

Perpetualites Journey

PROMOTING HEALTH AND CHARACTER
DEVELOPMENT

SEPTEMBER 9 - OCTOBER 17, 2024



PERPETUALISTA

THE COMMUNITY OUTREACH DEPARTMENT ANNUAL REPORT

Perptualite Journey

PROMOTING HEALTH AND CHARACTER DEVELOPMENT

October 17, 2024, our section BM-4A held a community outreach program at Pedro H. Escueta Memorial Elementary School called Perpetualite Journey: Promoting Health and Character Development. The initiative's goal was to engage sixth-grade students in discussions about health and character, providing them with essential knowledge and skills for their personal and social growth.



The reflection will look at our preparation process, program execution, problems, and the influence we had on students. Preparing for the outreach program was both tough and enjoyable. As we distributed tasks among the students in our section, we encountered coordination and communication issues. To ensure that the program ran smoothly, each member needed to fully understand their roles. This event taught us the value of teamwork and organization. We learnt to rely on each other's strengths, which helped us achieve success during the outreach. Through brainstorming sessions and practice run-throughs, we developed a structured approach for the program, ensuring that we would cover all necessary topics related to health education and character development. The preparation process fostered a sense of camaraderie and commitment within our group, reinforcing our shared goal of making a positive impact on the children's lives. The program's execution was full with learning opportunities. Despite some unanticipated mishaps, we were able to complete the outreach effectively. Engaging with the students was both tough and rewarding. We started conversations about exercise, diet, and hygiene, emphasizing the significance of health education in their age group.



The combination of health education and character development resulted in a full experience that the students valued. Providing them with meals and basic hygiene packs at the end of the program further emphasized our commitment to their well-being.



It was clear that many children were experiencing this level of schooling for the first time, and their zeal to learn was extremely inspirational. Seeing the youngsters understand new concepts about good diet and physical activity was a moving event. Their eagerness to acquire better behaviors was clear as they actively participated in talks and activities.

This conversation showed the importance of health education in altering people's perceptions of well-being and lifestyle choices. The character development component of the curriculum was similarly effective. We demonstrated the importance of positive character characteristics with a variety of activities centered on virtues such as accountability, kindness, and respect. Students reflected on real-life scenarios, exhibiting their improving awareness of decision-making and its consequences for others. This part of the curriculum promoted the idea that character development is just as important as health education in raising well-rounded individuals. To keep the kids involved, we introduced games and interactive conversations that made the learning process entertaining.



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