









Health and Wellness Philosophy

Health and Wellness education is essential to the growth and learning of children and adolescents. Health and health-related behaviors have a direct impact on students' school attendance and ability to learn. ISK's program addresses the physical, social and emotional health of students, providing them with the tools necessary to make informed decisions about life-long health and wellness.

Health and Wellness Program Objectives

(Linked to the ISK AIMS)

-  • Become health literate (capacity to obtain, interpret and understand basic health information and the competence to use such knowledge)
-  • Identify and manage controllable health risks
-  • Use decision-making and goal-setting skills
-  • Demonstrate behaviors that enhance life-long health and personal safety
-  • Develop knowledge and skills for emotional and social well-being and resiliency
-  • Respect and promote the health of others (families, school, communities, environment)