

Cathedral High School Wellness Policy

2025-2026 School Wellness Policy

Mission

At Cathedral High School we are committed to fostering a culture of holistic well-being that empowers our students to thrive academically, emotionally, and physically. Our mission is to cultivate an environment where each student is supported in making healthy lifestyle choices, developing positive habits, and achieving their fullest potential.

Through collaboration with parents, educators, healthcare professionals, and the broader community, we aim to instill lifelong habits that promote physical health, mental resilience, and emotional well-being.

We believe that a focus on wellness is fundamental to creating an environment where students can flourish academically and personally. Our mission is to inspire and equip our students with the tools they need to lead healthy, fulfilling lives both during their time at our school and beyond.

Committee

The Wellness Committee will be responsible for implementing and upholding the school's wellness policy. The committee is embedded as part of the school's Student Success Team which meets weekly. The designated officials for oversight to ensure compliance with the policy are Karl Danso, Principal, and Carla Ostine, Business Manager.

Members of the Wellness Committee	
Karl Danso	Principal
Carla Ostine	Business Manager
William Baumer	CFO
Clinton Lassiter	Assistant Principal
Derrick Beasley	Director of Athletic
Erica Paquette-Leone	Director of Counseling
Nicole Hudson	School Nurse
Lindsey Hughes	Campus Ministry
Parent Rep TBD	
Student Rep TBD	A member from student government

Meetings: Purpose, Sequence, and Cadence

Purpose: Meetings will be conducted to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review nutrition and physical activity policies; provide for an environment that supports healthy eating and physical activity. The schools will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Sequence:

Cadence: The Wellness Committee will convene five times throughout the school year. Once at the start of the school year, and then four more times. The dates will coincide with the end of each academic quarter. Below is the sequence.

- Meeting #1 – Third week in September
- Meeting #2 - Second week of November
- Meeting #3 - Last week of January
- Meeting #4 - First week of April
- Meeting #5 - Third week of June

Nutrition Promotion

- Foods of minimal nutritional value, including brands and illustrations, shall not be advertised, or marketed in educational materials.
- Parents through the weekly newsletter are encouraged to promote healthy nutrition, starting at home.
The time provided for lunch is sufficient for eating and socializing, under proper supervision.
- Fresh fruit-flavored water is available each lunch period to promote water consumption.
- All fundraising activities involving food are done after school.
- The school environment will reinforce the development of healthy eating habits, including offering healthy foods, health-conscience fundraising, and staff wellness support.
- The health Office reinforces healthy eating habits.

Nutrition Education

- Administrators, faculty, and staff support the development of healthy lifestyles for students through encouragement and education.
- Menus offer healthy choices that include fruits, vegetables, whole grains, healthy fats, low-fat dairy products. School meals meet the standards established by the USDA.

- Water is always available during lunch and students are encouraged to stay hydrated throughout the day. Fruit-flavored water is available each day in the lunchroom and filtered water fountains on each floor.
- Cafeteria staff will participate in providing nutrition education through new food experiences and exposure to a wide variety of food choices. Consistent encouragement is given to students to try new foods and discourages students from making negative comments about new foods and healthy foods, so they learn to try new flavors.

Foods Available at Schools, Including School Meals, and Competitive Foods

- Food safety is a top priority, the kitchen facility is inspected twice a year. All foods are served and prepared in a health-inspected facility under the guidance of the Health Department.
- School meals are affordable for all students.
- Meals are distributed in a manner that allows anonymity for students receiving free and reduced meals.
Fundraising activities will strive to support healthy eating and wellness and will not compete with breakfast or lunch. All fundraising activities will be conducted after school.

Physical Activity

- We understand the importance of promoting exercising which will add to our students' physical and mental health to improve their health throughout their lives. All students are encouraged and have the option to participate in physical activities throughout the year.
 - After lunch each day, scholars are provided with the opportunity break from the day and get physical activity in the gym.
 - Students involved in sports, extracurricular activities. Athletically we have 40% of our student body involved in a sport.
 - The gym is open every morning before school and after school. Except for specific sports programs which are after school, such as basketball, volleyball, cheerleading, etc.
 - The following sports are offered through the MIAA: Football, Soccer, Volleyball, Basketball, Cheer, Baseball, Softball, and Outdoor Track.
- The school promotes physical activity and school spirit through school-wide community days.
 - On Community Days, we have competitions between the staff and students in baseball, basketball, and other competitive activities.
 - Some Community Days also featured time in the day for students to join clubs and activities such as yoga, spike ball, and the lifting club.

- Throughout the first year we have had the following clubs running: Art, Music, Student Government, National Honor Society, and Prom Committee. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.
- The school will implement a walking program to encourage fitness and healthy eating.
- Students in grades 7-10 participate in P.E. classes.
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Social Emotional Wellness

- Students and families have access to a school social worker that helps support their social-emotional well-being.
This includes providing resources for
- The Student Support Team utilizes a multi-tiered interventions approach to supporting student's academic and social-emotional well-being.
- Our wellness center provides referrals to health services and mental health services.
- Parents and students are provided with local and virtual programs and workshops that promote physical and mental well-being.
- Cathedral partners with outside organizations to facilitate conversations about healthy relationships. Students receive training to then be peer leaders to facilitate these conversations in other groups.
- Cathedral runs clubs that promote healthy decision making for students. Additionally, other clubs promote peer mentoring.

Other Issues Relating to Student Health and Wellness

- Students are encouraged to use hand sanitizers before and during the school day. There are portable dispensers in every classroom, as well as permanent dispensers located in the hallways.
- The nurse is working with families to make sure all immunizations are up to date for students.
- A clean cafeteria is maintained daily.

Monitoring and Evaluation

- The principal is responsible for ensuring all goals are met for the School Wellness Policy.
- Compliance with the Wellness Policy and implementation procedures will be ensured by the Principal, Business Manager, and Committee Members of the Wellness Committee.
- The Wellness Policy will be reviewed every three years, and a report assessing the school's progress toward meeting the goals will be made available to the public.

Revised 9.18.25