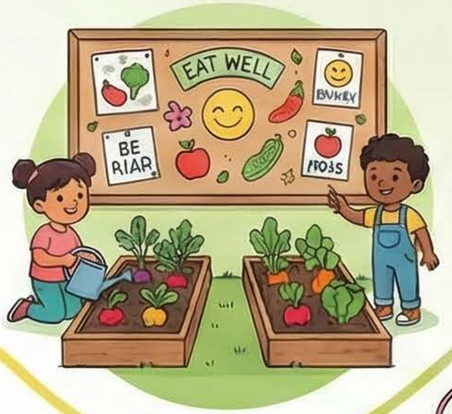
Huntington's Blueprint for Student Wellness

Showcasing comprehensive, age-appropriate wellness programs from primary to secondary levels, integrating physical, nutritional, and mental health concepts.

Primary Schools: Building the Foundation

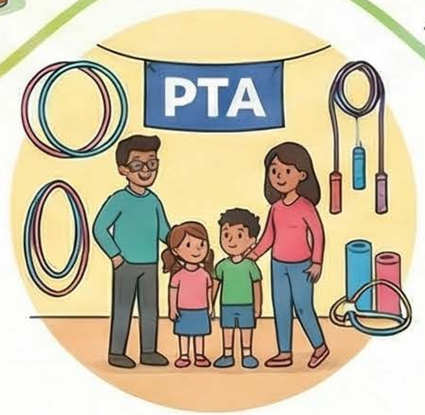


Interactive, Hands-On Learning

Students learn about nutrition and health by planting gardens and creating wellness-themed builetin boards.

Introducing Mindfulness and Gratitude

Activities like "Mindful Mondays," yoga, and gratitude journals teach foundational emotional wellness skills.



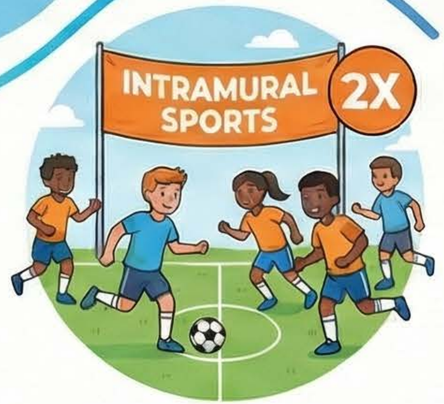
Engaging the Whole Community

Wellness is extended beyond the classroom with Family Fitness Nights and PTA-sponsored events.

Intermediate Schools: Fostering Engagement

Student-Led Wellness Initiatives

A student-run podcast club researches and broadcasts health and nutrition tips to their peers.



Expanded Access to Physical Activity

The district has doubled intramural sports programs to provide more opportunities for students to play.

Secondary Schools: Promoting Healthy Choices

Diverse & Specialized Fitness Options

Students access dedicated facilities like a Rig Room, Weight Room, and Yoga Studio through PE electives.

Widespread Health Awareness Campaigns

School televisions broadcast important messages on nutrition, the benefits of exercise, and anti-vaping.

SEASON	VARSITY TEAMS	JUNIOR VARSITY TEAMS	FINLEY MIDDLE SCHOOL TEAMS
Fall	11	7	7
Winter	11	3	5
Spring	12	6	8

Expansive Interscholastic Sports Program

Dozens of teams provide athletic opportunities for students at the varsity, junior varsity, and middle school levels.