

Dear Parent/Guardian:

In the words of Blessed Basil Moreau, C.S.C., *“Education is the art of helping young people to completeness.”* Through the process of helping students to completeness, Hoban introduced its Student Wellness Initiative in March of 2019. The design of this program is similar to those initiated at our neighboring Catholic schools, including Walsh Jesuit, St. Edward, Gilmour Academy and St. Ignatius.

As Catholic educators, we at Hoban educate the entire person by fostering students’ physical, emotional, social, intellectual and spiritual wellness. In doing so, we maintain a positive and safe learning environment for all.

The Student Wellness Program includes:

1. Education: Programs, activities and online information designed to educate students about the different components of wellness, including positive body image, stress management, healthy relationships and mental and emotional health
2. Testing: A drug and alcohol awareness and prevention program, including mandatory random testing
3. Support: Counseling for any student who is in need

Extensive research has found that ongoing education is the most critical component of any wellness program to support high school students during this critical developmental stage and to prevent drug and alcohol use. More information and wellness resources are available to students, parents and educators at <https://www.hoban.org/academics/departments/health-and-physical-education/wellness>.

Drug and Alcohol Awareness and Prevention

The Hoban community empowers students to make responsible choices to avoid alcohol and drugs. As part of the Student Wellness Initiative, Hoban has established the Student Wellness: Drug and Alcohol Awareness and Prevention Policy. The policy focuses on student-parent communication, restorative support and recognition of the moral significance of drug and alcohol abuse. Prevention, not punishment, is the primary focus of this policy, and the policy will:

- Provide a healthy and safe environment for all students
- Encourage all students to remain drug and alcohol-free
- Enable students to assume responsibility for regulating their personal lives in ways that will result in their becoming healthy representatives of the school and community
- Offer solutions and support for any student who uses drugs and alcohol
- Provide the school with positive guidelines and disciplinary policies for violations of the policy

Beginning in the fall of 2019, all Hoban students are subject to mandatory random drug and alcohol testing at different times throughout the year. The mandatory testing program will work in conjunction with Hoban’s educational initiatives to foster a culture of health and wellness.

Questions regarding any aspect of the Hoban Wellness Initiative may be directed to Mitch Wagner, Wellness Coordinator at wagnerm@hoban.org.

Thank you for all you do to support our school community and our students’ wellness.