

HOLGATE LOCAL SCHOOL DISTRICT

Wellness Policy

Effective Date: April 2018

Introduction

In compliance with the Child Nutrition and WIC Reauthorization Act of 2004, Holgate Local Schools have developed and adopted the following Wellness Policy, whose purpose is to address the issue of childhood obesity and to promote healthy eating and physical activity among the children within the Holgate Local Schools environment.

The completed wellness policy is the work of a committee of Holgate administrators, staff, students, parents, and community members. The policy, while based on current USDA guidelines and model policies offered by the State of Ohio, has been tailored to address local needs and conditions. A baseline assessment utilizing The School Health Index from the Centers for Disease Control provided the starting point and eventually provided the overall policy format. Requirements of the policy are stated in a direct manner which should lead to relative ease in implementation and assessment.

The following components are included within the policy:

- I. Goals for Student Wellness
 - A. Nutrition
 - B. Physical Education
 - C. General Wellness
- II. Policy Implementation
- III. Policy Assessment

The Superintendent of Holgate Local Schools is ultimately responsible for ensuring the wellness policy is implemented within the school district; she will, however, be assisted, as needed, in this task by the other members of the Wellness Committee.

*****Parents and general public interested in being a committee member can contact the school nurse or food service director.**

Wellness Policy Committee

Community Health Promotion and Engagement

The Holgate School District will promote to parents/caregivers, families, and the general community the benefits of an approach to healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts through email or displaying notices on the district website, as well as non-electronic mechanisms, (such as newsletters or sending information home to parents).

The Committee charged with the operational responsibility for ensuring that Holgate Schools fulfills the school districts wellness policy is listed below.

Holgate Local Schools phone #: 419-264-5231/419-264-2521

Name	Role	Email
Diane Nicholson	School Nurse	dnicholson@holgateschools.org
Andrea Cummins	RN	acummins@holgateschools.org
Laura Young	Elementary Principal	lyoung@holgateschools.org
Cheryl Sonnenberg	Life Skills	csonnenberg@holgateschools.org
Jeff Mc Mahon	PE/Health Teacher	jmcmahon@holgateschools.org
Lori Clady	School Food Supervisor	lclady@holgateschools.org
Carla Blaker	Community member	1995ckblaker@gmail.com
Beth Peck	Guidance Counselor	bpeck@holgateschools.org

Healthy kids make better students, better students make healthy communities

This institution is an equal opportunity provider

I. Goals for Student Wellness

A. Nutrition

The School will

1. Offer lunch and breakfast meals that comply with Federal, State and Local requirements.
2. Offer free and reduced-price meals for students who meet income requirements in a way that ensures that these students are not identified by other students as recipients of these programs.
3. All foods and beverages made available on school properties including vending and ala carte during the regular and extended school day will meet or exceed current Federal and State mandates.
4. Fundraisers during the regular school day will meet or exceed current Federal and State mandates and are prohibited during the lunch period.
5. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
6. Provide at least 20 minutes to eat lunch, counting from the time students are seated.
7. Provide students with a clean, safe, pleasant cafeteria. Hand sanitizers will be provided in the classroom and food service line.
8. Promote handwashing before meals and snacks.
9. Discourage giving students low nutritive food as rewards and the withholding of food as punishment. A list of healthy food and non-food alternatives will be available to parents and teachers for classroom celebrations and rewards.
10. Promote collaboration between food service staff and teachers to reinforce nutrition education lessons taught in the classroom.

B. Physical Education

The School Will

1. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
2. Properly certified, highly qualified teachers shall provide all instruction in physical education.
3. Physical activity should not be employed as a form of discipline or punishment.
4. Physical activity and movement shall be integrated, when possible, across the curricula and

C. General Wellness

The School will

1. Provide at least 20 minutes of supervised recess [unstructured physical activity] during each school day for students in grades K–5.
2. Prohibit the use of tobacco products by students, staff and visitors on school property, on any form of school transportation, and at school-sponsored events on or off school property.
3. Prohibit the advertising of tobacco products on student clothing.
4. Provide active supervision of students in the following ways to promote safety and prevent unintentional injuries and violence in the following ways:
 - a. observing and listening to students before, during, and after school
 - b. anticipating and effectively responding to unsafe situations
 - c. discouraging pushing and bullying
 - d. promoting pro-social behaviors such cooperation, conflict resolution, and helping others
5. Maintain a written crisis response plan.
6. Provide professional development for staff on topics such as the following:
 - a. emergency first aid and CPR
 - b. suicide
 - c. child abuse
 - d. fire safety
 - e. bullying and harassment
 - f. nonviolent conflict resolution

II. Policy Implementation and Evaluation

A. Implementation:

The Wellness Committee will

1. Convene informally once per school year, at a minimum, to address concerns, monitor progress, assign tasks, and update the policy as needed.
2. The revised wellness policy will be presented to the Holgate Board of Education for approval.
3. The wellness policy will be available to students, staff, parents and community members.

