

The Office of Healthy School will be exploring “Teen Health Topics” for the School Year, October, 2025 – April, 2026.

The following topics are upcoming:

October, 2025 “Physical Fitness in Teens”

The various forms of exercise and the benefits of regular PE activity.

November, 2025 “Nutrition in Teens”

The importance of a balanced diet and the effects of unhealthy eating habits.

December, 2025 “Body Image and Self Esteem in Teens”

Developing a positive self-image and the importance of self-acceptance.

January, 2026 “Mental Health in Teens”

Coping strategies, stress management techniques and promoting positive mental health.

February, 2026 “Substance Abuse in Teens”

Strategies for resisting peer pressure and making responsible choices.

March, 2026 “Personal Hygiene in Teens”

The importance of cleanliness in preventing illness and promoting overall well-being.

April, 2026 “Healthy Relationship in Teens”

The importance of building positive relationships with peers and family.

