



Cathedral Academy at Pompei Health and Wellness Policy

Our Vision

Cathedral Academy at Pompei strives to foster a vibrant learning environment that nurtures the physical, social, emotional, and intellectual well-being of all students in Kindergarten through Grade 6. We believe a focus on health and wellness empowers students to succeed academically and develop lifelong healthy habits.

Core Values

- Collaboration - We work together with students, parents, staff, and the community to create a healthy school environment.
- Inclusivity - We cater to the diverse needs and backgrounds of our students.
- Education - We empower students with knowledge and skills to make healthy choices.
- Safety - We prioritize a clean, secure, and supportive learning environment.

Key Components

1. Nutrition:

- **School Meals:** We offer nutritious breakfast and lunch options to our students each day. These meals are appealing, balanced, and accommodate the various dietary restrictions of our students.
- **Snacks:** We encourage healthy, balanced snacks. We offer various fruits and vegetables as options to our students.
- **Nutrition Education:** We integrate age-appropriate nutrition education into the curriculum, focusing on healthy eating habits, food groups, and making healthy choices.
- **Partnership with Parents:** We encourage open communication with parents regarding healthy lunches and snacks.

2. Physical Activity:

- **Physical Education:** All students receive regular, developmentally appropriate physical education classes. These classes will encourage a variety of physical activities and promote lifelong health and fitness.
- **Recess:** We provide daily unstructured recess time for students to engage in physical activity, socialize, and de-stress.
- **Classroom Movement:** Teachers will integrate short movement breaks throughout the day to maintain focus and energy levels. .

3. **Social-Emotional Learning (SEL):**

- **Curriculum Integration:** We weave SEL strategies into the curriculum to help students build healthy social relationships, manage emotions effectively, and make responsible decisions.
- **Social-Emotional Development:** We foster self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.
- **Counseling Services:** We offer access to qualified counselors to support students' social-emotional well-being.

4. **School Safety:**

- **Healthy Environment:** We maintain a clean and well-ventilated school with access to safe drinking water.
- **Safety Protocols:** We implement established safety protocols regarding hygiene, injury prevention, and emergency preparedness.
- **Mental Health Support:** We create a positive and supportive school environment that promotes student mental well-being. We may provide resources and information on dealing with stress, anxiety, or bullying.

5. **Communication and Collaboration:**

- **Parent & Guardian Communication:** We will distribute resources promoting healthy habits. We encourage open communication regarding student needs.
- **Staff Development:** School staff will receive opportunities to develop knowledge and skills to support student health and well-being.

Compliance with NYSED Standards

This policy adheres to the NYSED regulations, including Commissioner's Regulations Part 135: Comprehensive Health Education <https://www.nysed.gov/curriculum-instruction/health-education>.

Review and Revision

This Health and Wellness Policy will be reviewed and updated periodically to reflect evolving best practices and NYSED requirements.