



UMY

Universitas
Muhammadiyah
Yogyakarta

**LAPORAN KEGIATAN
PENGABDIAN MASYARAKAT**

**JMS EARTH DAY 2016
“Bring The Local Wisdom Into Your Plate”
(Dalam Rangka Hari Bumi 2016)**

“HEALTHY FOOD”

OLEH :

dr. MARIA ULFA, MMR

**PROGRAM PASCASARJANA
PROGRAM STUDI MANAJEMEN RUMAH SAKIT
UNIVERSITAS MUHAMMADIYAH YOGYAKARTA
TAHUN 2016**

HALAMAN PENGESAHAN

1. Judul : Jogjakarta Montessori School Earth Day 2016
2. Tema Kegiatan : Bring The Local Wisdom Into Your Plate
3. Bidang : Kesehatan
4. Pengusul :
 - a. Nama Lengkap : dr. Maria Ulfa, MMR
 - b. Jenis Kelamin : Perempuan
 - c. NIK : 19850607201304 173 193
 - d. Pangkat/Golongan : Penata Muda Tingka I / IIIb
 - e. Jabatan : -
 - f. Fakultas : Program Pascasarjana
 - g. Jurusan : Program Studi Manajemen Rumah Sakit
 - h. No. Hp : +62813 9258 4777
 - i. Email : mariaulfa@umy.ac.id / missmariaulfa@gmail.com
5. Lokasi Kegiatan : JMS Hall Room, Jogjakarta Montessori School
Jl. Lemponsari 136 B, Sariharjo, Ngaglik, Sleman, DIY
6. Waktu Pelaksanaan : Sabtu, 23 April 2016
Durasi Waktu : 08.00 – 11.00 WIB
7. Anggaran yang diusulkan : Rp 550.000,-

Yogyakarta, 30 April 2016

Mengetahui,

Ka. Prodi Manajemen Rumah Sakit



Dr. dr. Arlina Dewi., M.Kes
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Pengusul



dr. Maria Ulfa, MMR
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JMS EARTH DAY 2016

“Bring the local wisdom into your plate”

A. BACKGROUND

Since 2013, Jogjakarta Montessori School (JMS) has been holding an annual event that is aimed to celebrate Earth Day. These following are the detail events that JMS has held.

1. JMS Earth Day 2013

In this first celebration, JMS held some events in two days. At that time, there were only Grade 1, 2, 3, and 4. All of the students celebrated the day of mother earth together without dividing them into upper and lower students.

a. In the first day



JMS Fashion Show

Earth Day

The main event for the first day Earth Day 2013 celebration is recycled fashion show contest. All the students joined the contest. They got training from Albert Priyatama, a male model and finalist of Putra Bantul 2013, the day before. In the same

day, it was the announcement of the essay competition winners. The participant composed some essays about our mother earth in the days before, and then the committees decided who the winners were.



JMS Fashion Show

b. In the second day

In the next day, all the students went to Cangkringan where the massive destructions caused by 2010 Merapi Eruption took place. The committee found out that there were a lot of plants got burned during the eruption. Therefore JMS decided to take an



action to help and encourage local people to get their green environment back that they ever had before. The committees joined hands together with local governments as well as the local community. The committees made a proposal to *Balai Pelestarian Daerah Aliran Sungai Yogyakarta* to get some plants. Finally we got 1500 plants. At 07.00 a.m. we departed from JMS to Cangkringan and started to plant trees once when we got there.

Then it was around 10.30 a.m. we went to Bumi Langit Institute that was located in Mangunan Street Km 3 Bantul. There the students were divided into two main groups. First group was grade 1 up to 3 students who were learning about all about local healthy food, and the second group was grade 4 students who were learning about bio gas and solar panel.

2. JMS Earth Day 2014

In the celebration of JMS Earth Day 2014, the event was divided into two main groups; lower (grade 1.2 and 3) and upper (grade 4 and 5).



a. Lower activity

Grade 1, 2 and 3 had the discussion with an environmental volunteer, Mama Bumi. The discussion was about environmental issues, especially maintaining the green mother Earth. After that, the students planted some plants that they brought from home, such as ginger, turmeric, and etc. The plants were taken care in the south building. This program was aimed to let the students know the condition of our mother earth in the current time. Besides this program was also aimed to encourage the students to take some little actions that the students can do right after they know the present condition of the mother earth.

b. Upper activity



In the same day as the lower JMS Earth Day 2014 celebration, upper class (at that time Grade 4 and 5 students) went to a place where the students can see the animals in conservation. They went to Wild Rescue Center (WRC) in Kulon Progo. This

program is aimed to show the students that there are some people who work in social services (Non-Governmental Organization) related to help wild animals.

