



Trico District #176 School Wellness Policy

May 2024-May 2026

Wellness Team

Larry Lovel, Superintendent

Jenny Wilson, THS Principal

Ron Coleman, TJHS Principal

Heather Wright, TES Principal

Katie Sidener, Parent

Michael Marks, SRO

Tia Leabu, Social Worker

Kelly Wingerter, Food Service

Ronny Wettig, Physical Education/Health Teacher

Christy Guy, Nurse

Wellness Coordinator: Larry Lovel, Superintendent

Scheduled Meetings: Spring and Fall

Needs Assessment Data: Spring 2024

Surveys/Data Collection:

- Parent, Staff, Student, and Community Surveys
- DESSA
- Tier III data is collected and used, as needed and specified by the Student Assistance Team or District Wellness and/or Threat Assessment Teams

Goal Setting and Action Planning: Goals and action steps are set annually and monitored throughout the year. Goals are fluid and address the following areas:

- Nutrition and Education
- Physical Activity
- Mental Health and Resiliency

Communication and Dissemination Practices Used by the District Regarding the District Wellness Policies and Practices:



- District Policy Manual
- District Website
- District Social Media Platforms: Facebook and Twitter
- Paper Documents sent home with parents
- All Call and text Messaging System via Teacher Ease/Common Goal
- Student Handbooks
- School Board Meetings/Reports

Goals and Action Steps for 2024-2025			
<p>Nutrition 1. Improve the quality of food provided from the district cafeteria while adhering to state and federal nutritional guidelines in a post- pandemic era.</p>	<p>-Promote student utilization of the food service program;</p> <p>-Survey parents and students;</p> <p>Increase food service budget line items to improve access to quality food options;</p> <p>-Increase variety of food options on the menu;</p> <p>-Stress the importance of making solid decisions when it comes to eating balanced and nutritious meals</p> <p>-Continue to utilize the “share bin” at all three buildings.</p> <p>-Develop a plan for unused food items;</p> <p>-Host guest presentations, during</p>	<p>Head of Food Service</p> <p>Cafeteria Staff</p> <p>Taffy Sponsors</p> <p>Community members</p> <p>County Leaders</p> <p>Principals</p> <p>Superintendent</p>	<p>Ongoing</p>

	<p>parent nights, that highlight healthy meal prep, shopping tips, hygiene before meals, etc.</p> <p>-District to promote the “Taffy” food program that provides supplemental meal</p>		
<p>Physical Activity 2. Increase physical education programming to include weight training and high impact physical fitness offerings at TJHS and THS buildings.</p>	<p>-Build a cost- effective complex that allows students access to modern and clean weight and fitness equipment.</p> <p>-Adjust the curriculum to include weight training/ fitness classes;</p> <p>-Include patterned budgetary increases to maintain modern and equipment that students will use.</p> <p>-Add soccer goals at TES and TJHS</p> <p>-Promote the recently created JH/HS Cross Country and Wrestling programs along with all teams and club offerings.</p> <p>-Co-Sponsor or promote student/family participation in 3K and 5K events with organizations like the</p>	<p>Physical Education Teachers</p> <p>Superintendent</p> <p>Board of Education</p> <p>Coaches</p> <p>Sponsors</p> <p>Parents</p> <p>Community Leaders</p>	<p>Ongoing</p>

	<p>Illinois Young Farmers Group of Jackson County and other organizations.</p> <p>-Silver Sneakers or allow /promote access to the THS gym for indoor walking for community members over the age of 55.</p>		
<p>Student Mental Health and Resiliency</p> <p>3. Increase access to counseling services at all three buildings to meet the increasing demands of social and emotional needs of both students and parents in our community</p>	<p>-Nurture current relationship with Perry County Counseling Services as an outside /Medicaid billing provider</p> <p>-Increase the number of district -employed counselors and social workers.</p> <p>-Sponsor events and activities that target positive self- image, self-worth, strategies on how to cope with stress or loss, etc.</p> <p>-Educate eighth grade and freshman students on the connection between mental and physical health through in class instruction in PE and health classes.</p> <p>-Continue to support our building -based Student Assistance Teams and District Threat Assessment Team.</p>	<p>Teachers</p> <p>Perry County Counseling Services</p> <p>Support Staff</p> <p>SEL Centered Staff</p> <p>Superintendent</p> <p>Board of Education</p> <p>Community Leaders</p> <p>Parents</p>	<p>Ongoing</p>

