

Wellness Vision Statement

LISD is committed to supporting a “Culture of Wellness”, through the areas of nutrition, physical activity and fitness, and family involvement. We recognize the purpose of health, physical education and wellness is to provide students and staff with the knowledge and skills needed to develop and maintain personal health, lifetime fitness, and recreational enjoyment. By using a coordinated approach to school health, schools can promote, practice, and coordinate school health and physical education in order for students to advance their academic student performance. This can be done through providing services that benefit the physical and mental well-being of students by establishing healthy-lifelong behaviors.

For us to reach our district vision that every student is encouraged, supported, and challenged to achieve the highest levels of knowledge, skills, and character, we believe that developing healthy minds and bodies are fundamental to successfully achieving this goal.