FIT ENOUGH TO BE TEACHERS

by:
Frederic M. Martal
Teacher III, Pagalanggang Elementary School

In the interest of the State of the Filipino people as much as of his own, every teacher shall be physically, mentally, and morally fit.

One of the high light in the life of an individual is how well he or she has made to contribute to the society. The amount may be rendered in Philippine pesos or in kind; others are able to share with just what they have, and ultimately, their life. Perhaps one may say after college, or when a business is put up, or when a charity work is done. Others are doing little, others great and big things. In whatever aspect of contribution, there is always an equal share of heart.

In teaching, one must be reminded of the old saying that ‘a strong vessel keeps more water’ or ‘a healthy mind means a healthy society.’ These are some of the reflection done by sages in capturing important events that will enable the society to work, unite, and unleash its peoples’ potentials. In doing so, teacher must be the model themselves.

What is good for all must be exhibited by what should be inside – that is, the reflection of our being. A happy heart smile, a joyful soul delights in the eyes. A happy teacher establishes a happy class. This reflection shows how teachers are built – their body and soul – for the students’ welfare. Therefore, to become a useful teacher, the physical, mental, and moral prowess should be exhibited.

In terms of the physical prowess, the teacher must be healthy and strong. The ability of the teacher to motivate students through games, sports, and other practical and
entertaining ways should be leveled with one’s strength. The body and the mind are coordinated, and the inability to align both may result into some problems – either the teacher becomes less active, and the students are no longer motivated. However, a healthy body makes a teacher’s class alive, enthusiastic and full of adventure waiting them for the next day.

In terms of the spiritual prowess, the ability of teacher to establish faith, love, hope and other abstractions are also needed to provide the students the ideals in life. These are basic concepts that must be learned by students in the school. The lack of someone who would be teaching them about this leads to the underdevelopment of their spiritual life. But teachers should be spiritually active and must grow from the experiences in life. Some may be troublesome but the end of which is a lesson learned in a day.

Lastly, in terms of morality, teachers must deflect from what is true, good, and that which benefits the whole. Morality is the guidance towards spirituality – the admonition of the soul towards truth and goodness. Teachers must be morally fit to serve the students’ perspectives in life. A teacher who is filled with love can give love. A teacher who does not care cannot give care. A teacher who is contented can give to others. A student may receive anything for now – since they cannot give back anything yet. However, the joy of learning starts and matters every time a student says, ‘Teacher, thank you!’

Students learn differently from each other, as well as teachers teach differently from each other. One’s way may be better than the other; and the other may be good on the other. There is really no perfect system, but to be fit in various contexts enable the teacher to fill in more gaps. At the end of the day, it is not what you teach that matters, but how you teach.

References:


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