

Principal Supervision at the State Elementary School Canteen in Bengkulu

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Abstract

The purpose of the study was to explain the supervision of a healthy canteen by the principal. These studies were conducted using qualitative methods. Research facts have been collected through interviews, observation, and documentation. This study uses a qualitative technique with a case design. Sources of study facts consist of school principals, teachers, and campus canteen traders. The school canteen serves as a support facility for important educational units. The school canteen offers three types of snacks: 1) main meals/heavy snacks, 2) snacks, and 3) drinks. According to the Ministry of Health in 2006, the role and management of the canteen at the school still do not meet the criteria for a healthy canteen based on the 2013 BPOM regarding the provision of fast food such as instant noodles, which has met the criteria for a healthy school canteen, one of which is the availability of hand washing facilities and clean air flow. In the meantime, the principal held counseling once a month in collaboration with the Sidomulyo Health Center team to monitor the supply of snacks sold to students in the school environment.

Keywords: principal supervision; state elementary school; canteen

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INTRODUCTION

One of the most basic human needs that must be met in order to survive is food. Snack food is food and drink that is processed at the point of sale by food artisans or served as ready-to-eat food for sale to the general public. Similarly, the canteen at State Elementary School (SDN) 45 in Bengkulu City serves healthy food to teachers and students. Since the opening of the school canteen, the school guards and the surrounding community have begun trading in a variety of light and heavy meals. Initially, there were five canteens available, but with time and the development of canteens that were allowed to operate, there were only three canteens. The five canteens that were initially operating became three because the two canteens violated the health department's rules. The best school canteen is one that is managed by the school itself, including ownership. However, most elementary schools in the city of Bengkulu, particularly forty-five public elementary schools, have a school canteen from the community, so the role of the principal as manager is critical in ensuring school canteen services in the food and beverage aspect. Serve for

school residents who are safe from hazardous materials, maintain aspects of environmental cleanliness, and have canteen facilities and infrastructure that are not shabby or poorly organized.

According to Febrianti (2016), a healthy canteen is the presence of a room or building in a school that is used to provide healthy food and drinks to school residents, with the purpose of providing healthy canteen services to serve the school canteen being to provide food and nutrition, as well as to provide canteen facilities. health and nutrition sciences, as well as the implementation of clean and healthy living behaviors According to the Ministry of Education and Culture of the Republic of Indonesia (2018), a school healthy canteen is a health-promoting activity unit in schools. As a result, a healthy warehouse must be able to provide nutritious, hygienic, and safe main meals or healthy snacks to students and other school members. In order to realize a healthy canteen in schools, support from all parties related to the school is needed (Lawlis et al., 2016).

According to Asmani in Safitri and Prihatin (2016) the principal's role as a manager can be seen as a manager, controller, coach, director, and an example for teachers and employees in schools. According to our school canteen research, the canteen at SDN 45 in Bengkulu City did not meet the criteria for a healthy canteen in 2021. With these circumstances, it is necessary to conduct research, specifically looking at the general state of cleanliness and observing the relationship between school guidance and supervision, as well as the knowledge and attitudes of canteen managers, with the cleanliness of public elementary school canteens in the school environment of Bengkulu.

Solving canteen issues at SDN 45 in Bengkulu city, as well as learning about canteens in schools and how to develop and monitor canteens. This is expected to be taken into account by the canteen manager of SDN 45 in Bengkulu City in improving the SD canteen's basic sanitation: 1) to provide input to the government, the health team, the education office, and other relevant agencies in order to improve student health. As well as input for related agencies, such as providing guidance to the Bengkulu city canteen; 2) additional experience and knowledge for writers; and 3) information and reference material for future research, particularly in the field of environmental health sciences.

METHODS

This study employs qualitative research methods. The descriptive method was used in this study. This study explains what a variable, symptom, or situation in the field is all about (Nazir, 2005). This study is observational in nature. This study's data was gathered directly through observation and the use of a questionnaire/questionnaire. According to Sugiyono (2016), the fact-gathering technique is the most appropriate step in research because the primary goal of research is to obtain facts. The collection of facts in qualitative research is based on natural conditions, primary fact sources, and the majority of the fact collection is based on participatory observation, in-depth interviews, and documentation. The method or technique of collecting facts can be accomplished through interviews (questionnaires), observations, or a combination of the three. Interviews conducted in accordance with interview guidelines, documentation, photographs, interview recordings, and observation sheet forms.

The form of observation or observation of healthy warehouses was adapted from the Republic of Indonesia's Ministry of Health in 2011, the Ministry of Education and Culture in 2011, and the BPOM in 2012. The study takes into account five aspects of the school canteen: location, building and environmental cleanliness, sanitation facilities, food safety and equipment, and health promotion.

