

Health Education

Health education is one of eight components of a coordinated school health plan. A strong, comprehensive health education program helps students achieve their highest potential as they grow into healthy, confident and competent individuals.

What does a Comprehensive Health Education Program include?

- Planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health.
- Curriculum designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.
- Opportunities for students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices.
- Qualified, trained teachers to provide health education.

Meridian ISD has adopted [Health and Wellness](#), by Macmillan/McGraw-Hill, as the district's health curriculum.