HEALTHY TEACHERS AND HEALTHY STUDENTS

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An anonymous writer said that “We squander health in search of wealth. we toil, we sweat, we save. Then squander our wealth in search of health, and only find the grave.”

It is also a fact that children who practice healthy habits early in life are more likely to continue those habits through their teen years and into adulthood. According to the American Association for Health Education, a key reason for that reality is that, a child’s brain is more impressionable than an adult’s.

Being healthy and achieving total wellness means changing lifestyle that one is used to. Lifestyle is greatly influenced by the food that a person eats, the physical activities he or she is doing. By the way he or she manages his or her anger or stress, and by the way he balances his or her spiritual life.

There are also teachers in the school who are obese and they try to lose weight. To give a background information to work with, each pound that a person wants to lose equals three thousand five hundred (3,500) calories. Those calories have to be either reduced from what you eat in a day, burned off during exercise, or both.

Teachers must ask themselves, “Are you truly hungry when you eat? Or do you tend to snack out of habit without paying attention to your appetite? “If you are eating when you are not hungry, those are usually extra calories that your body does not need,” says Tribole. Instead “check in” with your body to confirm that you are physically hungry before you eat.
The healthy development of a child produces academic excellence and other special skills and talents. Young children haven’t had a real opportunity to develop a concrete preference in their likes and dislikes, so it is easier to start them off on the right foot than it is to stop a bad habit later in life, Lawrence Balter, a New York University child psychologist and author puts it. Teachers may help their students to be healthy by means of the following: Regular Hand Washing- the simplest way to avoid infection and reduce colds and flu bugs by routinely and regularly washing hands. Teachers must teach the appropriate time of washing hands. Before preparing, food setting the table, or serving food; before eating meals or snacks; after visiting a bathroom; after sneezing or coughing into their hands; after blowing their nose; after handling money; and after playing with a pet.

To have a healthy school environment, every person in the school must be healthy, although we fully know that not all children in school are healthy, it is safe to say that teachers are healthy, since they have annual check-up. So the physical health, involves understanding that eating well, exercise, and healthy life choices are important, making life choices today will affect how you feel tomorrow, how long you will live, and more importantly the quality of your life.

Reference: