

The Lagos State Government through Health District III, during the Quarterly School Health Programme has reaffirmed its dedication to aiding the growth of every student into healthy, successful adults who will be sources of pride to the state and nation at large.

The Permanent Secretary, Health District III, Dr. Monsurat Adeleke, spoke at the program which was held at Falomo High School, Falomo, Ikoyi, and stated that the government is determined to continually detect health issues early and help students with the maintainànce of their health to enable their best academic performances.

According to her, students health is equally important as important as their education, therefore, the quarterly free healthcare programme is for all schools to promote healthy living.

“This outreach is not just about checking their eyes, teeth, or general health. It is about helping all students stay healthy so they can chase their dreams,” she said.

She noted that it is not vaccination and that teachers also benefit, as a healthy population builds a healthy nation. Discouraging the students from drug abuse, she urged them to always speak to their parents, teachers, guidance counsellors, or healthcare workers when they face challenges.

She also pointed out healthy living tips for the students, including eating healthy foods, fruits, and vegetables; drinking enough water; getting enough sleep. brushing teeth twice daily and staying active.

Dr. Adeleke encouraged them to be cooperative with healthcare workers, ask questions, and listen to advice during the health screening, adding that living a healthy lifestyle starts with them.

The Principal of Falomo Senior High School, Mr. Paul Omo-Aibangbee, addressed the program by expressing appreciation to the government for providing free healthcare because some students have dental and sight challenges.

He took the opportunity to appeal to parents to encourage their children to take advantage of such free healthcare services for their well-being.

Speaking on behalf of the students, Miss Asmawu Usman, a SSS 2 student of Falomo Senior High School, appreciated the government's efforts, characterizing it



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as giving students the opportunity to benefit from the free medical outreach. Afterwards, she appealed to the government to make the programme a continuous one across all the schools in Lagos.