

Health education: working in a kindergarten setting essay examples

[Profession](#), [Student](#)



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Introduction

Health promotion among school-age children is aimed at enhancing health amongst students by cultivating healthy behaviors in them. The effectiveness of a health promotion program is determined by the qualification and devotion of a trained teacher, as well as proper planning. Working in a kindergarten provides an opportunity to promote health amongst small children who may be at a higher risk of suffering from medical conditions related to poor health behaviors. A vibrant health education in such a school would ensure that the children learn, adopt and maintain healthy habits at an early age. This write-up discusses the preference for the chosen work setting and the requirements for securing an opportunity to work there.

Justifying the Preference

Working in a kindergarten setting is preferred for a number of reasons. To start with, kindergarten pupils are small children who are in their early

developmental stages. The writer would like to work with such children to help them to grow knowing the value of maintaining healthy behaviors (Center for Health Promotion, 2011). The writer likes working with small children. This implies that he would be comfortable and committed to the job, leading to more effectiveness.

In addition, the author has skills of working with small children. This implies that he would be able to get along well with the young learners. Because the writer understands the developmental psychology of the small, kindergarten-going children, he would be able to help them in such activities as physical exercises and outdoor games. Lastly, because the writer is well-trained to carry health education among small children, he would like to apply his skills with kindergarten pupils and cultivate healthy behaviors in them.

Landing the Job

Landing a job as a health educationist in a kindergarten would require one to demonstrate deep knowledge and experience in the field. This would begin by identifying the specific school and establishing whether there exists a vacancy. Afterwards, the writer would apply for the post of a health promotion educator. In the application, the writer would include various documents that attest to his certification and qualifications that make him suitable for the job. This would convince the school that the applicant is duly qualified and suitable to work with the children as a health education teacher.

When shortlisted and invited for an interview, the writer would ensure that he has sufficient information regarding the health education program so that

he can comfortably and satisfactorily answer related interview questions with a view to securing the job. This would require prior thorough research to understand current trends in and the tenets of the program. On the interview day, the applicant would make efforts to demonstrate his professionalism and suitability to work in the applied capacity. Passing the interview would enable the writer to secure the job and work in the preferred setting as a health education teacher.

Conclusion

Health education seeks to encourage school-going children to develop good health habits such as drinking enough water, having enough sleep, performing physical exercise and proper personal grooming. This promotes health among the learners and improves their learning outcomes. To realize optimal effectiveness, health education should be well planned and conducted in a sequential way by well-trained, certified teachers. School administrators should hire qualified teachers to conduct health promotion so as to cultivate healthy behaviors among school-age children.

References

Center for Health Promotion. (2011). Health Promotion in Education and Care. Retrieved 17

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