FOR IMMEDIATE RELEASE                           Contact:  Jacquelyn Jans
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Students in Kern County are getting healthier due to School Walking and Wellness program.

Bakersfield –05/23/2016: Kern Health Systems is partnering with two Kern County schools to implement a school-based Walking and Wellness program for the 2015-2016 school year. Jefferson Elementary School (K-5th grades) in Bakersfield and Pioneer School (K-8th grades) in Delano are seeing an increase in overall health from their students and teachers due to this program of daily walking and healthy eating. Russell Gayer, Principal of Jefferson Elementary, stated “Jefferson’s partnership with Kern Health Systems has helped us teach our students about physical fitness and making healthy eating choices. Our students, families and staff have all participated in and benefitted from this partnership”.

The goals of the program are to create intra-school walking challenges that motivate students to walk more; along with providing messages on healthy eating and encouraging more water consumption. Linda Hinojosa, Health Services Coordinator for Delano Union Elementary School Dist., said that “The Delano Union School District, Superintendent Rosalina Rivera and the Board of Trustees have been so pleased with the Kern Health Systems Walking Wellness Program. Pioneer is a relatively new school and Kern Health Systems has been instrumental helping to establish a culture of health. Students are receiving positive reinforcement for engaging in healthy life-long habits. Healthy school lunches and healthy activity means students are getting the nourishment and physical activity they need to power their minds and bodies to learn”. Since the inception of the program Pioneer students have walked a total of 178,206 miles!

Upcoming event:
End of Year Celebration
Friday May 27, 8am-10am
Pioneer School
1001 Hiett Avenue
Delano, CA 93215

Celebration includes a flag ceremony, recognition of top student walkers of KHS Walking Wellness Program and most participation from a teacher.

For more information, please contact: Jacque Jans at (661) 332-6025.

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Every month during the Wellness campaign, a fruit or vegetable is featured on the lunch menu or as an afternoon snack to promote & encourage healthy eating.

Students presented their healthy snack recipes to a panel of judges. The winning recipe will be featured on the lunch menu for the entire school district.

The KHS Walking Challenge motivates students, faculty & parents to walk more! T-shirts are rewarded every month to students who achieve milestones.

KHS Health Educators interact with faculty & students to promote healthy eating tips & information.