

Why take Health at NHS?

- Learn to evaluate sources to be sure you're basing your choices on information that is accurate, safe, and helpful
- Learn to balance immediate rewards with long term goals and dreams
- Practice setting goals, thinking flexibly and critically, making healthy decisions, working as a team, and communicating effectively, so that you can craft the future you envision for yourself!
- No driving to other locations
- No summer school!

WHAT DO STUDENTS THINK ABOUT HEALTH @ NHS?

- "Take Health with Mrs. Leys because she really cares about her students and tells awesome life stories to make learning more fun! One of my favorite teachers I've had at Northwood."
- "Mrs. Leys brings and energy to the class that is so engaging and inviting. She truly creates an environment where all students can freely express themselves and share personal stories without judgment."

One Semester Graduation Requirement

Questions? See Mrs. Leys in room 1228 or email at brookeleys@iusd.org