

# CASE STUDY TEMPLATE

## What is a case study?

A case study is an individual's story. It tells the reader how Save the Children's work has made a difference in the life of a child or his or her family.

### I. Background: Please provide basic information about the interviewee(s).

Name(s), gender, age:	<b>Kalkidan Elias</b> , Female, 16 and her fellow club members 1. Abreham Admasu, 15, male is in grade 8 <sup>th</sup> 2. Shimelis Tesfaye, 14, male is in grade 7 <sup>th</sup> 3. Eden Tesfaye, 15, female is in grade 9 <sup>th</sup>
Location – village/town, district/province and country:	Wosha Full Cycle Elementary School, Wondogenet district of SNNPRs (Southern Nations, Nationalities and Peoples Regional State)
Keywords – themes:	[School health and nutrition club]

### 2. Summary: Please describe the interviewee's day-to-day life and environment.

Kalkidan, 16, is a student in eighth grade at Wosha Full Cycle Elementary School in Wondogenet district of the SNNPRs, Ethiopia. Kalkidan is a member of the school Health and Nutrition Club. This is a small group of students who work together to deliver tailored educational messages on health and nutrition to their fellow students through drama, songs and practical cooking lessons. The club members received training on homestead gardening and how to disseminate key messages on health and nutrition, that gave them the necessary skills to facilitate educational sessions to their peers.

Save the Children through its ENGINE project has been running a school health and nutrition programme in the target schools through the establishment and support of health and nutrition clubs which is facilitated by students in the school. So far the project reached more than 95,000 children in 38 primary schools throughout the Region.

### 3. The story: Interviewee's story in his or her own words. Please use exact words with direct quotes.

My name is Kalkidan, I'm 16 years old. I'm a student in 8<sup>th</sup> grade here at Wosha Elementary School in the SNNPRs of Ethiopia. I've been a member of the school Health and Nutrition Club since 2013.

As members of the school Health and Nutrition Club, together with my club members we prepare messages in the form of literatures (short stories and poems), songs and dramas. In this way, we support our fellow students understand the importance that nutrition has to a

healthy development of children as well as adults. This time we see a lot of changes in our school and in the community in terms of health and nutrition.

Last year, Save the Children ENGINE programme supplied the school with an improved vegetable seed that enabled us to prepare homestead gardening in the school compound and we were able to grow beetroot, cabbage, Swiss chard, and carrots.

We also sensitize the community during the parent's day and at public gatherings about the importance of vegetables and fruits to the healthy development of children and adults. Last year with the support of the health extension worker here in our village, we organized a cooking demonstration session where many mothers attended the class. In doing so we were able to help mothers improve their knowledge and awareness on how to prepare nutrition rich diets to their young kids and fir themselves.

We also use the school mini media to disseminate key messages on health and nutrition to school children. Through the mini media we were able to reach many students in the school and enabled them to actively participate and contribute for the programme through questions and answer sessions.

Alongside with the homestead gardening we're preparing compost from the plant leafs and other waste materials. We will use it for the next planting. We were also planning to use the income we generated from last year harvest to buy vegetable and fruit seeds. Now we're able to grow in our school garden, varieties of vegetables which we use to demonstrate to the local community. Compared to previous times there are a lot of changes that we observe in the communities attitude towards nutrition and health and we hope to see more changes in the future.

#### 4. Wider context

##### 4.1 Program summary and background information.

Save the Children's Empowering New Generations to Improve Nutrition and Economic Opportunities (ENGINE) project aims to improve the nutrition and health status of Ethiopian women and children under five years old. This is being done through innovative programs such as homestead gardens (providing seeds, tools and knowledge), cooking classes, and raising awareness of breastfeeding and young child feeding practices. Evidence shows that feeding infants and young children well could prevent over 20% of the deaths of children under five. We know that schools have a vital role to play in promoting good maternal and child nutrition, through dissemination of key messages to their parents if they are provided with the right information and education through school health and nutrition clubs. Through this program we're training club members to provide their peers with nutrition, homestead gardening and health advice.

The program targets 3.1 million children under five, 500,000 pregnant and lactating women, 3.2 million women of reproductive age and 2.7 million households across 100 Woredas (districts). In Wosha school of Wondogenet Woreda ENGINE through its school health and nutrition project reaches 3,000 school children.

4.2 Follow-up: Is the individual in the beginning, middle or end of an activity/program with Save the Children?

If he or she is still taking part in an activity/program in the future please explain when a follow-up story could be planned i.e.: six months, one year later etc.

Is this a follow-up from an earlier case study? If so, please add a link to the earlier case study.

No it is not a follow up story.

4.3 Family, community leader, health worker, teacher, partner etc. quotes. Please ensure that you have the correct names, (job) title and organisation for each person quoted.

4.4 Expert quotes. Please ensure that you have the correct names, (job) title and organisation for each person quoted. This is optional as experts may not always be available.

N/A

5. Theory of Change: How we work to create impact for children (not mandatory for humanitarian)

The Save the Children Theory of Change shows how we achieve change for children: striving to create impact for children by being innovative, by acting as the voice for and of children, and by achieving results at scale.

5.1 Overall impact: Please explain how Save the Children addressed the challenges/problem and describe the results.

5.2 Innovation: Does this story include a new solution to address an unmet need of children? Please explain the new processes, products, services, methods of delivery. Only write something if there is a specific example of innovation.

5.3 Voice: Please describe if you have been able to advocate for better practices and policies or ensure children's voices are heard.

5.4 Partnerships: Please describe if you have been able to cooperate with or build partnerships through this program.

5.5 Results at scale: Please describe if program achievements are occurring beyond a local level at a larger scale. Only write something if there is a specific example of results at scale.

6. Child protection and consent issues

6.1 Please confirm that you have followed Save the Children child protection policies and have completed full consent forms for the child and/or family, and every individual you have quoted and photographed.

Tick box to confirm:



6.2 Protection notes: If you have changed the name of an interviewee or have changed information that could lead to their identification for protection reasons, please outline the reasons.

N/A

#### 7. Case study reference information

Interviewer:	Seifu Assegid and Thomas Lulseged
Photographer:	Seifu Assegid
Humanitarian response code (if applicable)	N/A
Approved for use by: Approval for use is given by the Country Office.	
Date:	February, 2015
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