



Northwoods Middle School
Keturah Planter, Ed.D., Principal
 7763 Northside Drive
 North Charleston, SC 29420
 (843) 764-2212

Media Release

Northwoods Middle School Named One of America's Healthiest Schools

National award recognizes leaders in whole child health policy and practice change

North Charleston, SC (August 8, 2025) – Northwoods Middle School will enter the new school year with an impressive distinction: the Nighthawks are one of [America's Healthiest Schools](#), according to Alliance for a Healthier Generation. The national children's health organization released its 2025 list this week, which honors 1,119 K–12 schools throughout the country for their commitment to advancing whole child health.

Northwoods Middle is the only school in Charleston County School District to earn this honor this year, and one of just four in the state to earn certification in all nine areas that are part of this recognition: Strengthening Social-Emotional Health & Learning, Cultivating Staff Well-Being, Increasing Family & Community Engagement, Improving Nutrition & Food Access, Implementing Local School Wellness Policy, Bolstering Physical Education & Activity, Enriching Health Education, Promoting Tobacco-Free Schools, and Supporting School Health Services.

"We are incredibly honored to be named one of America's Healthiest Schools for 2025," explained Principal Dr. Keturah Planter. "This recognition reflects the dedication of our entire school community, especially Nurse Marcy Freeman and science teacher Jacqueline Clarke, whose passion and leadership have been instrumental in creating a healthier environment for our students. We want our scholars to be equipped with the knowledge and habits to make healthy decisions not just in middle school, but throughout their lives."

Supported by Del Monte Foods, Kaiser Permanente, and Kohl's Cares, Healthier Generation's annual award program recognizes schools for implementing evidence-based policies and practices to support academic success and lifelong well-being.

"Schools play a crucial role in positively shaping the health and well-being of our nation's youth, and they deserve national recognition for their outstanding efforts," said Kathy Higgins, CEO of Healthier Generation. "The dedication of school leaders, educators, and staff to support the physical, emotional, and academic needs of their students is nothing short of extraordinary. Their commitment is creating healthier futures for children and communities alike."

The mission of Northwoods' Wellness Committee, led by Clark and Freeman, is to encourage and promote healthy bodies, healthy minds, and healthy futures. The Wellness Committee is dedicated to fostering positive habits for lifelong wellness amongst students, staff, and the school community.

For more information, contact Principal Planter at (843) 764-2212. See the full list of recognized schools at healthiergeneration.org/AHS.

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About the Charleston County School District

Charleston County School District (CCSD) is a nationally accredited school district committed to providing equitable and quality educational opportunities for all its students. CCSD is the second-largest school system in South Carolina and represents a unique blend of urban, suburban, and rural schools spanning 1,300 square miles along the coast. CCSD serves approximately 51,000 students in 90 schools and specialized programs.

CCSD offers a diverse portfolio of educational options and specialized programs delivered to the students of CCSD through neighborhood, magnet, IB (international baccalaureate), Montessori, and charter schools and programs. Rich educational opportunities for students include programs in science, technology, engineering, and mathematics (STEM); music and other creative and performing arts; career and technical preparation programs; military; dual credit; and many more.