HOW HEALTH AFFECTS PUPILS’ LEARNING ABILITY

by:
Marietta E. Escuadro
Teacher III, Binukawan Elementary School

Aside from teaching, all teachers are also liable for the health of their children to produce a healthy and productive citizens of our country.

No matter how well teachers are prepared to teach, how classrooms are well structured and fixed, there are complete materials and devices to use in teaching, complete facilities to use if the students are not physically and mentally prepared these are all useless because health conditions, disabilities and unhealthy behavior affect greatly the educational outcomes of school children. Based from the recent studies, there are some relevant health disparities affecting their performance. These are their vision, teen pregnancy, physical activity, breakfast, violence, inattention, and hyperactivity.

School children with health problems or with empty stomach receive a high risk in getting low performance in school, dropping outs, absences, and grade retention.

According to series of studies of some researchers, health condition of the children greatly affects their academic performance. The most important meal that a child should take regularly is his breakfast because it increases the energy needed by the body and re-fuel the body for the busy day ahead.

In public elementary schools, regular check-ups are being conducted to monitor the health condition of every child. An unhealthy child can encounter difficulty in understanding the everyday lessons like subject-matter knowledge, reasoning, thinking, and problem solving skills.

The Philippine educational system today is focusing on the idea that health is the prerequisite to education that’s why our government prioritizes the use of scarce resources
to address the critical health problems of our school children. In fact, our government is releasing fund to cater our malnourished or wasted children to help them increase their performance level.

Even if the schools could not address all these conditions still they applied some approaches and strategies to help close the achievement gap. Still the efficacy of the government to solve the nutrition problems of students, and maintain healthy body is regularly evaluated and monitored. School health programs like celebrating Nutrition Month during the month of July and Feeding Program in every school wherein undernourished children are the recipients are some of the remedies that can help students to solve their health problems.

References:
Campaign for Educational Equity, Teachers College ... - ERIC
eric.ed.gov/?id=ED523998

Healthier students are better learners: a missing link in school reforms …