HEALTH: A SERIOUS EDUCATIONAL CONCERN

by:
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Health is not just a thing. The four components of M.A.P.E.H. are equally important to teach. No one is to prioritize, and no one is to leave behind. However, I would like to press much seriousness in teaching health, especially today various diseases from very dangerous viruses with still undiscovered treatment are inevitable. Creepy as you thought of.

As much as I want to teach the health with full application and not just mere concept, what hinders me is the insufficiency of the equipment to use. Since I hardly believe that students learn best when they had an actual experience as asserted in the theory of Social Learning by John Dewey, I want to teach the lessons in health with application. I assume that these may be useful to them at any time and any place as dangers are just waiting around for a moment to happen. Moreover, I envision teaching Health with equal emphasis to the major subjects like English, Math, Science, and Filipino as per time. I want it to be taught every day for the whole school year and not just as a slight touch per quarter. I hardly believe that allotting more time to teach may result in greater and effective learning of the students in different essential concepts like drug awareness, communicable diseases, maternal health, rehabilitation, lifestyle, medication, and other else.

It may sound very idealistic. Nevertheless, it must go that way, especially these few years back and onwards were giving us the notion that teenagers are badly risk takers. It is good for them the art of discovering their other sides or going beyond their limit. But what makes it bad is that they explore often the wrong path. And if that is the
case, we should equip them with much knowledge about self-care, and self-treatment. I know you will agree that we cannot watch the teens or the students with their actions the whole time. We cannot accompany them on their every gimmick and trip. So as a piece of good suggestion, enable the health to be taught as a subject itself and that the government should provide each school necessary health equipment.

The government was able to fund the police force with gears and arms, they need with the battles they may possibly encounter. With this, it is not impossible that the government could also do the same thing for education purpose. Besides, health is not just a thing.

References:
https://www.education.nh.gov/instruction/school_health/health_coord_education.htm