B. Evaluation

The Wellness Committee will

1. Utilize the School Health Index for Elementary School and the School Health Index for Middle School/High School [or a similar evaluative tool] to provide formal assessment of the wellness policy every three years. The Index provides for a group effort in the review and evaluation of the district's school's health environment. The eight modules of the index include the following:

- A. Health and Safety Policies and Environment
- B. Health Education
- C. Physical Education and Other Physical Activity Programs
- D. Nutrition Services
- E. Health Services
- F. Counseling, Psychological, and Social Services
- G. Health Promotion for Staff
- H. Family and Community Involvement

2. The Superintendent will ensure compliance with the Wellness Policy throughout the school system.

3. Each principal will ensure compliance as the policy relates to his/her staff and students and will report on such compliance to the superintendent.

4. The school food service director will ensure compliance with nutrition policies within the food service areas and will report on this matter to the superintendent.

Healthy Fundraising Suggestions

Things You Can Do:

- Auction
- Bike-a-thon
- Bowling night
- Car wash
- Carnival
- Celebrity basketball game
- Dance
- Family/glamour 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
- Treasure hunt
- Walk-a-thon
- Workshops/classes

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
- Football chairs
- Fruit/Vegetable baskets
- Fruit smoothies/slushes
- Gift baskets
- Gift wrap
- Greeting cards
- Hats
- Healthy snack items
- Jewelry
- License plate frames with school logo

- Magazine subscriptions
- Megaphones
- Mugs
- Newspaper space/ads
- Ornaments
- Personalized stationery
- Plants
- Pocket calendars
- Raffle donations
- Scarves
- School art drawings
- Scratch-off cards
- Spirit gear
- Stadium pillows
- Stuffed animals
- T-shirts, other clothing
- Temporary tattoos
- Valentine's Day flowers

Ideas from
www.nojunkfood.org

Healthy Reward Ideas

Allow the student[s] to

- have class outside
- receive a pass for no homework
- have extra game/fun time
- read outdoors
- sit by friends in class
- watch a special video
- have extra recess time
- listen to music while working
- play a favorite game
- eat lunch outdoors
- dance to favorite music
- make an extra trip to treasure box
- play a computer game
- read to a younger class
- earn play money for privileges
- eat lunch with the principal or teacher
- be the leader for the day

Healthy Snack Suggestions

Fruit and Vegetables:

- Fruit Wedges: cantaloupe, honeydew, watermelon, pineapple, oranges
- Sliced Fruit: nectarines, peaches, kiwi, star fruit, plums, pears, apples
- Dried Fruit: raisins, cranberries, apples, apricots, banana chips, pineapple, papaya
- Frozen Fruit: grapes, blueberries, strawberries, peaches, mangoes, melon
- Fruit Smoothies: blend fruit with juice, yogurt or milk, & ice
- Juice Cans [100% fruit or vegetable juice] or applesauce singles
- Berry parfaits with vanilla yogurt
- Celery and peanut butter, celery & "squeeze" cheese
- Carrots, celery, broccoli, cauliflower, cherry tomatoes, cucumbers with reduced fat dip or bean dip
- Salsa and baked chips

Healthy Grains:

- Whole wheat English muffins; pita or tortillas stuffed with veggies
- Whole-grain cereals: Cheerios, Grape-Nuts, Raisin Bran, Wheaties
- Whole-grain crackers: Triscuits or thin crisps served with cheese cubes
- Whole-grain granola and cereal bars: Nature Valley Crunchy Granola Bars, Nature Valley Chewy Trail Mix Bars [fruit and nut flavor], Quaker Chewy Granola Bar [peanut butter and chocolate chunk flavor]
- Rice cakes
- Low-fat or air popped popcorn with Parmesan cheese, garlic powder or other non-salt spices
- Baked tortilla chips served with salsa or beans
- Pretzels [watch salt content]

Dairy:

- String cheese or small packets of cheese
- Yogurt with fresh fruit or granola added, Go-gurts, sugar free pudding
- Lowfat flavored milk
- Cheese quesadillas

Protein Snacks:

- Low fat beef jerky
- Deviled eggs
- Assorted nuts/trail mix—with unsalted peanuts, pistachios, almonds, walnuts, cashews, or soy nuts. [Watch for peanut and/or tree nut allergies.]
- Wraps made with turkey, roast beef, ham, tuna, tofu, or chicken salad
- Peanut butter with apples or celery
- Salami, cheese and whole grain crackers

Healthy Beverages:

- Water—which should be the main drink served to children at snack times
- Seltzer, sparkling water, club soda—serve alone or add equal amounts of 100% fruit juice
- Skim or 1% milk
- Fruit juice—100% or 50% with no additional caloric sweeteners. [Healthier juices include orange, grapefruit, and pineapple. Limit juices for children 7–18 to no more than 12 ounces per day and no more than 6 ounces for children ages 1–6, according to the recommendations of the American Academy of Pediatrics.]

Miscellaneous Snacks:

- Snack cake squares without icing or topped with fruit and reduced fat whipped topping
- Oatmeal raisin cookies or fig bars