NOURISHMENT OF LEARNING TOWARDS HEALTHY STUDENTS TODAY

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In today’s generation, youngsters become adaptive with the fast-paced academic environment. They cope various challenges in life by prevalence of proficiency, proliferation and productivity among student’s journey. They used to gauge three facets of life: wisdom, behavior and potentials in fulfilling their academic perspective in class. They express student’s preparedness through building a caliber of education. They need to promote safety and security for the sake of better lifestyle.

Health features about the physical and mental condition in life. It capitalizes the presence of body wellness and healthy measures to become fit in medical examination. Moreover, students tend to become health conscious through dietary habits: eating balanced diets, intake of vitamins, regular exercise, and drinking plenty of water. This is the fundamental body workouts that we need to practice in our daily lives.

On the other hand, youngsters consider the category of food by means proper nutrition like: Go foods rich in carbohydrates; Grow foods rich in proteins; and Glow foods rich in vitamins and minerals. This will build up your body figure containing nutrients. However, they are fastidious in term of choosing meal course. So, they transformed energy by means of burning calories digested by stomach. They need to have regular intake of vitamins and regular exercise as constant of practice from time to time.

Nutrition deals with perfect combination of proteins, carbohydrates, and lipids which nourished our body system. It immunized the quality of body wellness by means of metabolism. It gives a big priority on the chemical substance which was imbibed in our stomach. It was being transformed into multiple nutrients to obtain ideal vital statistics that a person achieved in personal life.
Through medical examination, we can definitely monitor the physical health possessed by a student. Body Mass Index is one of the reliable health-test for it measures the weight gained and vital statistics of the student’s growth. Vaccinations redeem a student away from common diseases, allergies and mild illness for health precautions.

Department of Health (DOH) implemented healthcare programs and activities needed for the students who suffered from physical illness, common sickness, and other mild health impairment for immediate cure. This enable children to know the proper lifestyle prescribed by the pediatrician. They will ensure your health is in good hands. They will recommend the best pharmaceutical medicines responsive to your health problems.

As we observed, students usually perform body conditioning through body stimulation. They engaged with various activities and games in order to motivate active process of learning. They are exposed with classroom routines to become a responsible member of society. They participate in extra-curricular activities that is associated with athletic competitions and skillful performance which will empower one’s confidence level. This actually gives us the privilege to become sporty and smart in terms of gaining academic competence. In line with this, we can definitely see the gradual progress through physical fitness and healthy lifestyle among members of the academe.

Recently, teenagers are prone to mental illness because of environmental factors: They faced traumatic experience from the past life. They become emotional and sensitive with words being uttered by the person. They dwelt the world filled with negativity and inferiority. They are bothered because of the sorts of problem triggered in personal life. They feel so down and melancholic when there is isolation in their comfort zone. They eventually gain low self-esteem because they got carried away with their emotion. They keep on killing their time by staying alone distant from the myriads of people.

However, people eventually encounter sorts of challenges and problems existed in academic boundaries. They become affected with both physical, emotional and mental lifestyle. They become sensitive with the environment due to psychological factors. They used to handle complex situations by means of physical strength and fighting spirit. They become passive in live
because they lack exposure and body conditioning in the early morning. They are highly-inclined with the electronic gadgets which caused them to suffer stress and depression.

I would stand my point as 21st century teacher through bridging the gaps between student’s welfare and academic desires. We shall put into prior about their physical mental and health status, their academic performance, their greatest abilities that will enable them to become qualified in career path. This believes that various health organizations such as: Philippine Mental Health, Philippine Psychiatric Associations and World Health Organizations to be a great companion in terms of medical consultations. These stakeholders will give provision of healthcare services in order to give precautionary measures to those people who have critical conditions.

These are the effective guidelines that we need to consider in promoting both physical and mental health. I would intend my students to give additional information and trivial updates regarding healthy lifestyle. I will recommend powerful tips on how to take good care of yourself. I will conduct body-building sessions to my beloved students concerning better lifestyle. I will coordinate with the psychologist and professionals if there are symptoms persist in medical condition. I will engage them into physical activities through games and sports for them to build up vigorous strength and motivation in the teaching-learning process. Furthermore, we can build an impact in their academic pursuits of life as they become conscious with the educational matter.

In the K-12 education curriculum, it implements that it must foster a good foundation of learning through health-related factors. Here are the following recommendations regarding this matter: We must have fervent supervision for clinical counseling among student who are striving on mental illness. We shall kindle our students through words of wisdom and facilitate learning towards their academic success. We shall join force and collaborate each other through making an impact in their lives. We must be a second parent to advocate good manners and right conduct needed to shape their personality as a fully-developed individual. We shall give full support to our students for their continuous growth because we can monitor their academic endeavors for eight hours of teaching.

References: