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The Head teacher

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5th Nov 2010

Dear Sir/Madam

RE: A 5-day Residential WSWM Student Peer Educator Training Workshop to be held (Mon 6th Dec 2010 – Frid 10th Dec 2010) at Gayaza High School

The World Starts With Me (WSWM) is a sexual reproductive health and rights program implemented by SchoolNet Uganda in partnership with the World Population Foundation and the Ministry of Education & Sports currently in 150 secondary schools across the country.

This letter serves to request your school to send a student from your school to be trained as a WSWM Student Peer Educator at the WSWM student camp to be held **(Mon 6th Dec – Frid 10th Dec) 2010 at Gayaza High School.**

Your school is responsible for setting the selection criteria for the student to represent the school but the criteria should include among other things, ***a student who has a passion for WSWM, knowledgeable about the WSWM curriculum, has good interpersonal and communication skills, practices what WSWM stands for, well behaved, trainable and good at mobilizing other students.***

The trained WSWM Student Peer Educator (SPE) will be responsible for mobilizing students for WSWM activities and lessons, assisting the WSWM teachers in conducting some of the WSWM lessons under the teachers' guidance and for mobilizing students to produce artifacts (e.g. poems, skits, and Art pieces) for communicating SRHR messages to other students in a youth friendly way at school assemblies and at the WSWM exhibition – Lesson 14.

You are advised to send a student who will be in school at least two more years.

WSWM Student Peer Educators' Training Workshop objectives:

The training of the WSWM Student Peer Educators (SPE) will be conducted in such a way as to achieve the following objectives:

1. To provide the WSWM students from different schools across the country an opportunity to interact both formally and informally for the purpose of networking and knowledge sharing.
2. To provide WSWM students an opportunity to brainstorm some of the SRHR faced by the youth in schools and out of schools, share possible consequences and possible solutions to the SRHR issues with purpose of building their capacity to avoid risk behavior and situations, make independent but informed healthy decisions about their lives.
3. To provide students with an in-depth knowledge of some of the Sexual Reproductive Health and Rights (SRHR) issues covered within the WSWM curriculum in particular Lesson 6: "Fight for your Rights" , Lesson 7: "Sexuality and Love", Lesson 8: "Pregnancy for Girls and Boys too", Lesson 9: "Protect yourself against STIs and HIV/AIDS", Lesson 10: "HIV/AIDS you have a Role to Play" ,Lesson 12: "My Future Dreams" and Lesson 14" "The Exhibition".
4. To clarify some of the myths and misconceptions regarding youth Sexual Reproductive Health particularly with regard to pregnancy, STI and HIV/AIDS prevention.
5. To develop and enhance students' ICT skills and capacity to use Internet as a learning resource and a resource for health information.
6. To introduce the WSWM student peer educators to the WSWM online support centre (<http://www.schoolnetuganda.sc.ug/wswmonlinesupport/>).
7. To build students' knowledge and skills in communication, public speech, script writing, skit acting, video filming and editing.
8. To involve students in developing and producing multimedia youth friendly Sexual Reproductive Health and Rights (SRHR) materials.
9. To provide career guidance to the students and build their self-esteem through the use of role models and inspirational talk by young people.
10. To get students' suggestions and ideas of how to improve the WSWM program in schools both quantitatively and qualitatively.
11. To create a national network of WSWM students who will continue collaborating using ICT even after the camp.
12. To collect WSWM student voices and testimonies.

Workshop Logistics

1. The school will be responsible for the transportation of the student representing the school to and from Gayaza High School (the training venue). SchoolNet Uganda has no budget for transport refund for the students. Schools should

ensure that students don't get stranded at the training venue like what happened to some students at the 2008 WSWM student camp.

2. SchoolNet Uganda and WPF will be responsible for accommodation, feeding, and training costs (materials and trainers) for one student from each of the invited schools listed below. The invited schools are those which were not given a chance to train WSWM Student Peer Educators in 2009.
3. In case, an invited school wants to send more than one student for training, the school will have to meet the cost of accommodation and feeding of each extra student in addition to transporting the student to and from the workshop. The unit cost of training a Student Peer Educator for all the days of the workshop is 300,000/= (three hundred thousand shillings) of which accommodation and meals take 125,000/= (One hundred and twenty-five thousand shillings). Each extra student will therefore be expected to report with 125,000/= (One hundred and twenty-five Uganda Shillings) for accommodation and meals.
4. In case, a school not listed below but has a WSWM club and wants to send a student to be trained as a WSWM Student Peer Educator, the school will have to meet the cost of accommodation and feeding in addition to transporting the student(s) to and from the workshop.
Each student from those schools not listed below will therefore be expected to report with 125,000/= (One hundred and twenty-five Uganda Shillings) for accommodation and meals.
5. Students will report to Gayaza High School on the **afternoon of Sun 5th Dec 2010** before 4:00 PM with **personal effects (blanket, bed sheets, towel, soap, mosquito net, sponge, tooth brush, tooth paste etc)** and will depart on the **morning of Sat 11th Dec 2010**. **A mosquito net is quite essential because Gayaza High School has a large number of mosquitoes.**

Gayaza High is located 16 km (10 miles) from Kampala, 1km from Gayaza Trading Centre. Taxis from Kampala to Gayaza Trading Centre are available at both the Old Taxi Park and the New Taxi Park at either 1,500/= or 2,000/=

List of invited schools

No.	School	No.	School
1.	Arua Public Girls SS (Arua)	2.	Arua Town College Girls SS (Arua)
3.	Amuria Secondary School (Amuria)	4.	Pope Paul VI Anaka (Amuru)
5.	St. Mary's College Lacor (Amuru)	6.	Banda Secondary School (Bugiri)
7.	Masheruka Girls SS (Bushenyi)	8.	Alliance High School (Gulu)
9.	Gulu College (Gulu)	10.	Trinity College Gulu (Gulu),

11.	St. John Buwaya SS (Iganga)	12.	Nakanyonyi Girls SS (Jinja)
13.	Busedde College (Jinja)	14.	St. Thomas SS, Kashaki (Kabale),
15.	St. John SS Ikumba (Kabale)	16.	Sselwanga Lwanga SSS (Kalangala),
17.	Bishop Dunstan Nsubuga Memorial SS (Kalangala)	18.	Angel High School (Kampala)
19.	Namirembe Hillside High School	20.	Emma High School (Kampala)
21.	Muyenga High School (Kampala)	22.	Trinity High School (Kawempe)
23.	Karambi SS (Kasese)	24.	High Standard Christian SS Kateera (Kiboga)
25.	Kitgum Comprehensive Girls SS (Kitgum)	26.	Central Secondary School (Lira),
27.	Aloi Secondary School (Lira),	28.	Holy Family Kyamuliibwa SS (Masaka)
29.	St. Herman SS, Kaliisizo (Masaka)	30.	Kako Secondary School (Masaka),
31.	Masindi S S (Masindi),	32.	Kibibi Standard School (Mpigi)
33.	Gombe Community Polytechnic (Mpigi)	34.	St. Lwanga Vocational and SSS (Mukono)
35.	St. Balikuddembe SSS Kisoga (Mukono)	36.	Springfield College Nakifuma (Mukono),
37.	Lweru Sec. School (Mukono),	38.	Namaalu SS (Nakapiripirit),
39.	St. Steven Secondary School (Soroti)	40.	Orungo High School (Soroti),
41.	Rock High School (Tororo)	42.	Trinity College Nabbingo (Wakiso)
43.	St. Bernadette SS Kyengerera (Wakiso)	44.	Nkoowe High School (Wakiso)
45.	Buwule Memorial High (Wakiso)	46.	St. Elizabeth SS Nkoowe (Wakiso)
47.	St. Kizito High School Kireka (Wakiso)	48.	Kireka High School (Wakiso)
49.	Yumbe Secondary School (Yumbe)	50.	Aringa Secondary School (Yumbe).
51.	Kings College Budo	52.	Lubiri Secondary School (Kampala)
53.	Muni Girls School (Arua)	54.	Bugongi Secondary School (Bushenyi)
55.	Mt. Rwenzori Girls SS		

Kindly confirm your participation with Allen Nansubuga by sending an SMS or calling 0772-362373 or send an email to alnansubuga@yahoo.com or with Daniel Kakinda by sending an SMS or calling 0772-820167 or send an email to dkakinda@yahoo.com

A detail tentative workshop programme is appended to this invitation.

