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Hillsdale Local School District Wellness & Success Plan

Introduction

Optimal student wellness contributes significantly to our youth's academic success and overall well-being. We recognize that the school is critical in promoting student wellness and success. The Hillsdale School District is committed to providing a school environment that enhances learning and the positive overall development of each student by teaching lifelong wellness practices by addressing both physical and mental wellness, providing academic support and special services to meet the needs of all students, teaching students social and emotional learning (SEL) skills, and making sure to provide family and community resources for the betterment of our youth. Hillsdale strives to provide a safe and supportive environment through professional development for staff, opportunities for students to have a voice and hold leadership positions, learning the importance of technology and digital wellness, and continually improving and evaluating our programming.

The Hillsdale School District is committed to providing and modeling student wellness through nutritious meals, physical activity, an academic wellness curriculum, and mental health support, promoting wellness as a vital element in our students' success both inside and outside the classroom.

The involvement of parents, teachers, students, and the community in developing, implementing, evaluating, and updating school wellness policies can positively change the school's ability to provide a well-rounded curriculum and support for each student's ultimate wellness and success.

The Hillsdale Local School District adopts this wellness policy to ensure that students engage in healthy habits and that schools create and maintain a wellness environment conducive to learning and for the overall well-being of both staff and students.

Academic Support:

Academic support in educational settings encompasses a range of services and strategies designed to help students reach their full academic potential and overcome challenges. This support includes tutoring and mentoring, where students receive individualized assistance in specific subjects, and study skills workshops that teach effective study techniques, time management, and exam preparation.

To ensure all students receive appropriate instruction and intervention, Hillsdale utilizes a Multi-Tiered System of Supports (MTSS). This framework uses data-driven decision-making to deliver core instruction (Tier 1), targeted small-group interventions (Tier 2), and intensive individualized support (Tier 3) based on student academic and behavioral needs.

Special education services are crucial for students with disabilities or learning differences, offering tailored educational plans and classroom accommodations. Additionally, academic counseling assists students with course selection and college and career planning and addresses personal issues that impact academic performance.

Peer support programs, where students learn from those who have navigated similar courses or challenges, are also valuable. Schools often provide access to online resources and tools that supplement classroom learning. For ESL students, language support is key to improving their English proficiency and engagement with the curriculum.

Parental involvement programs encourage parents to actively participate in their children's education, thereby enhancing the learning experience. Extracurricular activities help develop essential skills such as teamwork and leadership, while regular feedback and assessments help track progress and identify areas for improvement. Tailored to meet diverse needs, effective academic support is fundamental in ensuring every student has the opportunity to succeed.

Academic Resources:

Category	Resources
High Quality Core Instruction	District Benchmark Assessments Benchmark Advance UFLI Phonics Heggerty Bridges Math Number Corner

	Amplify ELA Illustrative Math Open Up Resources Fusion Science HMH Social Studies
Targeted Support & MTSS	Dyslexia Screener Title One Science of Reading Intervention IXL Lexia Core 5 Lexia Power Up Reflex/Frax Gifted Services ELL Services Zearn Schools without Failures Early Warning System Summer Tutoring Credit Recovery Million Words Club Vocabulary/Morphology Reading Rewards
Early Childhood & Primary	Kindergarten Early Intervention Pre-School Classroom
Career & College Readiness	Career Center Programming Career Planning College Credit Plus Opportunities

Continuous Improvement and Evaluation:

Continuous improvement and evaluation in schools are vital for ensuring student wellness and success. This process involves regularly assessing and refining school policies, teaching methods, and educational programs to better meet students' evolving needs. By continually evaluating their practices, schools can identify areas for improvement, ensuring the academic environment remains dynamic and responsive to student needs. This approach fosters a culture of excellence and high standards, positively impacting student learning and achievement. Continuous improvement also ensures that schools stay up to date with the latest educational research and practices, integrating innovative strategies to enhance learning experiences.