3. JMS Earth Day 2015

In this celebration, JMS collaborated with Animals Friends Jogja (AFJ) that works in helping the abandon animals. The celebration took place in hall room. JMS invited AFJ team to share their knowledge



about loving animals as part of the nature. The participants in this event were from grade 1 up to grade 6. During this event, the participants also could enjoy Javanese traditional drink that was made by the plants that the students planted in the previous celebration.

After having the last three celebrations, JMS is going to celebrate JMS Earth Day 2016 in this year. Now, what are we going to have for celebrating the day of our Mother Earth.

B. WHAT NEXT IS IN 2016?

The writer proposes an idea about JMS Earth Day 2016 celebration; ***Bring The Local Wisdom Into Your Plate***. It is about local healthy food.

Why must be about local food?

1. Students have been taught about local food, they have known the ideas that human bodies need nutrition from the food they eat. It must be balanced between micro and macro nutrients.

Fact : students bring healthy food school very rarely. They bring instant noodles, oreo, and any other unhealthy food.

Why : their parents could not provide for them because it needs a lot time to cook a healthy food. Their parents stated that healthy food is expensive.

2. By having local food in your plate, you will save the Earth, because there will be no much energy use to send some food from one country to another.
3. By having organic food, you will save the Earth by not contaminating the soil with pesticide and another harmful fertilizer.
4. By having organic food means no chemical stuffs in your food, you will have a good health.

C. PURPOSE

The purpose of this program is to build a healthy eating culture among JMS students, teachers, and parents.

D. PARTICIPANTS

This program will be running in two days. First day will be for the JMS students, and the second day will be for JMS parents.

E. VENUE, AND TIME

This program will be held in two sessions as follows.

1. For students

Venue : JMS classroom

Day, date : Friday, 22nd April 2016

Time : during school hour

2. For parents

Venue : JMS hall room

Day, date : Saturday, 23rd April 2016

Time : 08.00 – 11.00 a.m.

It will be collaborated with Bambini Montessori School. All JMS parents will be invited and Bambini parents will be welcomed to this event. Bambini schedules are as follows.

Venue : First floor area

Time : 08.00 – 12.00

Detail : Flashmob, stand booths (for selling Bambini arts, and Enterprenurship for JMS students, performances)

F. DETAIL

The detail is shown as follows.

1. For students

It is aimed to show the students the importance of having healthy food every day, especially local food. This program will be held in each class.

07.30 – 07.40 preparing the students

07.45 – 08.25 discussion with the organic community*

08.15 – 11.00 lessons

11.15 – 11.30 lunch**

*there will be 6 persons from organic community who can share the importance of healthy food. **everyone is requested to bring healthy food and drink that have been prepared at home, and then during lunch time every class has lunch together (*bancaan/kenduren*).

2. For parents

This program is aimed as follows.

- a. to educate parents about the importance of healthy food as well as the local one.
- b. to educate parents how importance preparing and providing healthy food for children
- c. to show parents the access to get healthy food in Jogja

It is possible to invite some guests. The key note speaker will be Maria Ulfa, a doctor who is applying healthy life styles since 2011 and very active in “Indonesia Berkebun”.

08.00 – 09.30 discussion about local healthy food

09.30 – 10.00 cooking demo from *letusee*

10.00 – 11.00 organic market fair*

Organic market stands will be ready start from 08.00 a.m. Please bring your own bag.

*there will be organic market where parents can buy local healthy food and show them the access to get local healthy food.

G. COMMITTEES

For students program

For the parents program

Supervised by	: Mr. Slamet & Ms. Lia
Event Coordinator	: Ms. Gangga
MC	: Ms. Tina (T) and Ega (S)
Treasurer	: Ms. Indi
Equipment & Decorations	: Mr. Fajar , Mr. One, Mr. Rino
Documentation	: Mr. Risto , Ms. Kismi
Food and Beverages	: Ms. Yuni , Mr. Gusta, Ms. Dian
Usher & Secretary	: Ms. Lina , Ms. Lia, Ms. Asti, Ms. Wida, Ms. Mira
Performances	: Mr. Lois , Ms. Rita
Organic Market	: Ms. Selda , Ms. Tata, Ms. Winda, Ms. Ria
Flashmob	: Grade 1 teachers

REPORT

H. FIRST DAY ACTIVITY

Overall the first day activity run very well. At first all volunteers (except one volunteer from Jogja Organic/ *Tani Organik Merapi*) came very on time at 07.00 a.m. All of them gathered in the library and we made some briefing about today's activities. Mostly they got all the point of today's activity. The writer just told the volunteers about the school background and class arrangement related to the materials that they will deliver to the students. The following is the first day activity in JMS Earth Day 2016.

