HEALTHY TEACHERS LEAD TO QUALITY AND PRODUCTIVE LEARNING

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Having a good health is considered the greatest blessing in our life. Even the wealthiest person can suffer a burden when his health is broken, making him the saddest person inspite of his great wealth. A person with a perfect health and in good condition does not shirk his duties. Teachers having the best job in the world should be an epitome of good health.

Based on Civil Service Commission, all faculty and staff under Department of Education should undertake the yearly physical check-up to ensure the fitness of every personnel. In this case, chest X-ray and laboratory examinations shall only be done as recommended by the physician.

Based on the Health and Safety executives, teaching profession is one of the top five jobs which undergo work-related stress. Teachers are suffering some health issues and eventually causes neglect of duties and responsibilities in school.

In addition, aside from their everyday teaching contact with their students, teachers are also facing stress due to the pressure of targets in the form of some narrative and accomplishment reports, league tables and exam results.

Unlike other occupations, teachers are facing different kinds of challenges which affect them in mental and physical aspects. As a result, teachers are sometimes left really drained emotionally and mentally. But no matter what the situation is, teachers are firm and stand strong to control such kind challenge. They must stay in their place and try to control the situation and rise above the hassle. Because of this, teachers who are 40 years
old and above are required to undergo Electrocardiogram (ECG) to test the electrical activity of your heart to show whether or not it is working normally.

This is one of the reasons why the DepEd urges to have teachers their annual physical examination. To check whether teachers are physically fit to perform their assigned roles and functions to give quality, healthy and safe services as public servants since they are on the frontline. If they can cope up with the never ending stress given by the demands and pressures they face every moment inside and out of the school premises. It is also a manifestation of concern for the teachers by the Deped office.

Teaching at its best are practically came from healthy teachers, physically, mentally, emotionally and spiritually, who are completely capable of doing their jobs. A healthy teacher can give a quality teaching which can lead to a productive learning for his students.

References:

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