

Tooba Academy

Wellness Policy

The purpose of the Wellness Program at Tooba Academy is to promote lifelong patterns of behavior that will enable students to establish and commit to a wellness lifestyle in the development of the whole self. Concepts of physical education, meal nutrition and health education are integrated in a course of study which emphasizes harmony among the emotions, the body, the intellect, and the spirit. Tooba Academy students are challenged to develop an in-depth understanding of who they are as individuals through self-reflection, physical activity, fulfilled dietary meal, and wellness planning.

Our philosophy is that the mind and body should be educated together; the result being a complete individual with harmony of parts. It is well-recognized today that healthy minds and bodies are basic to academic success and enable people to be productive members of the workplace and society in general. The Wellness Program at Tooba Academy provides opportunities for students to develop their full potential as human beings. In addition, it serves as an integrative model for good health and physical education programs.

09-30-2010

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