



## **Maria Schneider**

Health Educator

Brecksville-Broadview Heights City School District

Broadview Heights, OH

Maria Schneider is a middle school Health teacher with 28 years of experience working with adolescents. She previously spent 18 years teaching Physical Education, including five years at the elementary level and the remainder in middle school. Maria is passionate about helping students build lifelong wellness skills by connecting physical, mental, emotional, and social health to real-life choices. She also coaches gymnastics and enjoys creating engaging, student-centered lessons that promote confidence, resilience, and a growth mindset. Maria has presented to educators and coaches on wellness education, advocacy, and creating positive learning environments. She believes health education should be practical, inclusive, and empowering for all students.