

Health & Wellness

Philosophy & Beliefs Statement

Wellness is an active process of growth and change in which students are empowered to make informed, responsible decisions for pursuing a safe, healthy, and balanced lifestyle.



The whole-child educational approach recognizes a strong connection between child health* and successful learning.

A coordinated school health program involves bringing together the various resources in a school and community that promote healthful living.

Developmentally-appropriate health education is fundamental to supporting and promoting lifelong wellness.

All members of our community, including parents, faculty, and students, have the responsibility to model and promote well being.