FINDING AND DISCUSSIONS

Canteen

The school canteen serves as a support facility for important educational units. There are two main reasons why a school canteen is a much-needed facility in schools. First, consider the role in terms of school community health. Both are important in the context of education. The health of school residents, whether educators, education staff, or students, is a requirement for participation in the educational process. The health of a person has a significant impact on his or her ability to learn. When one's health is jeopardized, no activity is possible. Adequate food and nutritional intake are one of the keys to maintaining one's health.

The canteen (from Dutch: Kantine) is a room in a public building where visitors can eat, either food they bring with them or food purchased there (KBBI, 2016). A school canteen is a room or building located in a school or college where a canteen officer serves selected or healthy food. The school canteen is one of the buildings on campus that serves as a dining facility. Each school must have its own canteen to make it easier for students to rest. We hope that school residents will be able to purchase ready-to-eat and processed food from the school canteen. The school canteen serves an important function. It was determined that the school canteen is a location that meets the food needs of school residents, and a healthy canteen must provide food and drinks that are guaranteed to be safe and nutritious, as well as have comfortable, clean, and healthy facilities for all school residents.

According to shop monitoring at SDN 45 Bengkulu City, the canteen is a place that serves food ranging from heavy meals to snacks and drinks, heavy meals that include: fried rice, *lontong* vegetables. Snacks include fried foods (tofu, *risol*, chocolate banana), vermicelli, and drinks such as iced tea and ice cucumber.

Food at school can help a child's nutritional intake, blood sugar concentration in school, and ability to maintain physical activity. Snacks can be prepared at home or purchased from a school cafeteria (PJAS). PJAS is a type of food found in schools. Snacks available at SDN 45 Bengkulu City include:

a) Main course/heavy snack

The primary food group, also referred to as heavy snacks. This snack is quite filling. Fried rice, for example, or *lontong* filled with vegetables.

b) Snack

Snacks are common foods that are consumed outside of meal times. Fried foods, for example, are examples of wet snacks (*risol*, fried tofu, and chocolate banana). Glass noodles are a type of dry snack.

c) Beverages

Drinks, such as iced tea and ice cucumber, are served in packages.

This study took into account the following pillars (Wahyuningsih et al., 2020):

1. The first pillar is school commitment and management.

Commitment to the realization of a Healthy Canteen is essential because a strong store management is required to ensure the Healthy Canteen goal is met. Schools must demonstrate a commitment to providing healthy food to students. The team in charge of monitoring the quality of street food, including in the school canteen, will help ensure that safe food is available. Letters of Assignment from the Principal can help team members strengthen their authority and responsibilities. Written rules or policies for the management of the Healthy Canteen, including the quality and type of food and beverages sold in the canteen, backed up by effective support to ensure the sale or availability of healthy food in schools. This is due to the fact that a healthy canteen, particularly the behavior of food vendors, will adhere to written rules or policies.

2. Human Resources is the second pillar.

Food sellers are people who prepare, process, and serve food and beverages to customers, which means that food handlers or food sellers have the potential to become polluters or disease germ spreaders. Naturally, all parts of the human body's surface, particularly the hands, can be a breeding ground for bacteria, particularly *Staphylococcus aureus*, which produces toxins. Food handlers can also be carriers of typhoid (*Salmonella typhi*), and the patient may not show any symptoms of illness. As a result, prevention through non-public food handler hygiene is critical. When preparing food, the seller/handler must wash his or her hands and clothes. After defecating or urinating, the handler must shower and wash his or her hands with soap. Personal Protective Equipment (PPE), particularly aprons and headgear, must be worn by the handler to prevent germs from the body and hair from entering food and drink. Handlers must wear gloves if the food being handled must be handled directly in order to be shaped or decorated, such as when making sushi or decorating tarts. When processing and serving food, a mask can be used if necessary to avoid contamination that may come from the handler's mouth. When selling or handling food, the seller or handler is in good health (no diarrhea, cough, or runny nose), has no open wounds (that are not bandaged), and is not wearing excessive jewelry. Sellers/handlers must exhibit hygienic behavior that prevents food contamination, such as keeping their nails short and clean, not smoking, not spitting, and, sadly, wearing clean shoes. Sellers or handlers who have received hygiene, sanitation, or food safety training will have knowledge and concern for personal health, cleanliness, and safe and healthy food quality. As a result, regular training for handlers is required to maintain and increase their awareness.

