

Big Ideas

When you leave this school we want you to be able to have the skills and knowledge to support your physical, mental and emotional wellbeing. You will be able to accomplish this if you are able to say the following about yourself...



PS

I participate in daily physical activity, using a variety of movement skills I enjoy because it is a part of a healthy lifestyle



C

I treat myself and others with respect and care

I am continuously learning about myself and others in order to support a positive attitude and build healthy relationships



T

I know how to make healthy choices for my growing body

I understand that good health is taking care of my physical, mental and emotional well being