

All 9 Del Mar Union School District schools named among America's healthiest schools 2025



(Courtesy of Del Mar Union School District)

One of DMUSD's steam+ teachers leads a class in a warm-up before PE. (Courtesy of Del Mar Union School District)



By **NEWS RELEASE**

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National children's health organization Alliance for a Healthier Generation unveiled its 2025 list of America's Healthiest Schools, celebrating 1,119 K-12 schools nationwide for their commitment to advancing whole child health, including nine Del Mar Union School District schools: Ashley Falls School, Carmel Del Mar School, Del Mar Heights School, Del Mar Hills Academy, Ocean Air School, Pacific Sky School, Sage Canyon School, Sycamore Ridge School, and Torrey Hills School, according to a news release.

Of the 13,125 K-12 schools in California, only 282 received this distinction in 2025. DMUSD's inclusion of every school in the district underscores a deep, district-wide commitment to student wellness, the news release stated.

The award recognizes schools that implement evidence-based policies and practices to support academic success and lifelong well-being. All nine DMUSD schools received recognition in both the Bolstering Physical Education & Activity, and the Supporting School Health Services category.

"We are thrilled to be recognized for our exceptional Physical Education Program. Our credentialed PE specialists are not only skilled educators, but also drivers in promoting collaboration, critical thinking, and adaptability in every class," said Alison Fieberg, assistant superintendent, Instructional Services, in the news release. "This recognition reflects the expertise and passion our PE team brings to engaging students in healthy, active lifestyles that support their learning and growth."

"This award, recognizing all nine of our schools, truly reflects our district-wide, deep commitment to the social, emotional, and physical well-being of every child," said Leslie Montoro, executive director of Student Services, in the news release. "It's a testament to the incredible collaboration and partnership between our dedicated teachers, counselors, nurses, and, most importantly, our families."

"Schools play a crucial role in positively shaping the health and well-being of our nation's youth, and they deserve national recognition for their outstanding efforts," said Kathy Higgins, CEO of Healthier Generation, in the news release. "The dedication of school leaders, educators, and staff to support the physical, emotional, and academic needs of their students is nothing short of extraordinary. Their commitment is creating healthier futures for children and communities alike."

The full list of recognized schools can be found at healthiergeneration.org/AHS.