3. Infrastructure is the third pillar.

- a) The environment around the canteen is critical because germs can grow and survive around us and enter food. Canteen space can be set up both inside and outside of the school grounds. Canteen structures or rooms should be made of durable materials that are easy to clean.
- b) Goods and tools in the warehouse space are arranged in accordance with their functions, ensuring that the space is clean and pollution-free. Non-food and beverage processing goods and tools are not stored in the canteen. benefits of cardboard because it can attract pests and insects.
- c) The warehouse floor should be made of water and have a flat (not bumpy) surface so that it is easy to clean. Floors must be kept dry and clean at all times.
- d) The building's walls must have a flat surface (not bumpy) so that dust cannot easily penetrate and be cleaned.
- e) If there is food cooking activity in the warehouse, good air circulation is required so that steam, gas, or the elasticity of dust in the room can easily escape. Provide curtains to keep flies, insects, and other animals out if there are windows.

Cleaning Facilities

- a) Air conditions must be taken into account because germs can survive in the air. Because the availability of air must meet the need to keep food and drinks available in the canteen while also maintaining air quality in accordance with health standards. Air sanitation maintenance can be performed by inspecting the physical properties of the air in accordance with health standards, namely colorless, odorless, and tasteless. Water used as a raw material for beverages, including ice cubes, must be free of germs and chemicals that are harmful to one's health (boiled water).
- b) To avoid wastewater becoming a source of pollution, waste water disposal must be properly managed, for example, by using water channels, wastewater flowing with final waste, and

- closed waste water disposal. To avoid waste entering water sources, the minimum distance between toilet waste disposal (septic tank) and groundwater sources is 20 meters.
- c) Trash cans can be a source of pollution, so trash cans should always be kept clean, and bins should be covered on a regular basis.
 - d) Sellers and handlers require latrines in order to defecate (BAB) and urinate (BAK). Because of the possibility of *Eschericia coli* and other bacteria whose transmission route is through feces and hands, handlers must wash their hands before defecating or defecating. As a result, there must be a clean toilet with plenty of soap and running water.
 - e) Consumer hands can also serve as a vehicle for germ transmission. As a result, there should be a hand washing station in the canteen with plenty of soap and running water for customers.
 - f) Cleaning cooking and eating utensils should be done on a regular basis. As a result, we require a location to wash equipment that is equipped with plenty of soap and clean water.
 - g) It is necessary to provide cleaning tools that work properly and are always clean in order to maintain the cleanliness of the canteen environment. To avoid contamination, maintenance tools are properly stored, such as in cupboards (rags) or hanging (brooms and mops). The warehouse and kitchen should be cleaned on a daily basis, and all equipment should be cleaned on a regular basis.
4. Food Quality is the fourth pillar.
- a) Food provided and/or sold in the canteen is healthy food and drink, which means it must be safe (free of biological/germ hazards, chemical hazards, and physical hazards) and contain nutrients required by consumers, particularly students. Efforts can be made to obtain food that is free of biological hazards (germs) in general by doing the following:
 - b) In general, this can be accomplished by implementing the Healthy Canteen Requirements components of Pillar 2 (Human Resources) and Pillar 3 (Infrastructure).
 - c) Another effort is to apply the GIGO (Garbage In, Garbage Out) principle, which states that food quality must be maintained from the beginning, for example, by selecting raw materials that are fresh, clean, and of high quality (not rotten, canned or the smell becomes abnormal) and wash fruits and vegetables that will be eaten raw under clean running water.
 - d) Efforts to obtain chemically safe food can be made by: choosing or not using food ingredients that may contain hazardous materials that are not permitted, such as formalin, borax, rhodamine B, and yellow plastic.

Discussion

According to the Ministry of Health in 2006 (Wahyuningsih et al., 2020), which has met the criteria for a healthy school canteen, one of which is the availability of hand washing facilities and clean air flow, the role and management of the canteen at SDN 45 Bengkulu City still do not meet the criteria for a healthy canteen based on the Food and Drug Administration (2019) regarding the provision of fast food such as instant noodles.

There have been five canteens operating since the first time the canteen was opened. With the arrival of the community Health centers (puskesmas) checking all the snacks sold in the canteen, there were foods that were not good for children to eat, such as selling ciki-ciki, powdered candy, and so on. When they found out, the puskesmas immediately sold them to the principal for the equivalent of two canteens of food stalls that were no longer fit for consumption. So, after some thought, the principal previously warned not to sell snacks and suggested selling healthier ones, but the canteen continued to sell them, so the principal stopped two canteens from selling them again for the sake of students' health.



