



## Nursing Research and Health of Teachers and Students in Primary Schools

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### Dear Editor,

I am an elementary school teacher in Kashan, Iran and interested in studies in the field of health, especially the studies related to the students and the teachers health. While I was searching a topic in the students' behavior in the school, I found an article published in your journal regarding coping with stress in school-age children (1). That paper encouraged me to have a look at the journal website and also on other papers. Then I found two other studies in your first issue that indirectly were related to the teachers and students' health. I read these papers and encouraged to write you this letter. The paper on coping strategies of the school age children addressed an important issue. Stress not only can affect the students' health but also can affect the students' learning and achievement (2). My professional experiences have shown that academic failure of students may transfer the stress in the level of the student's family and then a vicious cycle will be produced and the student learning problems will be intensified. My experiences are consistent with Taghavi et al. report. They reported that significant numbers

of families suffer from the aftermaths of children with learning problems (3). These sufferings usually increase when the child is in the school age years. The study on the effect of maternal passive smoking during pregnancy (4) was also interesting to me as a teacher. Though the authors focused on the effects of passive smoking on pre-term delivery, passive smoking may also be a health problem for the school age children who are in their growing ages. It has been shown that children exposed to parents who smoke have more respiratory infections and asthma (5). Such consequences may not only increase the rate of absence from class and increase in learning problems, but also may directly affect the learning ability and mental functions of the students. The parents smoking may also act as a role model for their children. In my 22 years of teaching experiences in primary schools, I frequently encountered students that their health and achievement have negatively affected by the parents high risk behaviors such as addictions or smoking habits. Now I thank your effort in publishing topics related to the students and teachers health. I also encourage the nurse and health researchers to pay more attention to the students and teachers health especially in the level of elementary

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schools. This may be an important health and research issue which may impact on our community health.

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