

# School Wellness Plan 2023-2024

School Way Café

**School Name:** Edgewater Public

**Principal's Name or Person Responsible for Plan:** Kyle Bryer

ext.:35206

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:** \_\_\_\_\_

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/](http://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](mailto:schoolwaycafe@groups.volusia.k12.fl.us) and a copy to your Area Superintendent by **September 22<sup>nd</sup>, 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](mailto:schoolwaycafe@groups.volusia.k12.fl.us) and a copy to your Area Superintendent by **June 3<sup>rd</sup>, 2024**.

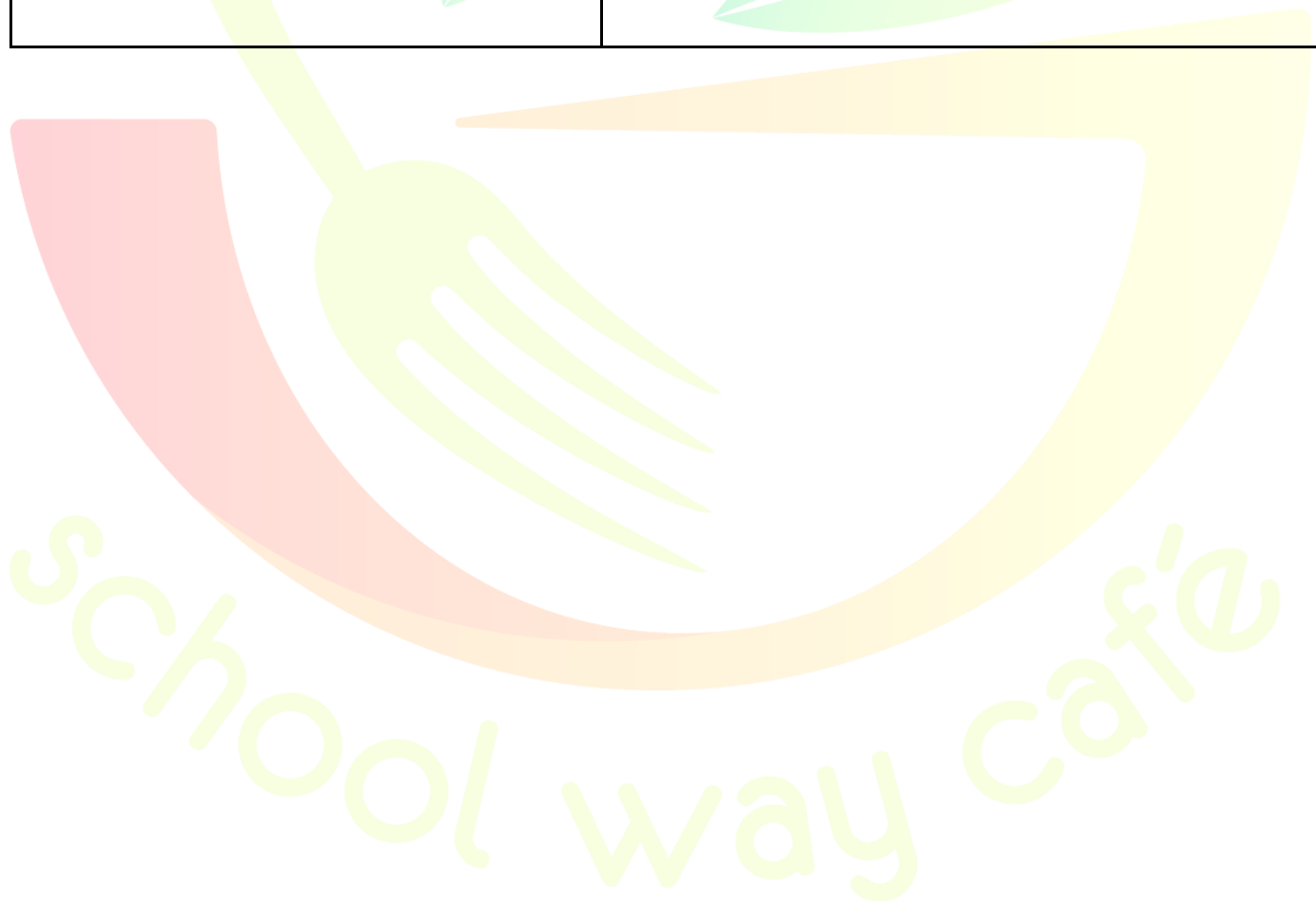
**Note: Documentation is required to validate completion of your goals.**

Part I – Complete by <b>September 22<sup>nd</sup>, 2023</b> Nutrition	Part II - Complete by <b>June 3<sup>rd</sup>, 2024</b>
Goals for 2023-2024	Implementation Evaluation
<ul style="list-style-type: none"> <li>Use the cafeteria to provide learning opportunities by decorating the area with wellness educational posters and nutrition materials.</li> <li>Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.</li> <li>Schools will encourage fundraising activities that promote physical activity.</li> <li>Schools will not use food or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food</li> </ul>	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i> <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i> <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.

served through school meals) as a punishment.

- Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

The school will distribute a list of healthy party ideas to parents and teachers. Each party should include no more than one food or beverage that is not on the healthy food list



<b>Part II – Complete by September 22<sup>nd</sup>, 2023</b> <b>Physical Activity</b>	<b>Part II - Complete by June 3<sup>rd</sup>, 2024</b>
<b>Goals for 2023-2024</b>	<b>Implementation Evaluation</b>
<ul style="list-style-type: none"> <li>Schools will make provisions for Elementary school students to have supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.</li> <li>Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.</li> <li>Teachers will provide structured physical activities for students on non-PE days.</li> </ul>	<input type="checkbox"/> Goal was successfully implemented.  <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i>  <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.
<b>III Healthy Life Habits</b> <ul style="list-style-type: none"> <li>Schools will provide access to hand washing or hand sanitizing and encourage students to maintain clean hands especially before they eat meals or snacks and after using restroom facilities.</li> </ul> <p>HAND WASHING: The nurse and administration will provide training on</p>	<input type="checkbox"/> Goal was successfully implemented.  <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i>  <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i>

<p>hygiene and proper hand washing techniques in order to reduce the spread of germs.</p> <p>Teachers will reinforce good hygiene and proper hand washing techniques with their students. "Cough &amp; Clean Your Hands" posters are displayed in the classrooms as well as proper hand washing posters in each restroom area.</p> <ul style="list-style-type: none"> <li>Dental Health: Have a dentist visit the first-grade classrooms to teach the importance of brushing, flossing and overall dental health.</li> </ul>	<p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p><b>IV Staff Wellness</b></p> <ul style="list-style-type: none"> <li>Encourage staff members to participate in the Volusia County Wellness Assessment and follow up by enrolling in the options offered by the district such as a gym membership, Weight Watchers, etc.</li> <li>Promote healthy living among employees through regular exercise opportunities, health screenings and health education tips. Provide staff with wellness tips via all staff emails</li> </ul>	<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>

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