Health Education is fundamental to supporting lifelong wellness.

Through developmentally appropriate learning activities in the areas of physical, social and mental health, the SAS Health Curriculum strives to empower students with critical thinking and communication skills, essential understandings, and positive behaviors to make informed choices and responsible decisions for pursuing a safe, healthy and balanced lifestyle.

Underpinning the SAS Health Curriculum is a commitment to Extraordinary Care for the Welfare of Each Child and a belief that effective Health Education is a collaborative responsibility between home and school.