HEALTH EDUCATION IN SCHOOLS

by:
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Health education program is part and parcel of a complete education curriculum that also matters in teaching children. Although many parents are more concerned with the 3Rs (Reading, writing, and arithmetic), the importance of learning about health is equally vital.

From the first day a student steps into school, learning basic health lessons such as washing of hands can help promote proper hygiene and prevent illnesses. As they grow older, the need to learn basic first aid such as cleansing wounds or cuts, Heimlich maneuver, drug and alcohol abuse prevention, consumer health, nutrition, physical growth and development, reproduction, and safety like riding bikes and crossing the streets are all crucial for these children to know and adopt for healthy living.

Life skills are just as crucial as academic skills. However, it is easy to underestimate its importance. Positive health behavior can have a big impact in his lifetime. Health education programs are most effective if educators and parents are involved. The teachers can incorporate health practices into their lessons. Parents can be a counterpart and reinforcers of what children are learning in school when they are at home. The schools can make available basic information about implementing healthy decisions. For example, reasons not to engage in drugs and alcohol, and even pre-marital sex.

School nurses are co-educators who need to make health education programs helpful and effective for use and for collaboration. More so, the program should be something the learners will find interesting and enjoyable. Use of media is one effective tool for today’s generation. Symposia and workshops also work well since there is active engagement in these settings.
Plan an education program with the health education team and involve the health educators at school and their administrator for proper and more effective implementation and sustainability of the program. Involving students during the planning stage can also help as you investigate what interest them the most. This way, you might be able to come up with the most workable and most efficient health education program in your area.

References:


