

Healthy and Wise

The Sweeny ISD Student Health Advisory Council (SHAC) has adopted ***Healthy and Wise*** and ***Sparks*** as the District's K-8 Coordinated School Health Curriculum. ***Healthy and Wise*** and ***Sparks*** offer a comprehensive, standards-based, cross-curricular approach to teaching health and physical education. Students, teachers and parents have access to up-to-date health and fitness information in a monthly curriculum and are encouraged to participate in activities that help to develop lifestyle wellness strategies and skills. They can access information about ***Healthy and Wise*** and view the parent newsletter at [Caprock Press](#).

