HOW TO MAKE OUR SCHOOL A NO-COMPLAINT ZONE

by:

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As we look around the school environment, it is not only the noise of students that we find. We can always hear complaints – whether inside or outside the classrooms, whether coming from students or teachers, whether in hallways, offices or faculty rooms. Often times, we participate in this kind of talk easily and we are one of those people who always complain about our schools. This in return can also spread easily and produce destructive effects to other people.

Why do we people complain, first of all?

Complaining is very easy. Some people feel it good to complain and blame someone or something whenever things go wrong or out of the way. According to some researchers, this is because complaining takes a person out of the feeling of responsibility and it gives him comfort if he feels not guilty about something while other people were blamed instead.

This article is relevant to us in schools because complaining have been noted from teachers recently. Salary increase and reduction of paperwork are one of the cries of teachers. Teachers might also have felt injustice in their schools that is why they complain. But complaining should not be the ending of all these. This is the stepping stone towards answering and addressing the problem.

How can we promote a no-complaint zone in our schools?

According to Owen Griffith (2016), there are 3 simple gratitude practices that the faculty and staff as well as the students could employ to erase negativity and foster positivity.
1. Establish a no-complaint zone inside the school and a no-complaint classroom as well.

This idea is adapted from the essay Gratitude: A Way of Teaching (Rowman & Littlefield, 2016). We can have a positivity park or garden inside the school or a simple faculty lounge that serves as an area for “No Negativity” to promote the culture of positivity among teachers, students and staff. Teachers will become aware of what they will say and instead of complaining will think of something positive about a failure or disappointment. The students on the other hand should always be reminded not to complain. It can be a classroom rule so students can always practice positivity.

2. Wear a no-complaint bracelet whenever we feel complaining.

If we put something on our wrist, we could be reminded not to complain every time we feel like doing it. As far as conditioning theory is applied, looking or moving the bracelet in our arms seems to give us satisfaction even there are problems or negative things that come our way. We can try to put this no-complaint bracelet in our wrists to develop a habit of not complaining until we have put it as an everyday habit to not complain anymore. It may take us a long time. But what is important is we tried.

3. Involve students to accept the no-complaint challenge daily and give rewards for this.

Teachers can try giving the task of no-complaint challenge to their students. In this way, students can be careful in their behavior daily until they develop the habit of not complaining. Include activities that promotes positivity and no-complaint attitude.

If possible, the students, teachers and staff should convert complaints into statements of gratitude. Imagine a day that we survived without complaining about anything. If this grows everyday,
we can have a week, a month and then a year without complaining and instead focusing on the things we should be thankful for. Our live will be more enjoyable and the schools will be a better place to stay for the students.

References:
