Upper School Active *Wellness* Program

At Sacred Heart Greenwich, we are committed to promoting physical, emotional, and social well-being through purposeful and active engagement. The Upper School Active Wellness Program is designed to provide students with a variety of opportunities to stay active, build self-confidence, and foster connections with their peers, all while supporting their holistic development.

Recognizing that each student has unique interests and needs, the program offers flexible options to ensure meaningful participation. Each year, students in grades 9–11 are required to fulfill their active wellness requirement by selecting from a variety of options shown below.

Choosing Your Path

Students select the option that best aligns with their interests, schedule, and goals. Academic Deans and faculty are available to help guide students in making the best choice for their wellness journey.

Dance Elective



Enrollment in dance elective course for the full academic year.

Description: Students may enroll in the dance elective as part of their academic program. This option offers a creative and expressive way to stay active while exploring various dance styles and techniques. The class requirement is two times per cycle to fulfill the active wellness component and is a graded course. Students may also select this course as a full elective which meets four times per cycle and also fulfills the active wellness requirement.

Commitment: The class meets two times per cycle for active wellness and four times per cycle for the full elective. Dance is a graded course.

PE Mini-Courses



Participation in one semester each academic year.

Description: Students can fulfill their active wellness requirement by enrolling in one semester of Physical Education, which consists of mini-courses. The mini-courses provide a diverse range of activity based options, which may include yoga, fitness training, pilates, zumba, or lifelong sports. This format allows students to explore multiple activities while staying active and developing valuable lifelong fitness skills.

Commitment: Meets for one semester, every Wednesday from 2:35–3:25 pm, allowing students to fulfill their requirements within the school day.

Athletic Team Participant



One complete season on an athletic team as a player.

Description: Students who join a school athletic team fulfill their wellness requirement through regular practices, games, and team-related activities.

Commitment: Involves participation for the duration of the athletic season, fostering teamwork and discipline.

Arts



Participation in the Fall Production or Winter Musical.

Description: Students participating in the school musical or fall play engage in physically demanding and collaborative rehearsals and performances, which meet the wellness requirement.

Commitment: Requires active involvement throughout the rehearsal and performance period of either the fall play or winter musical within one school year.

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