

Central Catholic High School Wellness Policy

Purpose

Central Catholic High School is committed to promoting the physical, emotional, and spiritual well-being of all students and staff. We believe that healthy habits support academic success, personal growth, and the development of lifelong wellness. This policy establishes guidelines for nutrition, physical activity, mental health, and overall wellness to create a supportive, faith-based learning environment.

I. Wellness Goals

1. **Promote Healthy Lifestyles:**
Encourage students and staff to make positive choices regarding nutrition, exercise, and self-care.
 2. **Support Mental and Emotional Well-Being:**
Provide resources and a supportive atmosphere that foster resilience, positive relationships, and balanced living.
 3. **Integrate Wellness Across the Curriculum:**
Incorporate health, fitness, and wellness education into classroom instruction, extracurricular programs, and community service.
 4. **Model Healthy Behaviors:**
Encourage faculty, staff, and parents to model wellness habits consistent with Catholic values of respect for the body and spirit.
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II. Nutrition and School Meals

1. **Healthy Food Environment:**
 - Meals and snacks served at school will meet or exceed the nutrition standards set by federal and state regulations.
 - Water will be readily available throughout the school day.
 - Efforts will be made to limit the availability of high-sugar and high-fat foods during school hours.
 2. **Nutrition Education:**
 - Students will receive instruction on healthy eating habits through health classes, science lessons, and school-wide initiatives.
 - The school will promote understanding of how nutrition impacts energy, learning, and long-term health.
 3. **Special Events and Celebrations:**
 - Healthy options will be encouraged at classroom parties, fundraisers, and events.
 - Food-based rewards or incentives will be minimized in favor of non-food alternatives.
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III. Physical Activity

1. **Daily Activity:**
 - Students will be encouraged to engage in physical activity during breaks and after-school programs.
 - Staff will promote opportunities for active play, intramural sports, and fitness clubs.
 2. **Staff Wellness:**
 - Faculty and staff will be encouraged to participate in wellness activities, such as walking groups, fitness challenges, or mindfulness sessions.
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IV. Mental and Emotional Wellness

1. Support Services:

- The school will maintain counseling services to support students' academic, emotional, and social needs.
- Mental health awareness will be promoted through education, resources, and community partnerships.

2. Positive School Climate:

- Central Catholic is committed to maintaining a safe, inclusive, and respectful environment that reflects the Gospel values of compassion and respect.
- Programs that promote kindness, conflict resolution, and peer support will be integrated throughout the school year.

3. Stress Management:

- Students will be encouraged to develop balance through time management, mindfulness, and open communication with trusted adults.

V. Implementation and Evaluation

1. Wellness Committee:

- A Wellness Committee composed of administrators, teachers, students, and health professionals will guide implementation and evaluation of this policy.
- The committee will meet annually to review goals and recommend improvements.

2. Communication:

- The policy and related wellness initiatives will be communicated to students, families, and staff through the school website, newsletters, and meetings.

3. Assessment:

- Progress toward wellness goals will be evaluated annually. Feedback will inform updates to ensure continuous improvement.

VI. Faith and Wellness

As a Catholic institution, Central Catholic High School recognizes the body as a temple of the Holy Spirit (1 Corinthians 6:19). Wellness education and practice reflect our mission to nurture the whole person — body, mind, and spirit — in the image of Christ.