

HOW THE WEATHER WORKS?

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What is the weather today? Is it sunny or rainy? In a tropical country like ours, we do not have any choice but to only live with it. If you are dreaming of building a snowman, you have to go to another country. However, if you go to another place, it will be another adjustment. Hence, no matter what the weather is, if an individual is not adapted to it, it will be a challenge for them. On the other hand, if a person is already adapted to it, it would be easier for them to cope and survive. Yes, a change specifically a sudden or drastic change in weather could impact their overall health.

These days, it can be observed that climate change is a global crisis. In fact, the heat index of the “danger” category could likely cause heat cramps and heat exhaustion, while heat stroke is probable with continued exposure to the sun.

Previously, DepEd Order No. 37, s. 2022: Guidelines on the Cancellation or Suspension of Classes and Work in Schools in the Event of Natural Disasters, Power Outages / Power Interruptions, and Other Calamities were reiterated due to extreme heat. Consequently, schools offered other modalities of learning: Online, radio, and Modular to continue education. This is the considered remedy to continue education.

Nonetheless, aside from the weather and calamities we experienced, as teachers, we also face other weather challenges. Our workplace, the work environment where we perform our roles as an educator, can actually impact feelings of well-being. The kind of relationships we developed among our colleagues had the power to improve our performance. Also, it may significantly improve the level of our commitment as well as our achievement-striving ability.

Therefore, it can be surmised that the warmth and coldness we feel from the people we work with really affect us as a person and employees. The extreme heat and cold due to climate change may affect our health, but the weather we feel in our everyday dealings with our colleagues and administrators also plays a very strong role in our well-being.

With that, I hope, we are all in a workplace with an atmosphere that offers the weather we exactly and need. May we also survive and still love and continue our compassion despite the occasional extreme coldness and heat from different sources and sides.

References:

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