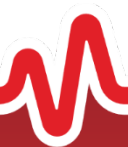


# KaziHealth



*KaziHealth* Short Learning Programme

A Healthy Lifestyle for Teachers – Introduction

## Introduction

*KaziHealth* would like to welcome teachers to this short learning programme, titled “A Healthy Lifestyle for Teachers, designed especially for you.

*KaziHealth* which focuses on teacher’s health, is part of the larger *KaziBantu* Project: Healthy Schools for Healthy Communities, a broader initiative aimed at consolidating the practice of physical education and ensuring physical literacy and healthy active living of school children and teachers.

Basically, *KaziHealth* is a teacher’s health promotion programme that encourages the adoption of healthy lifestyles. It focuses on lessening non-communicable disease risks (such as heart disease, diabetes, high blood pressure and others), and on improving physical activity and physical fitness, encouraging better practice in nutrition and diet, and being conscious of behaviour that will improve psychosocial health. This school-based programme has been specially tailored after local research on teachers’ health and practice. The programme is designed to share knowledge and best practice and enact a positive transformation, and to ultimately create healthy schools for healthy communities.

Teaching is generally an occupation with many stresses, as it involves working with and managing people for long periods. This stress, and the long hours of sitting, because teaching can be a sedentary job, can negatively affect teachers’ health. Also, in the South African context, teachers often have to deal with stressful situations at under-resourced schools: such as dealing with unmotivated students, discipline problems, difficult school administrators, organizational and inter-personal responsibilities [1] and feeling unsafe in the school environment [3].

Generally, teachers of today are extremely stressed and have high levels of anxiety. Furthermore, teachers have a high workload too and must still manage their personal lives. These stresses present dangers: they can experience burnout which refers to physical, emotional, mental exhaustion. Also, prolonged stress without effective coping leads to *many* other health problems [4].

Teaching may be a rewarding career because teachers are role models and examples to learners, and teachers can enjoy the fruits of growing people and making a positive difference in their lives [2]. However, in doing this, teachers should look after their own health, make good lifestyle choices, and be good role models in this area, too.

This programme will help you to reflect on lifestyle choices, and to reconsider unhealthy behaviours that have simply become habits.

We trust that you will find the programme to be insightful, enjoyable and beneficial.

## References

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2. Page, R.M., and Page, T.S. (2011). *Promoting Health and Emotional Well-Being in Your Classroom*. 5<sup>th</sup> Edition Massachusetts: Jones and Bartlett Publishers.
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# KaziBantu

*Healthy Schools for Healthy Communities*



[www.KaziBantu.org](http://www.KaziBantu.org)



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