Physical Well-being

Why is it important for schools to ensure the general well being and, in particular, the physical well being of its students?

In many schools, a large proportion of students don't see the establishment like a safe space. Their well being is not taken in consideration and this negative action can have a negative effect on the young kids who at the beginning were eager to learn, but now, even if they tried, they feel drained mentally and physically. It can also impact the staff of the establishment, such as teachers.

If the general atmosphere in schools is one of tension, stress, the kids will have a lot to suffer. They won't develop in a safe environment and it can cause damages for a long period of time and their school performances will not be satisfactory.

There are 5 different types of wellbeing that factor into a person’s experience at school:

Section A 01

Emotional wellbeing

02 Section B

Physical wellbeing

Section C 03

Social wellbeing

04 Section D

Financial wellbeing

05

Section E

Digital wellbeing

What is physical well being?

Right now we want to talk about the physical well being. It may be overlooked but without it we can't be sure of one's healthy growth.

Physical wellbeing is the ability to maintain a healthy quality of life that allows us to get the most out of our daily activities without undue fatigue or physical stress. It also involves many aspects of life such as: sleeping well, eating well, being physically active, having good hygiene, and getting enough relaxation.

“Health is a state of complete harmony of the body, mind and spirit.”

—Ducu Arsene Andrei

The positive impact on our lives

Physical activity has an extremely positive impact on the body and mind. Staying active increases mental alertness which improves concentration and productivity. It also leads to increased energy levels, better mood and reduced stress. Exercise also releases mood-affecting chemicals - endorphins, dopamine and serotonin - which reduce symptoms of depression and improve wellbeing.

Our bodies are not machines and we have to be very careful with how we handle them. If these type of well being is implemented in schools, both the students and the teachers will be happier and healthier. We all want to feel better in our skin and in our schools.

How can schools get active?

It's easy to dream and say do that, that should be better, but we didn’t talk for nothing, we also thought about ways to implement the physical well being in schools. First we think that the school should encourage physical activities that will keep their students motivated and active, such as:

Active traveling schemes

Regular physical activity can be encouraged by schools through active travel schemes that promote sustainable and healthy methods of transport. Walking, cycling or scooting to school, university and work makes a significant impact on energy levels and mood.

Active investing in physical well-being

An easy way is for schools to promote and facilitate going to school riding a bike by building a bicycle parking zone. It is not expensive and very practical.

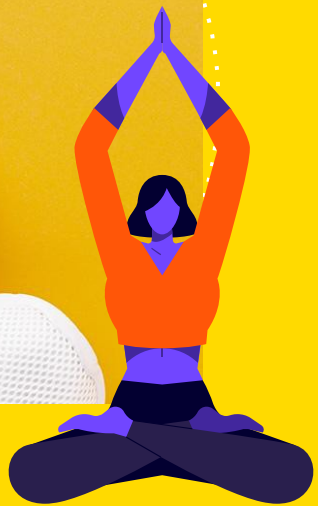
Investing in new sport equipments for the physical education classes and also making them more interactive and less about the grades, emphasising on the importance of sport in one's development. Alongside this, providing access to discounted gym memberships and classes for students and staff can further promote daily physical activity.

