

Summer Academy 2026

Course: Wellness

Age: Rising 10th -12th graders. Rising 9th may enroll after discussion with administration.

Format: A-synchronous

Description: This course provides an overview of health. Students will learn how lifestyles can affect wellness and the ways in which people can maximize their physical, emotional, and social health through positive lifestyle choices. Additional lesson topics include nutrition and exercise, body systems and reproduction, alcohol and drug awareness, and disease and consumer health.

This course is an independent, asynchronous, self-paced course expected to take 6 weeks. Students are allowed 9 weeks to account for any time they may not be able to access the internet.

Prerequisite: Only students enrolled at Maryvale for the 2026-2027 school year may register for this course. Students must be a rising 10th-12th grader, have a cumulative GPA of 3.0 or above, and approval from the Upper School Head. Rising 9th grade students must speak with administration for approval.

This class is taught by VHS Learning and closely monitored by Maryvale faculty. Upon successful completion, students will satisfy their 0.5 Wellness credit towards graduation.