



# District Wellness Plan

## **School Wellness Team Members**

Vicki Kipker, Family and Consumer Sciences Teacher (chairperson)  
Bill Reichert, Superintendent  
Jeff Reese, High School Principal  
Ginger Heuker, Elementary Principal  
Dr. Kreg Huffer, Chiropractic Physician/Parent  
Dr. Cheryl Mann, Family Physician  
Krissy Mullenhour RN, BSN, CDE, Diabetes Education Coordinator  
LaCresha Clark, Cafeteria Supervisor  
Trisha Reichert, Athletic Trainer/Community Member  
Leisha Elchert, Parent/Wellness Specialist  
Riley Jackson, Student/FCCLA Member  
Regan Davidson, Student/FCCLA Member

Implemented 2006-07 School Year  
Revised 2016-2017 School Year

## Goal Statement

The Wellness Team of Jackson Center Local School District recognizes the importance of promoting and influencing student health and avoiding childhood obesity. Providing the components of nutritious meals and snacks, physical exercise and safe accessible facilities are all part of our goals as the wellness team.

### School Year to be Implemented

<b>GOALS related to Food Choices</b>	<b>11-12</b>	<b>12-13</b>	<b>13-14</b>	<b>14-15</b>	<b>16-17</b>	<b>17-18</b>	<b>Person(s) responsible for implementation</b>
<b>Goal 1:</b> Limit the number of fried foods offered in the regular lunch line to two times per week	√						School Administration Cafeteria Supervisor
<b>Goal 2:</b> Gather input on nutritional food preferences of the student body through a survey of the student body	√						Health and FCS Teachers Students
<b>Goal 3:</b> Implement a breakfast program for all students in the school grades k-12				√			School Administration Cafeteria Staff Classified Aides
<b>Goal 4:</b> Eliminate pop machines in the building and replace with 100% fruit juice and water	√						School Administration Athletic Director Jr. Class Advisor
<b>Goal 5:</b> Incorporate more whole wheat and whole grain foods in the school menu	√						Cafeteria Staff FCS Teacher
<b>Goal 6:</b> Offer fresh fruits and vegetables on the a la carte line everyday	√						Cafeteria Supervisor
<b>Goal 7:</b> Provide healthy food options for students staying for after school events						√	

<b>GOALS related to Physical Health</b>	<b>11-12</b>	<b>12-13</b>	<b>13-14</b>	<b>14-15</b>	<b>16-17</b>	<b>Person(s) responsible for implementation</b>
<b>Goal 1:</b> Provide opportunities for physical activity through walking for 6-12 grade students and recess prior to lunch for K-5 grade students		√				PE Teachers Staff Administration
<b>Goal 2:</b> Develop a more rigorous Physical Education program	√					PE Teachers
<b>Goal 3:</b> Provide after school enrichment activities for all students				√		All Staff and Administration Student Leaders

<b>GOALS related to Community Awareness</b>	<b>11- 12</b>	<b>12- 13</b>	<b>13- 14</b>	<b>14- 15</b>	<b>16- 17</b>	<b>Person(s) responsible for implementation</b>
<b>Goal 1:</b> Inform community members about wellness plan goals		√				Wellness Committee Administrative Assistant
<b>Goal 2:</b> Provide opportunities to acquire knowledge regarding overall health through Health Fairs and School Wide Programs		√				Wellness Committee Local Physicians Administration FCS Teacher
<b>Goal 3:</b> Provide community members with a copy of Jackson Center Schools Wellness plan goals and expectations by school website		√				Wellness Committee Administrative Assistant Technology Coordinator
<b>Goal 4:</b> Add a "Health Corner" to the school news letter to address healthy facts, trends, and progress		√				FCS Students & Teacher FCCLA
<b>Goal 5:</b> Make the school building accessible for students, staff, and community members to participate in walking during the winter months	√					Administration Custodial Staff

<b>GOALS related to Wellness Education</b>	<b>11- 12</b>	<b>12- 13</b>	<b>13- 14</b>	<b>14- 15</b>	<b>16- 17</b>	<b>Person(s) responsible for implementation</b>
<b>Goal 1:</b> Educate K-6 students about Basic Nutrition information		√				FCS Teacher
<b>Goal 2:</b> Educate 9-12 students about healthy body weight, including the Body Mass Index		√				PE and Health Teachers
<b>Goal 3:</b> Provide parent education for all teachers on important classroom health issues (i.e. food for school events/parties and exercise)		√				Administration
<b>Goal 4:</b> Educate staff and students about Movement Deficiency Syndrome	√					Local Physicians Health Teachers
<b>Goal 5:</b> Collaborate with local agencies to organize smoking cessation classes for all students in grades 7-12 to be held off-site	√					Counseling Center Community Leaders Administration
<b>Goal 6:</b> Provide Cholesterol Screening for all staff members		√				Local Hospitals HS Health Teacher Anthem
<b>Goal 7:</b> Provide CPR/AED training beginning with the class of 2020					√	FCS Teacher/Wellness Class