OLGATE LOCAL SCHOOLS

Empowering each other, upholding traditions, and inspiring excellence

Wellness Policy
2025-2026

Healthy kids make better students, better students make healthy communities.

This institution is an equal opportunity provider.

Holgate Local Schools recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Wellness Committee should consist of health, physical and nutritional school staff along with any community support which is needed to promote, support, and model healthy behavior and habits. The Wellness Committee members for the 2025-2026 school are listed below.

Name	**Role**
Lori Clady	School Food Supervisor Community Member
Richard Finley	Physical Education Teacher Health Teacher
Cheryl Sonnenberg	Teacher (Life Skills, Nutrition and Wellness)
Beth Peck	Guidance Counselor Community Member/Parent
Gavin Grime	Physical Education Teacher Athletic Director
Jesse Aeschliman	School Nurse Supervisor
Theresa Bennett	School Nurse
Ashley Ensign	Elementary Principal

Goals:

Nutrition Education

1. Nutrition education shall be included in the Health curriculum to provide students with developmentally appropriate knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall be integrated into other subject areas of the curriculum to complement health education.
3. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake and exercise in ways that are age-appropriate.
4. Nutrition education should promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat/fat-free dairy products.
5. Information should be shared with families to encourage them to reinforce at home the nutrition education being taught in the classroom.

Physical Education

1. The physical education curriculum shall be available for students in grades K-12.
2. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.
3. Planned instruction in physical education shall teach cooperation, fair play, responsible participation. It shall also meet the needs of all students including those who are not athletically gifted.

Physical Activity

1. All students in grades K-5 shall be provided with a daily recess.
2. The school shall provide information to families to assist them in their efforts to incorporate physical activity into their children's daily lives.
3. All students in grades 7-12 shall have the opportunity to participate in an interscholastic sports program.

Nutrition and School Lunches

1. Free drinking water shall be available to students during designated meal times and throughout the day.
2. The school shall provide at least 15 minutes daily for students to eat.
3. The school shall provide a clean environment in which the students eat.
4. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

5. Any food and beverages marketed or promoted to students on the school campus, during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.
6. The District shall encourage students to increase their consumption of healthy foods during the school day and provide opportunities for students to develop the knowledge and skills for consuming healthy foods.

Food Service Rules and Regulations

1. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
2. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture.
3. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, for classroom parties or at holiday celebrations. Principals may approve classroom snacks, classroom parties or holiday celebration snacks.
4. All food service personnel shall receive pre-service training in food service operations.
5. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid mail balances and without stigma.

Wellness Committee

The Wellness Committee shall be responsible for:

1. Assessment of the current school environment
2. Review of the District's Wellness policy
3. Measurement of the implementation of the policy
4. Recommend revisions to the policy as necessary

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. The Wellness Committee shall consider evidence-based strategies in determining its recommendations.

Healthy Fundraising Suggestions

Things You Can Do:

- Auction
- Bike-a-Thon
- Bowling
- Car wash
- Carnival
- Celebrity basketball game
- Dance
- Family portraits
- Festival
- Gift wrapping
- Golf tournament
- Jog-a-thon
- Jump rope-a-thon
- Magic show
- Raffle
- Recycling project
- Singing telegrams
- Skate night
- Spelling bee
- Talent show
- Tennis or horseshoe competition
- Walk-a-thon
- Read-a-thon
- Workshops/classes

Healthy Fundraising Suggestions

Things You Can Sell:

- Activity cards
- Balloon bouquets
- Bath accessories
- Batteries
- Books & calendars
- Bricks/stones/tile memorials
- Buttons, pins, stickers
- Candles
- Cookbooks
- Coupon books
- Emergency auto kits
- First aid kits
- Flea market items
- Flowers & bulbs
- Food items from healthy snack list
- Stadium chairs
- Gift baskets
- Gift wrap
- Greeting cards
- Hats
- Jewelry
- License plate frame with school logo
- Magazine subscriptions
- Megaphones
- Mugs, cups
- Ornaments
- Plants
- Spirit gear
- Stuffed animals
- Temporary Tattoos

Healthy Reward Ideas

Allow the student(s) to:

- Have class outside
- Receive a pass for no homework
- Have extra game/fun time
- Sit by friends in class
- Watch a special video
- Have extra recess time
- Listen to music while working
- Eat lunch outside
- Make an trip to the treasure box
- Read to a younger class
- Earn play money for privileges
- Eat lunch with the Principal or teacher
- Be the leader of the day

Holgate Local Schools Incorporation of the Wellness Policy

Staff

- Fresh fruit and health snacks are provided for breakfast on Professional Development Days
- NBHP (Insurance) Wellness Program
- Wellness initiatives from the School Nurse
- Utilize hallways, track or field house for exercise

Students

- Elementary quarterly rewards (pumpkin patch, bowling, movie, park)
- Puberty talk in fourth grade
- Handwashing class from Health Department in kindergarten
- Running Club offered in the fall
- Indoor lunch recess classes in the gym
- Comply with S.A.V.E. Students Act (Child Abuse Prevention education in the elementary, Suicide and Violence Prevention in the MS/HS, Social Inclusion in the MS/HS)
- Youth teams sign-up (baseball, softball, t-ball, soccer)
- Middle school students are given 20 minutes of gym time at least twice a week at lunch
- Annual sports physicals offered at school through a local hospital
- Middle School reward days
- Nutrition and Wellness (CTE) class
- Health class in 6th and 9th grades
- Field days (Elementary, MS, HS)

Cafeteria

- School Breakfast Week
- School Lunch Week
- Fresh fruit vegetables daily
- Salads, Yogurt Parfaits, Grain Breads
- Smart a la carte snacks

Families

- Health notices sent home
- Access to field house for exercise
- Utilize track for walking
- Utilize playground for exercise with children
- Senior Center provides holiday meal help through school

Holgate Local Schools Long Range Plans for Wellness

1. Sensory wall and sensory activities on the playground - The Art Club plans to implement sensory activities on the playground with teacher input and Principal approval. Once the indoor painting schedule is determined, work may begin on the indoor sensory wall in the hallway between the band room and locker rooms.
2. Recess Walking Club at lunch recess - The Wellness Committee is still seeking a way to implement.
3. Healthy Snack Places - The Wellness Committee is still seeking a way to implement.