Sincerely Yours,

Kakinda Daniel.
Training Director, SchoolNet Uganda

WSWM STUDENT PEER EDUCATOR WORKSHOP -TENTATIVE PROGRAMME

REPORTING DAY – SUN 5 TH DEC 2010		
TIME	ACTIVITY	BY WHOM
2:30-4:30 PM	<ul style="list-style-type: none"> • Dormitory registration and receiving mattresses. • Housekeeping issues (accommodation, meals, etc.) 	Gayaza High School
4:30-5:00PM	EVENING TEA	
5:00 -6:30PM	Hands-On Activity: ICT Training in the Computer lab <ul style="list-style-type: none"> - Acquiring email addresses 	Chole R. Namazzi V.
7:00-8:00PM	SUPPER	
8:00-10:00PM	Hands-On Activity <ul style="list-style-type: none"> - Acquiring email addresses - Using email as a communication tool - Using Internet for research 	Chole R. Namazzi V.
END OF REPORTING DAY		
DAY 1 – MONDAY 6 TH DEC 2010		
8:00 – 10:00 AM	Camp opening: Introductions of facilitators and participants: <ul style="list-style-type: none"> - Participants name, school, expectations and concerns. - Setting ground rules - Selection of helping hands 	Chole R
10:00-10:40AM	Discussion & Presentation: What to expect during the week <ul style="list-style-type: none"> - Reactions to participants' expectations and concerns. - Workshop objectives and programme - Training Methodology- Experiential learning 	Kakinda Daniel
10:40-11:00AM	HEALTH BREAK & BREAK TEA	
11:00 AM- 1:00 PM	Minds-On Activity: Brainstorming Sexual Reproductive Health and Rights (SRHR) challenges faced by young people. <ul style="list-style-type: none"> - Relevancy of WSWM in addressing these challenges. - Coping with these SRHR issues as peer educators. - Need to refer to youth friendly services. 	Alex Okwaput
1:00 -2:00PM	LUNCH	
	Presentation & Minds-On Activity: Skit Production <ul style="list-style-type: none"> - What is a skit and how to come up with a skit story? - Plotting a skit story. - Dramatic techniques, style and language - Scripting a skit - Roles and responsibilities in skit production. - Possible challenges and resolving them. 	Ssebunya C Ntambi A.
4:00-4:20 PM	HEALTH BREAK & EVENING TEA	

4:20 -5:30 PM	Review of the skits, poems, art pieces and speeches made by participants of the 2009 National WSWM Student Peer Educators Camps	Kakinda Daniel
5:30- 7:00 PM	FREE TIME	
7:00 -8:00 PM	SUPPER	
8:00-10:00PM	Private work: Using the Internet for research	Chole R. Namazzi V.
END OF DAY 1		
DAY 2 – TUESDAY 7TH DEC 2010		
8:00-8:30 AM	Presentations: Speeches by participants (3 min each) on any of the SRHR challenges	Participants
8:30 – 10:40AM	Brainstorming: Minds-On Activity- Sexuality and Love <ul style="list-style-type: none"> - Learning own sexuality. - The progressive steps of intimacy. - The physical, intellectual, social and spiritual risks of sexual activity. - Practical steps for forming healthy (physical & emotional) boundaries and respectful healthy relationships. - Ways to say “NO” to sexual activity. - Skills of abstinence and how to return to abstinence once sexually active. 	Alex Okwaput
10:40-11:00AM	HEALTH BREAK & BREAK TEA	
11:00 AM – 1:00 PM	Brainstorming: Minds-On Activity –Developing communication skills for Peer Educators on SRHR issues. <ul style="list-style-type: none"> - Likes and dislikes of young people - Social characteristics of young people - Issues to consider when communicating to young people. - Important components of good public speaking 	Lukwago Kenneth
1:00 -2:00PM	LUNCH	
2:00- 4:20 PM	Hands-on Activity: Skit stories <ul style="list-style-type: none"> - SRHR themes for the skits - Formation of student groups to come up with stories - Skit plotting and writing 15 min scripts for the skits. - Assigning roles and responsibilities within the groups 	Participants
4:20 -4:40 PM	HEALTH BREAK & EVENING TEA	
4:40 -5:40 PM	Inspirational talks by Young people	SNU Alumni
5:40 -7:00 PM	FREE TIME	
7:00 -8:00PM	SUPPER	
8:00 -10:00PM	Video play: Teenage Pregnancy	Chole R. Namazzi V.

