HEALTHY STUDENTS: AN ASSET OF ONE’S SCHOOL

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“Health is wealth,” quotable quote which seems to be justifiable as we witness the fact that a person whom is healthy has also a healthy mind. If your health fails, it can overshadow everything else that is going on in your life. She considers things undeniably essential as she perceives her world filled with nourished individual of clean environment. From relatively minor health issues such as aches and pains, lethargy, and indigestion to major health problems that can threaten your existence, health can really affect happiness and stress levels. Making a commitment to taking on healthier habits can have a far-reaching payoff: you’ll feel better in everything you do.

Nutritional status of an individual serves as a contributing factor to a person’s growth and development; physically, mentally and even spiritually. A healthy person thinks positively. Being an optimist, he believes he can do things better. He spends vital years fruitfully as he can easily get along well with others. He is being rekindled with logical reasoning and sound judgment. In times of trials, he remains firm, a God-fearing person who can manage everything. Encompasses with keen perception, he lives comfortably establishing harmonious relationship with others.

Thus, we as mentors should harness the potentials of this healthy person. Considering student’s way of living and style of learning, let us continue nurturing each student with valuable knowledge as most likely feel that being healthy is God’s wondrous blessing. Combined with education, a healthy student can be the asset of one’s school. He may serve as the precious jewel of the family who may give honor and prestige representing his clan. Best of all, a student who is blessed with health and education will
serve as the nation’s pride fostering goodwill and humanity in citizenry. Thus, if you are one of those healthy people with education you are indeed God’s wondrous creation.