Growing Healthy: Wellness Across Huntington Schools

Primary Buildings
(Grades K-3)

Mindfulness & Movement
Students learn yoga, breathing techniques, and practice quiet reflection on "Mindful Mondays."

Hands-On Nutrition
Children learn about healthy eating by planting vegetable gardens and watching educational videos.

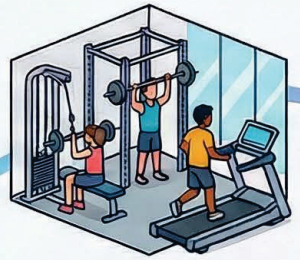
Building Positive Habits
Activities like gratitude journaling and positive self-talk help build a healthy mindset early on.

Intermediate Buildings
(Grades 4-6)

Student-Led Wellness
A student-run podcast club researches and shares health and nutrition tips with their peers.

More Ways to Play
The district is expanding opportunities for physical activity by doubling intramural sessions.

Secondary Buildings
(Grades 7-12)



Advanced Fitness Facilities
High school students have access to dedicated Fitness, Rig, and Weight Rooms for training.

Personalized P.E. Electives
Older students can choose their P.E. focus, from yoga and mindfulness to team sports.

Comprehensive Athletics
An extensive interscholastic sports program offers a wide variety of teams across three seasons.