

School Wellness Plan 2023-2024

School Way Café

School Name: Blue Lake Elementary

Principal's Name or Person Responsible for Plan: Holly Bailey ext.: 21904

Each school must have a wellness plan and a point of contact (this person cannot be a School Way Café employee). **Please provide your point of contact and extension if different than above:** See above

Your school website must contain a link to the Volusia County Schools Wellness Policy.

If your school is not already a "Team Nutrition" school, we encourage your school to become one. For information, visit www.fns.usda.gov/tn/.

The district's wellness policy encourages nutrition education curriculum programs and to provide opportunities for physical activities. The policy also recommends using rewards and incentives that are not food-related and limiting sweet treats for refreshments and parties.

Part I: Goals - List your school's wellness goals for the upcoming school year on in Part I this form and e-mail it to School Way Café schoolwaycafe@groups.volusia.k12.fl.us and a copy to your Area Superintendent by **September 22nd, 2023**. See attached Wellness Tool Kit for ideas to use for your wellness plan.

Part II: Evaluation – At the end of the school year, evaluate the results of your school's wellness goals and complete Part II of this form. E-mail a copy to School Way Café schoolwaycafe@groups.volusia.k12.fl.us and a copy to your Area Superintendent by **June 3rd, 2024**.

Note: Documentation is required to validate completion of your goals.

Part I – Complete by September 22nd, 2023	Part II - Complete by June 3rd, 2024
Goals for 2023-2024	Implementation Evaluation
<p><u>Nutrition:</u> School cafeteria staff will assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p> <p><input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>

Part I – Complete by September 22nd, 2023	Part II - Complete by June 3rd, 2024
Goals for 2023-2024	Implementation Evaluation
<p><u>Physical Activity</u></p> <p>Students will have 20 minutes of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.</p> <p>All students will be scheduled to participate in physical education class 2 times per week for 47 minutes and 1 time per week of movement with music for 47 minutes.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented.</p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Goal was not implemented this school year.</p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p><u>Healthy Life Habits</u></p> <p>All students in Pre-K through 5th grade will be instructed on good hand washing / hand sanitizing and encourage students to maintain clean hands especially before they eat meals or snacks and after using restroom facilities.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented.</p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Goal was not implemented this school year.</p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p><u>Staff Wellness</u></p> <p>Promote healthy living among employees through regular exercise opportunities, health screenings and health education tips. Provide staff with wellness tips via all staff emails.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented.</p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Goal was not implemented this school year.</p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>