

Here's a structured training program designed to equip the cohort with the necessary understanding of **Community Health and First Aid Training** in educational settings, ensuring they are prepared to deliver a compelling presentation to the Community of Practice (COP).

Training Program: Community Health and First Aid Training in Educational Settings

Learning Objectives

1. Understand the principles of community health and the importance of first aid in educational settings.
 2. Learn how to integrate health education and first aid training into classroom activities.
 3. Build skills to respond to health emergencies in schools effectively and confidently.
 4. Prepare participants to deliver an informed, culturally sensitive, and engaging presentation to the COP.
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Program Structure

1. Digital Learning Coursework (2 Hours)

Purpose: Provide foundational knowledge of community health principles and basic first aid practices.

Mode: Self-paced online modules with interactive components.

Content:

- **Module 1: Understanding Community Health in Schools**
 - The role of schools in promoting health and well-being.
 - Overview of common health challenges in Caribbean school environments.
 - Strategies to foster a healthy school environment (e.g., hygiene, nutrition, mental health).
- **Module 2: Basics of First Aid in Educational Settings**
 - Principles of first aid and emergency response.
 - Handling common school-related injuries (e.g., cuts, burns, fractures).
 - Recognizing and responding to medical emergencies (e.g., asthma attacks, seizures, fainting).
- **Module 3: Integrating Health and First Aid Training into the Classroom**
 - Teaching students basic health practices and first aid skills.

- Developing health awareness campaigns within schools.
 - **Interactive Assessments:** Case studies, short quizzes, and reflection prompts.
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2. In-Person Participant Meeting (3 Hours)

Purpose: Facilitate collaboration, group discussion, and practice core concepts in a guided setting.

Structure:

- **Introduction (30 minutes):**
 - Icebreaker activity: Share personal experiences with health and first aid training.
 - Group reflection on insights gained from digital coursework.
 - **Workshop 1: Building a Community Health Framework (1 hour)**
 - In small groups, participants develop a basic health action plan tailored for schools.
 - Each group presents their plan and receives feedback from peers and facilitators.
 - **Workshop 2: Practical First Aid Techniques (1 hour)**
 - Facilitator-led demonstrations of key first aid techniques (e.g., CPR, wound care, choking rescue).
 - Participants practice techniques in pairs or small groups with feedback.
 - **Debrief & Next Steps (30 minutes):**
 - Discuss how to apply learned concepts in hands-on activities.
 - Outline expectations for the presentation to the COP.
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3. Hands-On Practical Application (3 Hours)

Purpose: Allow participants to apply their knowledge in simulated classroom and community settings.

Structure:

- **Setup (30 minutes):**
 - Create a simulated school environment with realistic scenarios.
 - Assign roles (teacher, students, observer, facilitator).
- **Practice (2 hours):**
 - Scenario 1: Delivering a lesson on hygiene and basic first aid.
 - Scenario 2: Responding to a simulated health emergency (e.g., asthma attack or playground injury).
 - Scenario 3: Organizing a mini health awareness campaign for students and staff.
- **Feedback Session (30 minutes):**
 - Observers provide constructive feedback on the execution of activities.

- Participants reflect on strengths and areas for improvement.
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Additional Resources

- Digital handbook on basic first aid and community health principles.
 - Videos demonstrating first aid techniques.
 - Templates for health action plans and classroom activities.
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Outcome

By the end of the training, participants will:

1. Possess a solid understanding of community health and first aid training in the classroom.
2. Be capable of integrating health education into their teaching practices.
3. Have practical experience responding to health emergencies in school settings.
4. Be well-prepared to deliver a dynamic and informative presentation to the COP.