JOLIET PUBLIC SCHOOLS

SCHOOL WELLNESS POLICY

VISION STATEMENT

"The vision of the Joliet High School is to create a safe, diverse, and exemplary learning environment where all students can experience positive leadership, equity, respect, and academic success."

MISSION STATEMENT

The Joliet Public School in partnership with home and community is committed to developing upstanding responsible citizens, lifelong learners, and independent thinkers who can effectively navigate their futures and reach their academic and personal potential.

Core Ideology of Joliet Public Schools

The Core Purpose of Joliet Public Schools is to educate each child to be successful. We do this through engagement and collaboration with our families, staff, and community.

Core Values of Joliet Public Schools

Pride – We have a strong sense of pride individually, in our school, and in our community.

Integrity – We have mutual respect for others and we value honesty and transparency.

Work Ethic – As a school and a community, we value strong work ethics. We are adaptable, we persevere during challenging times, and we hold ourselves accountable for our actions.

Empathy – Relationships are at the core of everything we do. We care about and have compassion for each other. We are an understanding community that listens and supports one another.

Belonging – We have a strong sense of community and ownership of our school. Our school, our families, and our community work together for the best interests of each child.

Purpose

The purpose of the School Wellness Committee is to put action to the Joliet Public Schools Policy 2510 which states, “The School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.” The policy outlines a number of specific steps which have been broken down in this process.

Selection of Committee Members

Joliet Public Schools Policy 2510 was updated at the August 2022 Regular Board meeting. In October 2022, the Policy Committee appointed citizens and staff to serve on the School Wellness Committee. The Policy Committee selected the following citizens and staff to serve on this committee: Terra Stene, Stacey Warehime, Kendal Denham, Laura Smith, Patty Bergum-Nafts, Clark Begger, Mandi Hernandez, Theresa Keel, Karin Williams, Addison Hall, and Leeland Finley.

Meetings

The first meeting of the JPS Wellness Committee will be held on November 9th at 9am at the school, location to be determined. All selected participants were invited to attend.

November 9, 2022 Agenda

Agenda:

I. Vision & Goal Setting Exercise

   A. Nutrition Education & Promotion
      1. See, hear, feel, do MORE of
      2. See, hear, feel, do LESS of
      3. Write SMART Goal #1
      4. Write SMART Goal #2
      5. Write SMART Goal #3

   B. Health Enhancement & Physical Activity Opportunities
      1. See, hear, feel, do MORE of
      2. See, hear, feel, do LESS of
      3. Write SMART Goal #1
      4. Write SMART Goal #2

The second meeting of the JPS Wellness Committee will be held on November 30th at 9am at the school, location to be determined. All selected participants were invited to attend. The committee first reviewed the vision and goals from the November 9th meeting and engaged in discussion if the goals accurately reflected what was discussed in the November 9th meeting. The committee then engaged in vision and goal setting for nutrition and other school based activities.

C. Nutrition Standards

1. See, hear, feel, do MORE of
2. See, hear, feel, do LESS of
3. Write SMART Goal #1
4. Write SMART Goal #2

D. Other School-Based Activities Designed to Promote Student Wellness

1. See, hear, feel, do MORE of
2. See, hear, feel, do LESS of
3. Write SMART Goal #1
4. Write SMART Goal #2

Nutrition Standards

	SEE	HEAR	DO	FEEL
MORE OF	Advertising and education of snacks in the lunchroom. Opportunities to offer healthy snacks within the school lunch program. SOAR Cart with healthy activity choices. Teachers allowing healthy snacks in classrooms throughout the day		Connect to the goal of learning to shop and cooking experiences. Hands on health class	
LESS OF	K-5 parent sent high sugar, pre-packaged snacks		Offering sugar treats from staff	

Nutrition Education & Promotion

	SEE	HEAR	DO	FEEL
MORE OF	Food options that meet recommended nutrition requirements. Putting a small sample serving of fruit and vegetables on student trays. Students eating breakfast. Healthy food painted on walls in MPR including pictures of “My Plate”	Discussions about dairy, meat, fruits, vegetables, and why they are important. Student input and student-led discussions about what students know about the importance of nutrition. Compliments about the lunch	Move toward a FCS CTE offering for students. Hands-on experiences in creating healthy food and snack options. Healthy grocery shopping experiences. Choosing healthy snacks at the gas station. More classroom discussions in health class about nutrition. Eating of entire lunch	Healthy Good Physically fit
LESS OF	Candy, cookies, unhealthy snacks		Less PE time during health class. Wasting/throwing away of food.	

