REMEMBER NOT TO FORGET THE DEMANDS OF OUR HEALTH

by:
Ariel M. Santos
Teacher III, Orani National High School – Main Campus

In a time where new gadgets are invented every day, we, people tend to give much of our attention to viewing our favorite movies on our laptops, reacting to our virtual friends’ posts and statuses on social media, listening to jaw-dropping musical performances on our iPods, and heating up our keyboards to play the role of our virtual fighters.

Many think that to have these gadgets is to become economically ahead and superior from others.

Because of all these, we apt to forget that the real wealth lays not on the material realms but on the health that one has.

Talking about health, we often misinterpret the quality of being healthy based from one’s weight and size. Somehow, health and wellness defines and shows good lifestyle, physical activities, anger and stress management, and well spiritual life.

Here are how to make students as well as the teachers ponder the good and healthy way of living.

At school, many students and teachers eat what they see as delicious without considering its nutritional contents. Many are being hooked by the junk food’s colorful wrappers, on sugar-coated decorated pastries, on big and tasty sausages, and on cold and chemically processed juices. With lack of awareness, food that we eat influences the way we perform during the day and has a lot of factor in our health. So, everyone must
be conscious about whatever they eat. Also, as teachers chose their healthy lunch and merienda, may they guide their students in choosing what is best for them.

As proven by many studies conducted by diverse researchers, healthy food produces healthy minds. And children who have healthy thinking performs excellently inside the class, does duties well, attends to school regularly without excuses of being ill, and develops special skills.

Just like with John Locke’s theory of Tabula rasa which says that we are all like blank slates written on with experiences as we grow older, we must also consider our bodies and health as a dominion of growing mass of wellness. We must be healthier as we are growing older.

Moreover, not only the teachers nor the students are responsible in maintaining the good body building but also all of the people around and inside the school including the food sellers inside the canteen. They must have taken into their lists the best ingredients in having healthy people all over the school.

Teachers, students, clerks, and utilities, must all go forward hand in hand in achieving a healthy and well community.

Reference:

Health and home. (2002)