially the principals, the schools board of management, the staff especially female teachers, and nursing volunteers. Besides we will create a good contact with organizations that currently work on water, hygiene and sanitation in the area. Many schools have poorly sited and maintained latrines which along with cultural taboos surrounding menstruation, make it very difficult for girls to consistently attend schools. Supplying sanitary towels for a year is not going to have much of an impact unless it is paired with work to improve the broader sanitation issues at schools.

Method of Evaluation

The evaluation will use interviews with officials at the schools involved as well as teachers, with a special focus on female teachers. In addition, we will hold interviews and focus group discussions with female students. Due to the nature of the issues involved, all evaluation involving interviews with women and girls in the school will be carried out by female representatives of the Office of the Member of Parliament along with local nursing volunteers.

This part of the evaluation will be carried out at the start of the project and every three months. The female teachers and nursing volunteers will also be encouraged to keep track of the progress of the project as the year progresses.

Summative Evaluation:

The summative evaluation will follow a similar process as the formative evaluation but will be held at the conclusion of the first year.

Below is the budget breakdown per term and the total estimated annual budget for the sanitary pads project for girls in day secondary schools and junior secondary schools in Mbeere North Constituency.

SANITARY PADS PROJECT BUDGET

ITEM	DESCRIPTION	QUANTITY	TOTAL AMOUNT (KSH)	TOTAL AMOUNT (USD)
TERM 1				
Sanitary Pads	One pack of sanitary pads per girl per term (Ksh. 70 per pack)	5500 Girls in Day Secondary Schools	385,000	2,940
Sanitary Pads	One pack of sanitary pads per girl per term	3000 Girls in Junior Secondary School	210,000	1,605
Menstrual health training	One training session per school per year involving two facilitators (medical health final year students). Ksh. 10,000 cost of facilitating one session.	8500 Girls in 44 Day Secondary Schools and 65 Junior Secondary Schools (109 schools)	1,090,000	8,320
Transportation	Delivering sanitary pads to schools and facilitating movement of facilitators	8500 packs of sanitary pads and movement of two facilitators to each of the 109 schools	218,000	1,665
TOTAL BUDGET FOR TERM 1 (KSH USD)			1,903,000	14,530
TERM 2				
Sanitary Pads	One pack of sanitary pads per girl per term (Ksh. 70 per pack)	5500 Girls in Day Secondary Schools	385,000	2,940
Sanitary Pads	One pack of sanitary pads per girl per term	3000 Girls in Junior Secondary School	210,000	1,605
Transportation	Delivering sanitary pads to schools and facilitating movement of facilitators	8500 packs of sanitary pads and movement of two facilitators to each of the 109 schools	218,000	1,665
TOTAL BUDGET FOR TERM 2 (KSH USD)			813,000	6,210

TERM 3				
Sanitary Pads	One pack of sanitary pads per girl per term (Ksh. 70 per pack)	5500 Girls in Day Secondary Schools	385,000	2,940
Sanitary Pads	One pack of sanitary pads per girl per term	3000 Girls in Junior Secondary Schools	210,000	1,605
Transportation	Delivering sanitary pads to schools and facilitating movement of facilitators	8500 packs of sanitary pads and movement of two facilitators to each of the 109 schools	218,000	1,665
TOTAL BUDGET FOR TERM 3			813,000	6,210
TOTAL ANNUAL BUDGET (KSH USD)			3,529,000	26,950

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