Furthermore, regular evaluation enables monitoring of student wellness programs, ensuring they effectively support students' mental, emotional, and physical health. This is crucial as a supportive and nurturing environment is key to student well-being and academic success. Importantly, continuous improvement and evaluation involve the input of teachers, students, parents, and the community, making the process collaborative and inclusive. By involving various stakeholders, schools can gain a

comprehensive understanding of their effectiveness and make informed decisions that benefit the entire school community. In summary, continuous improvement and evaluation are essential for adapting to the changing educational landscape, maintaining high standards, and ensuring the needs and well-being of all students are met, ultimately leading to their success.

Continuous Improvement and Evaluation Resources:

Academic Council	Intervention Assistance Team
Administrative Learning Walks	Ohio State Testing Data Collection
Building Leadership Team	One Needs Assessment/One Plan
Data-Driven Decision Making	OPES 2.0/OTES 2.0
Diagnostic Data Collection	Preschool
District Benchmark Data Collection	Program Effectiveness Assessment
District Leadership Team	Special Education Monthly PD
Feedback from Stakeholders	Strategic Planning
HQIM Evaluation	Teacher-Based Teams
HQSD	Yearly Administrative Evaluations
Internal Monitoring Team	

Family and Community Engagement:

Family and community engagement is vital in promoting student wellness and success. Students benefit when families and communities are actively involved in education. This engagement creates a supportive network that reinforces the values, expectations, and goals shared between the school and home environments. Students whose families are involved in their education typically exhibit higher academic achievement, better attendance, and a more positive attitude toward learning. Family involvement also extends to understanding and supporting the child's emotional and social needs, which is crucial for overall well-being.

Additionally, when schools and communities collaborate, they can offer a broader range of resources and experiences, enriching students' educational landscape. Community engagement can bring diverse perspectives and expertise, providing students with opportunities for real-world learning experiences, community service, and exposure to different career paths. Moreover, family and community engagement fosters a sense of

belonging and collective responsibility among students. It helps build a supportive and inclusive school culture where every student's needs are acknowledged and addressed. This inclusive environment is instrumental in nurturing students' self-esteem and confidence.

In summary, family and community engagement are essential for student wellness. It enhances the educational experience by bridging the gap between school and home, providing a supportive network, and ensuring a holistic approach to student development. Such engagement benefits academic performance and contributes significantly to students' emotional and social development.

Family and Community Engagement Resources:

Athletic Games	Open Houses
Athletic Groups Community Service	Parent/Teacher Conferences
Collaboration with Community Organizations	Parent Workshops and Resources
Community Service Projects	Senior Citizen Monthly Breakfast
Community Outreach Activities	Social Media Outreach
Concerts	Million Words Club
Family Ties Education Program	Strategic Planning
Return to School/Family Fun Fest	Theatre Productions
Falcon Factor	Three Score and Ten Banquet
FFA	Veterans Day Assembly
Hillsdale Cares	Volunteer/Community Service for Students
Kindstock	Walking Track Access Stadium/Auxiliary Gym
Literacy/Math/STEM Nights	

Food Service:

The Hillsdale Local School District is committed to promoting the health and well-being of all students, staff, and community members through comprehensive wellness practices. The district supports opportunities for staff, parents, and community members to model healthy eating habits by dining with students in school cafeterias. In addition, schools may host health clinics and screenings and encourage families to enroll eligible children in Medicaid or other children's health insurance programs.

To promote nutrition and prevent childhood obesity, all foods and beverages marketed or sold to students on campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. The district ensures full compliance with federal and state regulations regarding food preparation, selection, and sale, consistent with the USDA Dietary Guidelines for Americans.

Foods of minimal nutritional value are not permitted for purchase during meal periods. All competitive foods, including those sold à la carte, through vending machines, or for fundraising, must meet USDA standards. The district's food service program actively involves students, parents, staff, and school officials to foster a community-wide commitment to healthy living and lifelong wellness.

Assist Families Experiencing Food Insecurity	Free School Breakfast Program (SBP)
Dietary Accommodations	Information regarding food allergies
Farm to School Initiatives	National School Lunch Program (NSLP)
Feedback on Menus and Meal Options	Nutrition Education Materials
Free and Reduced Meal Programs	Promotion of Healthy Hydration

Mental Health:

Mental health wellness in schools is critically important, profoundly impacting students' academic, emotional, and social development. Good mental health is a key driver of enhanced scholastic performance, as it improves concentration, memory, and cognitive abilities, enabling students to excel academically and manage academic stress effectively. Beyond academics, mental wellness is integral to students' emotional development. It equips them with vital coping skills, resilience, and emotional intelligence, crucial for navigating the complexities of childhood and adolescence.