07.30 – 07.45	Listening to classical music
07.45 – 07.50	Greeting and opening prayer
07.50 – 09.00	Discussion with volunteers
	08.30 Gr. 1 continued having Physical Exercise
09.00 – 10.45	Lessons (as usual)
10.45 – 11.30	<i>Kenduren/ Bancaan</i>

❖ Discussion with volunteers

Each class has one volunteer to facilitate the children. In the same time, they discussed about healthy local food based on who the volunteers were.

1. Ayodyapala students were facilitated by Mr. Yusuf who was organic rice expert.
2. Hastinapura students were facilitated by AYO (Agriculture Youth Organization) who was concerning in educating community about agriculture. All the volunteers were from Agriculture major in Gadjah Mada University.
3. Wirata students were facilitated by Koperasi Sahani who was selling all local product and of course healthy food.
4. Ekacakara students were facilitated by Vanesha who was producing healthy snacks.
5. Indraprasta students were facilitated by Letusee who has a restaurant that concerns in sustainable bussiness.
6. Saptarengga students were facilitated by Tempe Tjah Dampit who was producing local tempe.

❖ Kenduren/ Bancaan

At 10.30 a.m. all classes prepared and set the classroom to make *kenduren/bancaan*. Everyone brought the local traditional snacks. Students and teachers made a line facing each other with (in the middle) banana leaves. At first, teachers in each class explained about the theme of this JMS Earth Day 2016 celebration, *Bring the local food into your plate*. Then there was a discussion about why it must be local, healthy and how food can be said as a healthy food. An healthy food is food that doesn't contain 4P (*Pewarna, Perasa, Penyedap rasa, and Pengawet*). Finishing the discussion, everyone had *kenduren/bancaan* in each class.

I. SECOND DAY ACTIVITY

In the second day, JMS Earth Day 2016 celebration was collaborated with Bambini Montessori School. The main event for Jogjakarta Montessori School (JMS) was a discussion guided by dr. Maria Ulfa about local healthy food in the hall room. In the same time Bambini Montessori School celebrated Earth Day by having bazaar and JMS students had some booths in the first and second floor. In the first floor, JMS students sold food and in the second floor, JMS students sold products. All the committees were split up into three spots; first floor (food market), second floor (product market) and third floor (discussion, cooking demo and organic market).

J. EVALUATION

❖ **First Day Activity**

1. There was one volunteer from Jogja Organic who supposed to be volunteer in Hastinapura class; but in the last minute he just texted the volunteer organic that he wouldn't come. There would be the representatives from AYO (Agriculture Youth Organization). In fact, they were a bit lost, after the writer asked them to talk together about what was happening in Hastinapura class. According to AYO volunteers, they knew that they would assist Jogja Organic volunteer, but in fact a Jogja Organic volunteer didn't come.

2. The banana leaves were not ready in the morning, therefore there were some teachers helped to take the banana leaves from the tree.
3. The snack that provided for volunteers were not enough (there were more people came; there supposed to be only six volunteers, but finally there were ten people came). How to solve: the committees gave some snacks that the teachers brought to the volunteers.
4. AYO offered some help for Jogjakarta Montessori School (JMS) when students want to learn about plants, students can visit AYO because they have a program for children. They have a lot of seedlings.
5. AYO suggested for having vertical garden where the students can take care their plants for Jogjakarta Montessori School (JMS) building to have green building. Looking forward to discuss more about this program, because AYO is willing to have guidance for the kids at school. They are willing to come to school.



Hastinapura



Ayodyapala



Ekacakra



Wirata



Saptarengga



Indraprasta

❖ Second Day Activity

1. There was no briefing for the committees in the day, because a lot of them came late (it is agreed to come before 07.30 a.m.) and some committees handled the booths and places for selling both in the first and second floor.
2. The discussion started very late. It supposed to start at 08.00 a.m. but there was no guest at that moment. Therefore we waited for some while up to 08.30 a.m. we started the discussion.
3. MC in the first floor did not announce that there was an activity in JMS hall room.
4. Just in the morning, some JMS participants confirmed that they changed their product or food to be sold in that day. The problem was that the committees had arranged the place and booths for the participants to sell their stuffs. Therefore the committes worked so hard to arrange the new place and booths for JMS participants.
5. Food and beverages were not ready for the event, the committes had to work extremely hard for that.
6. According to the committees, what Janitra and Jenny performed was not optimal. They could do better than that.



Discussion



Cooking Demonstration



Food market (First Floor)



Product Market (Second Floor)



Organic Market

K. Suggestion

The writer suggests as following to improve the next Earth Day celebration or another JMS activity.

1. Prepare well with another institution (in this case Bambini Montessori School). It must be planning, coordinating, executing, and evaluating.
2. There were a lot of parents did not know that there were event in JMS hall room because they did not read the invitations taht the committees gave. Next time, the invitation must be sticked in students' daily journals.
3. For institution, please make an effective smart work (Food and Beverages division).