Figure 1. Canteen of SDN 45 Bengkulu City

Because artificial sweetener packaging is harmful to children, the canteen only sells natural teas that are prepared by themselves, such as tea bags. Even in this canteen, coworkers have rules and principles that must be followed so that they do not sell the same snacks. The school also does not allow children to purchase snacks outside of the school environment because if something untoward occurs, such as complaints of stomach pain caused by eating snacks outside of school, the school is not responsible for the incident, which jeopardizes the children's safety.



Figure 2. Students eating snacks in the canteen of SDN 45 Bengkulu City

The principal also participates in once-a-month counseling sessions with the Sidomulyo Health Center team to monitor the supply of snacks sold to students in the school environment. In addition to examining the nutritional content of snacks, nutritional counseling is provided to ensure that each student has a strong immune system. Children can become ill as a result of unsanitary or unsafe food, such as coughs, colds, canker sores, and so on. This is due to the use of unsafe food, making it unsafe to fry again, and the ice contains artificial sweeteners. Mica packaged fried rice, vegetable lontong, vermicelli, fried foods (bakwan, tofu, risol, piscok), and iced drinks are available in the canteen.



Figure 3. Snacks in the canteen



Figure 4. Place for washing hands

Based on observations, it was discovered that the SDN 45 canteen building did not meet the building criteria in accordance with building construction requirements. Where the SDN 45 canteen building was open and the condition of the canteen was semi-permanent, the floors and walls were still not airtight, so that if it rained, the air would cause diseases such as skin diseases, flu, and so on because the air is dirty, especially if there is rat droppings and urine. According to Kepmenkes (2011) on 1096/Menkes/Per/VI/2011, the canteen building must be strong and clean, as well as free of flies and cockroaches. As a result, the canteen keeper must keep in mind that the canteen must be strong and clean, and that the building's construction, including floors and walls, must meet the existing requirements.

According to the decision of the Ministry of Culture and Culture of the Republic of Indonesia, a good hand washing place must be equipped with soap and running water so that there are no germs in the area. There are six hand washing stations in front of the school office, as well as in front of the classrooms and around the canteen, at SDN 45. This makes it easier for students to wash their hands after engaging in activities like handling food and playing on dusty school grounds.

Food vendors or handlers at SDN 45 did not meet the criteria for food handlers because they did not use PPE (Personal Protective Equipment), particularly aprons and gloves, but they did use head coverings to prevent germs from falling from them. In terms of other issues, fried foods in the form of risoles, chocolate bananas, tofu, and bakwan are examples of wet food without plastic packaging in forty-five canteens in Bengkulu City. Wet food is not packaged separately but is simply placed on a tray. According to the Ministry of Education and Culture of the Republic of Indonesia, when preparing food, the seller or handler's body, both clothes and hands, must be clean. After defecating or urinating, the handler must shower and wash his or her hands with soap while wearing PPE.

The majority of the food available in SDN 45's canteen is in accordance with the criteria for healthy food, though there is one fast food, namely glass noodles. Food sellers must be more creative in their own preparations in accordance with the Minister of Health of the Republic of Indonesia's Decree Number 942/Menkes/SK/VII/2003 (RI, 2018) concerning Guidelines for Sanitary Food Sanitation, Article five point one, which states that all ingredients processed into snacks must be in good condition of good quality fresh and not rotten.

The findings in this study are in line with the findings of the study by Mizéhou-Adissoda et al. (2022) who revealed that the school canteen is important to maintain the quality of food and nutrition in schools. The findings in this study are also in line with the findings by Wyse et al. (2022) which revealed that his research contributed to policy makers to play a greater role in formulating strategies to improve public health nutrition in schools. Meanwhile, research in South Wales, an Australian state by Reilly et al. (2018) revealed that canteen managers who had heard of nutritional systems in food products agreed that these systems helped in identifying 'healthier' foods. Therefore, supervision carried out by both canteen managers and school principals for the realization of a healthy canteen is very necessary. This will create a school with healthy and well-nourished citizens.

CONCLUSION

The school canteen serves as a support facility for important educational units. SDN 45 Bengkulu City offers three types of snacks: 1) main meals/heavy snacks, 2) snacks/snacks, and 3) drinks. According to the Ministry of Health in 2006, the role and management of the canteen at SDN 45 Bengkulu City still do not meet the criteria for a healthy canteen based on the 2013 BPOM regarding the provision of fast food such as instant noodles, which has met the criteria for a healthy school canteen, one of which is the availability of hand washing facilities and clean air flow. In the meantime, the principal held counseling once a month in collaboration with the Sidomulyo Health Center team to monitor the supply of snacks sold to students in the school environment.

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