Additionally, school mental health programs significantly foster social skills and empathy, build healthy peer relationships, and create a supportive and inclusive community. Importantly, these programs help reduce the stigma around mental health issues, creating an environment where students feel safe and encouraged to seek help. Schools are also pivotal in the early identification and intervention of mental health issues, providing timely support or referrals to necessary resources. This proactive approach addresses immediate concerns and contributes to better long-term health outcomes, as students who learn to manage their mental health effectively are more likely to maintain good mental health into adulthood. By integrating mental health

wellness into their curricula and culture, schools create a more positive, supportive, and empathetic environment, essential for academic success and their students' holistic well-being and future.

Mental Health Resources:-

CASA/Advocates for Families	School Liaisons
DARE	School Psychologist
Local Mental Health Agencies	SEL Training
PBIS Program	Stress Management/Anxiety/Depression Management Techniques
School-Based Therapist	Social Group Counseling
School Counselors	Too Good for Drugs

Physical Health:

The importance of physical health wellness in schools cannot be overstated, as it plays a pivotal role in students' immediate and long-term well-being. Firstly, it significantly enhances learning and academic performance, with physically healthy students exhibiting improved cognitive abilities, concentration, and better academic outcomes. Schools are vital in instilling healthy habits such as regular exercise, proper nutrition, and sufficient sleep, which, when adopted early, can lead to a lifelong commitment to health.

Physical health is intrinsically linked to mental and emotional well-being; regular physical activity can alleviate symptoms of depression and anxiety, uplift mood, and boost overall emotional health. Additionally, participating in physical activities and sports bolsters self-esteem and confidence and fosters essential social skills, teamwork, and leadership qualities in students. Importantly, emphasizing physical wellness in schools can significantly reduce the risk of chronic diseases like obesity, diabetes, and heart disease later in life. Inclusive education is also supported through physical health programs that accommodate students of all abilities, promoting diversity and inclusivity. Lastly, physically healthy students tend to have better attendance, and engaging in physical activities can diminish behavioral issues in schools by providing a healthy outlet for energy and stress. Altogether, incorporating physical health and wellness into school curricula is crucial for students' holistic development, influencing not only their academic achievements but also shaping their long-term health and lifestyle choices.

Physical Health Resources:

Athletic Trainer	Lunch Open Gym Grades 7-12
CPR Training Students/Staff	Health Screenings: • Pre-K/ Kdg/1st/3rd/5th/7th/9th/11th/ new students hearing/vision screenings • Kdg/1st stereopsis/boys color vision • Kdg/7th/12th track vaccine requirements
Daily Recess Grades PK-6	Health Services
DARE	Physical Education Classes
Daily Healthy Breakfast/Lunch Following Federal Nutritional Standards	Too Good for Drugs
Extra-Curricular Activities	Weight Room Supervisors
Full-Time School Nurse (RN)	Weight Training Classes

Professional Development:

Professional development for teachers is paramount, as it directly influences the quality of education and students' learning experience. Continuous professional development ensures that teachers remain up to date with the latest educational research, teaching methodologies, and technological advancements. This ongoing learning enables educators to refine their teaching strategies, adapt to diverse learning styles, and effectively address the ever-evolving needs of their students. Moreover, professional development opportunities empower teachers to expand their subject knowledge and pedagogical skills, leading to more innovative and engaging classroom experiences. It also fosters a culture of lifelong learning among educators, constantly encouraging them to seek improvement and excellence in their teaching practice.

Additionally, by participating in professional development, teachers can build a supportive network with peers, sharing ideas, challenges, and solutions, thereby enhancing collaboration and the overall educational environment. Importantly, confident and competent teachers are more likely to positively impact student achievement, motivation, and engagement. Thus, investing in professional development is crucial not only for teachers' personal and professional growth but also for maintaining high educational standards and ensuring students' success.

Professional Development Resources:

Building Leadership Teams	Diverse Learner Instructional Strategies
CPI Trainers	ESC Resources/Training
CPR/First Aid Trainers	Continuous Gifted Training/Instruction
Content Specific Conferences/PD	Instructional Consulting
Crisis Prevention Intervention (CPI)	Mental Health Awareness Training
Culturally Responsive Teaching	Professional Development Days
Curriculum Coach	Public School Works (PSW)
Curriculum Director	Curriculum Specific Training
AI Integration Cohort Groups	Teacher-Based Teams
District Leadership Team	Technology Integration Training

Safe and Supportive Environment:

The importance of a safe and supportive school environment cannot be understated, as it is fundamental to students' overall development and well-being. A safe environment, free from physical and emotional harm, is essential for students to feel secure and to focus on learning. When students are not preoccupied with concerns about their safety, they are more engaged, can concentrate better, and are more willing to take intellectual risks that are crucial for learning.

A supportive school atmosphere fosters a sense of belonging and acceptance, enabling students to express themselves, explore their interests, and develop their unique identities. Such an environment also encourages positive social interactions and helps build strong relationships between students and staff, which are critical for emotional and social development. Moreover, a supportive school culture that values inclusivity, respect, and empathy reduces bullying and other negative behaviors, creating a more conducive learning environment. In schools where students feel valued and supported, there is typically higher academic achievement, better student behavior, and improved mental health. In essence, a safe and supportive school environment is not just beneficial but necessary for fostering academic success, emotional well-being, and students' holistic growth.

Safety and Supportive Resources:

Anti-Bullying Program/Policies	Monthly Drills
Building Lockdown System	Protective Window Film
DARE	PSW Training
District-Wide Camera System	Safe School Policies
Door Safety Bolts	Secure Door Access
Emergency Preparedness Plan	Threat Assessment Team
GoGuardian	Too Good for Drugs
MARCS Radios	School Resource Officer (SRO)

Social and Emotional Learning (SEL):

Social-emotional learning (SEL) is vitally important for students, as it encompasses the development of skills necessary for understanding and managing emotions, setting and achieving positive goals, feeling and showing empathy for others, establishing and maintaining positive relationships, and making responsible decisions. These skills are foundational for success both inside and outside the classroom. SEL helps students navigate the complexities of social interactions and emotional responses, fostering resilience and the ability to cope with challenges.

By integrating SEL into the curriculum, schools equip students with tools to manage stress, communicate effectively, and resolve conflicts. This learning promotes empathy and respect for others, creating a more inclusive and supportive school environment. Moreover, SEL is closely linked to academic success; emotionally intelligent and socially adept students are more likely to achieve higher educational outcomes, have better attendance, and experience fewer behavioral issues. These competencies also prepare students for the future, as they are highly valued in the workplace and community settings. In essence, SEL is crucial in preparing students to become well-rounded, emotionally intelligent individuals who can contribute positively to society.

Social and Emotional (SEL) Resources:

Bullying Prevention	Promotion of Social Interaction/Teamwork
Character Development	Public School Works Training
Falcon Time	Safety Violence Training

GRIT	School Counselors
Healthy Relationships	School Liaisons
Kindness Club	SEL Skill Development
Kindness Culture Training	Social Inclusion Training
Positive Behavior Awards	Suicide Prevention Training
Positive Behavior Supports (PBIS)	

Special Services:

The District is committed to providing equitable access to educational opportunities and student wellness supports. Special education and related services are provided to eligible students in accordance with the Individuals with Disabilities Education Act (IDEA). Accommodations, services, and protections are provided to eligible students under Section 504 of the Rehabilitation Act of 1973. Eligibility for services under IDEA and Section 504 is determined through established evaluation procedures and in accordance with applicable federal and state laws and regulations.

Special education services are essential for the wellness and development of students with disabilities or learning differences, playing a critical role in ensuring equitable and inclusive education. These services are tailored to individual needs, providing specialized instruction, resources, and accommodations that enable students to access the same educational opportunities as their peers. By addressing specific learning challenges, special education helps students overcome barriers to learning, fostering academic success and self-confidence. It also supports their emotional and social development, creating an environment where they feel valued and included, vital for their overall well-being.