END OF DAY 2		
DAY 3 – WED 8 TH DEC 2010		
8:00-8:30 AM	Presentations: Speeches by participants (3 min each) on any of the SRHR challenges	Participants
8:30-9:00 AM	Recap of Day 2 activities and discussion of key learning points from day two activities.	Kakinda Daniel
9:00 – 10:40 AM	<p>Presentation - Student Peer Educators.</p> <ul style="list-style-type: none"> • Who is a Peer? • What is SRHR Student Peer Education? • Why student peer education? • Challenges faced by Student Peer Educators (SPE) • SRHR education needed by young people. • Desirable qualities of a WSWM student peer educator • Roles, responsibilities and boundaries of a school-based WSWM student peer educator (SPE) 	Kakinda Daniel
10:40-11:00AM	HEALTH BREAK & BREAK TEA	
11:00 AM- 12:00 Noon	<p>Presentation & Minds-On Activity- Pregnancy</p> <ul style="list-style-type: none"> - Menstruation cycle - How pregnancy occurs and signs of pregnancy - Pregnancy test - Myths about pregnancy - Contraceptives - Health and social consequences of unwanted teen pregnancy 	Winnifred Akeso
12:00-12:20PM	Video – The Silent Epidemic	Daniel Kakinda
12:20 -1:00 PM	<p>Presentation & Brainstorming: Sexually Transmitted Infections (STIs)</p> <ul style="list-style-type: none"> - Common STIs, their method of transmission, signs and symptoms. - Prevention and treatment - Health complications when not treated early 	Winnifred Akeso
1:00 -2:00PM	LUNCH	
2:00 – 4:20 PM	Hands-On Activity	
	Group 1: Rehearsing and Acting before camera	Ssebunya & Ntambi Abbey
	Group 2: Speeches & Poems	Lukwago Kenneth
	Group 3: Art works (Paper or Computer based)	Elizabeth
4:20 - 4:40 PM	HEALTH BREAK & EVENING TEA	
4:40 – 5:40 PM	Virtual Presentation: Introduction to International Collaboration through the iEARN Collaborative Centre	Allan Kakinda
5:40 -7:00 PM	FREE TIME	
7:00 -8:00 PM	SUPPER	

8:00 -10:00 PM	Private work: Using Internet for International Collaboration	Chole R. Namazzi V.
END OF DAY 3		
DAY 4 – THUR 9TH DEC 2010		
8:00-9:00 AM	Personal Testimonies: The Impact of the WSWM on my life or What I have benefited from participating in the WSWM	Participants
9:00 -9:40 AM	Presentation: Introduction to the WSWM Online Support Centre (http://schoolnetuganda.sc.ug/wswmonlinesupport/)	Kakinda Daniel
9:40 -10:40 AM	Hands-On Activity: Exploring the WSWM Online Support Centre & Submitting SRHR Questions	Participants
10:40-11:00 AM	HEALTH BREAK & BREAK TEA	
11:00AM-12:20 PM	Minds-On Activity: Reviewing filmed footage of skits - Discussing strengths and weaknesses. - Improving the skits	Ssebunya Chris & Ntambi Abbey
12:20-1:00PM	Presentation: Drawing a story board	Kasendwa R.
1:00-2:00PM	LUNCH	
2:00 -6:00PM	Hands-On Activity	
	Group 1: Rehearsing Skits	Ssebunya & Ntambi
	Group 2: Filming the speeches & poems	Chole R.
	Group 3: Filming the Art pieces	Kasendwa R.
6:00 -7:00PM	FREE TIME	
7:00 -8:00PM	SUPPER	
8:00 -10:00PM	Private work: Using the Internet for Educational Research	Chole R. Namazzi V
END OF DAY 4		
DAY 5- FRID 10TH DEC 2010		
8:00 -8:40 AM	Hands-On Activity : The WSWM Online Support Centre	Chole R. Namazzi V
8:40 -9:30 AM	Presentation & Brainstorming: The role of the Alumni WSWM Students in promoting WSWM (advocacy & marketing)	Namazzi Vivian
9:30–10:40AM	Presentation & Sharing: Self-discovery, life coping skills & my future dreams	Alex Okwaput
10:40 -11:00AM	HEALTH BREAK & BREAK TEA	
11:00 -12:30	Presentation & Brainstorming: Lesson 14: Sharing best & worst practices at the WSWM Exhibitions	Kakinda Daniel
12:30 -1:00PM	Suggestions from Student Peer Educators of how to improve WSWM implementation & Workshop Evaluation	Daniel Kakinda
1:00-2:00PM	LUNCH	
2:00-6:00PM	Skit filming	Chole & Kasendwa
6:00 -8:00 PM	Closing Ceremony - Viewing of filmed skits	Alex Okwaput

	<ul style="list-style-type: none"> - Closing remarks - Award of certificates 	Daniel Kakinda
8:00 -9:00 PM	SUPPER	
	END OF DAY 5	
	DEPARTURE DATE – SAT 11TH DEC 2010	
6:00-7:00 AM	Clearing from the hostels & returning the mattresses	Participants
7:00 -8:00 AM	BREAK FAST	
8:00 AM+	DEPARTURE	
	END OF WSWM STUDENT PEER EDUCATOR WORKSHOP	