PROMOTING GOOD HEALTH FOR SCHOOL KIDS

by:
Isabelita A. Pantig
Teacher III, Paraiso Elementary School

Health is vital to one’s life. In school health is being promoted to make the kids mentally active and physically alert.

Educating the youth in terms of health is the primary step in promoting health in the school. The children must grasp the importance and benefits of good health, the ways and means to achieve good health and who are responsible in attaining it. Health education is truly important.

The parents must learn more on the matters concerning the health of kids. Educating them well on good nourishment and proper hygiene is significant for it will protect the lives of the children.

The school is also open for the advocacy campaign in promoting good health for the kids. This gives more information in maintaining good health among the schoolchildren in order for them to perform actively in the school.

The school also provides feeding programs for the undernourished kids. The nutritious foods that they serve may add to the good nutrition of the learner. The reinforcement that feeding program endows to the kids contributes to their physical well-being.

The Physical Education class in every school has a big contribution to the good health of the kids. This component subject makes them exercise, dance and even exert their strengths for them move energetically.
The doctors, dentists and nurses who regularly visit the schoolchildren also help them achieve good health. The usual check-up that they normally conduct may ensure the children from any health danger. They keep on monitoring the learners in different schools to determine their health conditions through the school nurse or clinic teacher.

There should be a school nurse and a clinic teacher in-charge in order to monitor the health of the child in the school. They should be on guide on the health conditions and health records of the learners.

The school canteen should offer safe and nutritious meals. Junk foods, soda and other unhealthy foods should not be allowed in the canteen because they are detrimental to the health of the schoolchildren.

Promoting good nutrition for kids is very essential and it should be considered seriously.

References: