



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

Abby Pence, RN School Nurse

Tiffany Brown, Phys Ed. Teacher

Krissy Mullenhour RN, BSN, CDE, Diabetes Education Coordinator

LaCresha Clark, Cafeteria Supervisor

Melissa Noble, Athletic Trainer/Community Member

Mary Rutan Family Care

Huffer Chiropractic

Implemented 2006-07 School Year

Revised 2016-2017 School Year

Revised 21-22 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 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

GOALS related to Food Choices	21-22	22-23	23-24	24-25	25-26	Person(s) responsible for implementation
Goal 1: Limit the number of fried foods offered in the regular lunch line to two times per week	X in place					School Administration Cafeteria Supervisor
Goal 2: Gather input on nutritional food preferences of the student body through a survey of the student body			X			Health and FCS Teachers Students
Goal 3: Implement a breakfast program for all students in the school grades k-12	X in place					School Administration Cafeteria Staff Classified Aides
Goal 4: Eliminate pop machines in the building and replace with 100% fruit juice and water	X in place for students		X in place for adults			School Administration Athletic Director Jr. Class Advisor
Goal 5: Incorporate more whole grain foods in the school menu	X in place					Cafeteria Staff FCS Teacher
Goal 6: Offer fresh fruits and vegetables on the a la carte line everyday	X in place					Cafeteria Supervisor
Goal 7: Provide healthy food options for students staying for after school events	X in place					

GOALS related to Physical Health	21-22	22-23	23-24	24-25	25-26	Person(s) responsible for implementation
Goal 1: Provide opportunities for physical activity through walking for 6-12 grade students and recess prior to lunch for K-5 grade students	X in place					PE Teachers Staff Administration
Goal 2: Develop a more rigorous Physical Education program		X				PE Teachers
Goal 3: Provide after school enrichment activities for all students	X in place					All Staff and Administration Student Leaders

GOALS related to Community Awareness	21- 22	22- 23	23- 24	24- 25	25- 26	Person(s) responsible for implementation
Goal 1: Inform community members about wellness plan goals					X	Wellness Committee Administration
Goal 2: Provide opportunities to acquire knowledge regarding overall health through Health Fairs and School Wide Programs			X			Wellness Committee Local Physicians Administration FCS Teacher
Goal 3: Provide community members with a copy of Jackson Center Schools Wellness plan goals and expectations by school website		X				Superintendent Administrative Assistant
Goal 4: Add a “Health Corner” to the school news letter to address healthy facts, trends, and progress				X		FCS Students & Teacher FCCLA
Goal 5: Make the school building accessible for students, staff, and community members to participate in walking during the winter months	X in place					Administration Custodial Staff

GOALS related to Wellness Education	21- 22	22- 23	23- 24	24- 25	25- 26	Person(s) responsible for implementation
Goal 1: Educate K-6 students about Basic Nutrition information			X			PE Teacher, Classroom Teachers
Goal 2: Educate 9-12 students about healthy body weight and good nutritional practices	X in place					PE and FCS Teachers
Goal 3: Provide parent education for all teachers on important classroom health issues (i.e. food for school events/parties and exercise)	X in place					Administration/Classroom Teachers
Goal 4: Provide special opportunities for students to learn about healthy choices. Examples may include safe driving, dangers of vaping etc	X					Local Physicians Health Teachers
Goal 5: Provide opportunities for students to meet with mental health counselors and others trained in helping student with difficulties	X					Counseling Center Community Leaders Administration
Goal 6: Provide time for all staff members to get wellness checks	X in place					Local Doctors Administration
Goal 7: Provide CPR/AED training beginning with the class of 2020	X in place					FCS Teacher/Wellness Class