Additionally, special education services involve collaboration with parents, teachers, and specialists, ensuring a comprehensive approach to each student's education. This not only aids in academic achievement but also equips students with life skills and coping strategies, preparing them for a successful transition into adulthood. Such services in schools signify a commitment to diversity, inclusivity, and the recognition of every student's right to a quality education, contributing significantly to a supportive and empathetic school culture. Ultimately, special education services are indispensable in nurturing students' holistic growth and well-being with unique learning needs, ensuring they have the tools and support necessary to thrive in school and beyond.

Special Services Resources:

504 Plans	Intermediate Classes
Academic Support Aides	Internal Monitoring Team
Behavior Modification	Orton Gillingham
Behavior Specialist	Related Services: OT, PT, Speech, TVI, ELL
Dyslexia Screener	Resource Rooms
Evaluation Team Reports	RIMPs
Flexible Scheduling	Science of Reading
Functional Behavior Assessments	Team Meetings
IEP Documents	Wilson Reading Program
Inclusion Settings	

Student Voice and Leadership:

The importance of student voice and leadership in promoting wellness in educational settings is profound. Giving students opportunities to express their opinions, make decisions, and lead initiatives significantly contributes to their personal development and well-being. Firstly, encouraging student voice and leadership fosters a sense of ownership and empowerment. Students who feel their opinions are valued are more engaged and invested in their educational experience. This sense of agency enhances their self-esteem and confidence, which is crucial for mental and emotional health. Moreover, student leadership opportunities help develop critical life skills such as communication, problem-solving, and teamwork. These skills are essential for academic success and future personal and professional endeavors. Involvement in leadership roles also allows students to contribute positively to their school community, fostering a sense of purpose and belonging.

Additionally, student-led initiatives can directly impact the student body's wellness. By voicing their needs and concerns, students can advocate for changes that promote a healthier, more inclusive, and supportive school environment. This might include initiatives related to mental health, anti-bullying, inclusivity, or health and wellness programs. Furthermore, involving students in decision-making promotes a more democratic and responsive school culture. It encourages a collaborative approach to problem-solving, in which students' perspectives and experiences are considered when

shaping policies and practices that affect their lives. Student voice and leadership are integral to creating a nurturing and responsive educational environment. It empowers individual students and contributes to a school culture that prioritizes and actively supports the wellness and holistic development of its student body.

Student Voice and Leadership Resources:

Athletic Leadership Council HS/JH	OSBA Student Presentations
Class Officers	Student Aides
Daily Dale Production	Student Board Representative
Fabulous Falcons	Student Council 5-8
FFA Leadership Positions	Student Council 9-12
HS Student Mentoring Program for ES Students	Student Forums
Kindness Club	Student Social Media Training/Use
National Honor Society	Student Surveys

Technology and Digital Wellness:

The importance of technology in education, coupled with the concept of digital wellness, is critical in preparing students for a digitally interconnected world. When effectively integrated into learning, technology opens a wealth of educational opportunities, providing students with access to vast amounts of information and resources, innovative learning methods, and personalized educational experiences. This technological integration is vital to developing digital literacy, a skill that is increasingly essential in higher education and the workforce. However, the growing reliance on technology necessitates a strong emphasis on digital wellness, with a focus on healthy and responsible use.

This includes educating students on mindful technology usage, balancing screen time, and understanding online privacy to protect their mental and physical health. Digital wellness also encompasses teaching digital citizenship, ensuring students understand their rights and responsibilities online, and promoting ethical and respectful behavior. Additionally, cybersecurity awareness is crucial for protecting personal information and navigating online spaces safely, given the prevalence of cyber threats. While technology enhances learning and prepares students for future challenges, it is essential to emphasize digital wellness to ensure their overall well-being in an increasingly digital world.

Technology and Digital Wellness Resources:

Assessment Tools	High-Speed Internet
Class Intercom	Interactive Content
Collaboration Tools Staff/Students/Parents	Interactive Whiteboard
Device for every Student K-12	PSW Training
Digital Learning Platforms	Reduce Digital Divide Issues
Discounted Connectivity Programs	Staff PD for Integration of Technology
Educational Software	Sufficient Bandwidth
Educational Technology Updates	Technology Devices
GoGuardian	Tethered Hot Spots

Hillsdale Local School District Wellness Committee

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