

AT ST. MARK'S, we care for the whole child. We provide for our students' physiological needs while they are in our care: food, water, warmth, and protection from illness. We provide a safe and secure campus, where children feel like they belong and have friends. We help our students feel confident and accomplished, and learn how to be themselves. Ultimately, our goal is for our students to be self-aware enough to discover their own creativity and space in the world.

WELLNESS

PHYSICAL WELLNESS



Regular involvement in physical activity has been proven to increase test performance, raise self-esteem, reduce the incidence of life-threatening disease, and produce a positive impact on the social and emotional wellness of an individual. The ultimate goal of our physical education program is to provide students with the skills necessary to live healthy, active lifestyles. In P.E., students enjoy a wide array of challenging and meaningful activities to lay the foundation necessary for today and tomorrow. In Athletics at St. Mark's, we give our students the opportunity to learn teamwork, accountability, responsible competitiveness, and fair play. This year we have added cross country in the lower school and swimming in the middle school to our athletic programming. At St. Mark's, we believe in the importance of play, meaning physical education and athletics go hand in hand with our mission. We want our students to experience a plethora of physical activities and strive to not only to appeal to their current sense of play, but to keep the child within playing for their lifetime.

- ROMA COLEMAN
Director of Athletics



Aatira Shah, '23, gets soup at lunch



As a school nurse, I promote student health and safety, facilitate optimal growth and development, am grounded in evidence-based practice, bridge health care and education, provide care coordination, and collaborate with others to ensure our school systems allow individuals and our community to develop to full potential. Keeping our students safe and healthy is the best way to ensure they are able to participate and learn in school. Over my career, the biggest evolution I have seen is a stronger emphasis on wellness through preventative health and patient or caregiver education. Part of celebrating the uniqueness of each child involves taking into consideration varying physical needs of all students. Cultivating joy and playfulness involves a place for children to play and be active in a healthy and safe environment. Cultivating growth is integrated through simple measures like standard health screenings as well as educating our students on healthy behaviors.

- SARAH BECKMANN
School Nurse



Sophia Shaw, '26, at recess