WAYS TO ENCOURAGE STUDENTS TO PRACTICE PROPER HYGIENE

by:

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Proper hygiene is one of the most delicate issues that teachers have to have to take charge. Teachers must not neglect this issue because it may result to an unpleasant event, students with poor hygiene may be subjected to bullying and mocking of his peers. Oftentimes, he may be avoided by his classmates because of his shabby appearance and foul odour.

There are different forms of poor hygiene, it includes messy hair, untidy clothes and foul odor of the body. Accept the fact that students nowadays give more importance to what the society will tell rather than their own principles. The result of poor hygiene may result to stress and emotional distress of the students that may lead to more complicated situations if not prevented.

Teachers, together with the parents, have to deal with this problem. Below are the measures that teachers may employ to address the problem about poor hygiene.

1. Include hygiene as a permanent lesson on the Health subject.

   Teachers may utilize different form of multimedia to educate the students about proper hygiene. They may use videos and books to show them how to have a proper hygiene. Teachers may discuss the benefits the students may get if they do not neglect their hygiene.

2. Private conversation with a student showing poor hygiene will be helpful.
Make the students realize that poor hygiene may result to different diseases and it will be a reason for his classmates to dislike him. Teach him the procedures of good hygiene. You may ask the assistance of the school nurse to meet the student.

3. Teachers must be observant of the students’ appearance and hygiene.

Teachers may create a checklist of hygiene activities, give the students a copy and let them check what they did before going to school. Ask the students to make a diary or journal about their hygiene.

4. Make hygiene kits be available inside the classroom.

Some students who have poor hygiene do not have hygiene materials at home. Poor students cannot afford to buy toothpaste and toothbrush, deodorant, soap and shampoo. Teachers may request the help of the school’s stakeholders to donate some hygiene items for your students.

5. Discuss the importance of having a neat body.

Teachers may discuss the importance of proper hygiene with a motherly approach. If the students sense that their teacher is concerned with their welfare, they are likely to follow and make efforts for the teachers’ orders.

Teachers must help to boost the morale of the students. Healthy students are likely to perform better compared to those neglected students. Many students are not happy inside their own house so make the classroom their home and give reason for them be happy at least.

References:

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