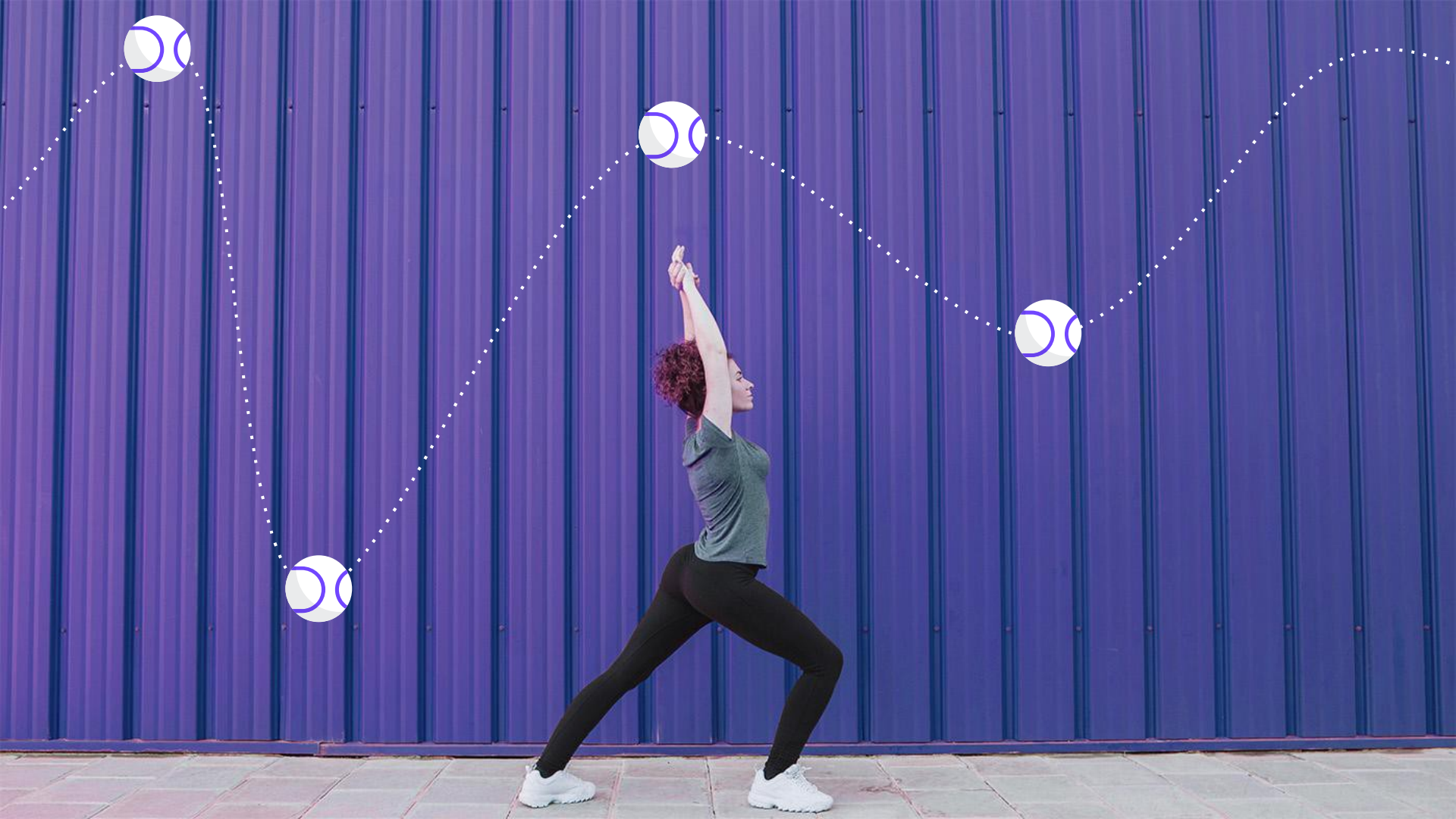
Spreading a healthy lifestyle

Physical well-being may be promoted in schools through encouraging physical activity and providing a safe atmosphere, as well as nutritional meals. So, Providing an optional class dedicated to explaining the importance of a good nutrition and how much it matters the food that we consume. The degree to which a student feels physically protected and healthy is linked to their physical well-being in schools and other environments. Regular exercise, preventative healthcare, diet, and physical security and

So why is physical well-being important?

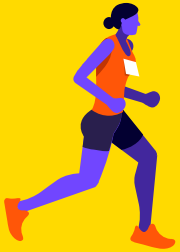
Physical activity is associated with improved learning and the ability to concentrate. Strong, supportive relationships provide students with the emotional resources to step out of their intellectual ‘comfort zone’ and explore new ideas and ways of thinking, which is fundamental to educational achievement.





ACTIVITY TASK

Now we want you to close your eyes and breath in and then breath out, let out all the negative thoughts and focus on just your body and your mind. Stretch your limbs and think of the last time you let your body to relax. We have to be more attentive with our body because we have only one. Lets all now do a little meditation session and see hoe we all fell after. We all feel better? So I think we can all agree on the importance of physical well being in our lives and especially in our school life as students and as teachers aside.



Thank you!

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