Health Enhancement & Physical Activity Opportunities

	SEE	HEAR	DO	FEEL
MORE OF	Health enhancement taught school wide. Variety of physical activities provided in PE. Physical activities provided across the curriculum. Commitment to daily PE in the elementary and middle school. Preparation for basic concepts of lifelong skills. Mini-course opportunities. Outside PE opportunities.		Outside resourcing for more variety of activities (karate, dancing, yoga)	Healthy and fit
LESS OF	Students sitting out during PE			

GOAL AREA #1

Specific	Incorporate at least three healthy shopping and cooking experiences into general education classrooms at each grade level.
Measurable	Administrators will review lesson plans and complete observations.
Action	Teachers will be provided resources and training to teachers. Begger will communicate with Community Center to secure space to prepared meals.
Realistic & Potential Barriers	YES

GOAL AREA #2

Specific	Provide physical activity opportunities for K-12 students before and after school.
Measurable	Observation of scheduled events on the District calendar.
Action	Solicit knowledgeable people to assist in providing these opportunities.
Realistic & Potential Barriers	Yes. Requires strengthening community relationships. Barriers will include scheduling, gym space, and time.

GOAL AREA #3

Specific	Provide PE at least 3x per week for all K1-8 students.
Measurable	District's Master Schedule
Action	6-12 Master Schedule Team & K1-5 Principal/Teachers
Realistic & Potential Barriers	Barriers will include scheduling, gym space, personnel and time.

GOAL AREA #4

Specific	Give the opportunity to explore, learn more about lifelong activities within the school day. Focus 1 semester at a time on a specific activity in grades 3-12.
Measurable	There are kids at these activities -- the numbers at each increase. Re-evaluate at the end of the school year to identify student interests.
Action	Once a semester offer an external, organized opportunity to participate in a new life long activity. Examples might include rock climbing, frisbee golf, swimming, tennis, weight lifting.
Realistic & Potential	Yes. Time, personnel, funding.

Barriers	

GOAL AREA #5

Specific	To increase school wide nutrition awareness about 'My Plate.'
Measurable	Survey students in health classes to rate student knowledge 'My Plate.'
Action	Send out surveys to students
Realistic & Potential Barriers	Yes

GOAL AREA #6

Specific	Every student eats breakfast
Measurable	Ask students who had breakfast, teacher tracks
Action	Provide free breakfast for all students, write a grant for free breakfast

Realistic & Potential Barriers	Yes. Barriers include funding for free breakfast and lack of teacher tracking.

GOAL AREA #7

Specific	Provide more lunch options -- ala carte, soup // salad station
Measurable	
Action	
Realistic & Potential Barriers	
Timely	

GOAL AREA #8

Specific	Indoor practice facilities for all sports to include a pool, recovery room, locker rooms, indoor track, snack & juice bars.
Measurable	
Action	Grants, fees, bonds
Realistic & Potential Barriers	With unlimited funds.

GOAL AREA #9

Specific	Snack times incorporated into morning and afternoon classes for grades 6-12 at 10am and 2pm.
Measurable	
Action	Teacher education on the importance of snacks. Students educated on appropriate snack times. Teachers allowed to create reasonable expectations and boundaries in their classrooms. Educate students on healthy snack choice and make options available for purchase in the cafeteria.
Realistic & Potential Barriers	With unlimited funds.

GOAL AREA #10

Specific	Incorporation of physical activities into the SOAR Cart.
Measurable	Data sheet to track what students are "buying"
Action	Middle school JMG classes tasked with creating a "menu" of activities for purchase.
Realistic & Potential Barriers	Yes