

School Wellness Plan 2022-2023

School Way Café

School Name: Coronado Beach Elementary

Principal's Name and Person Responsible for Plan:

Leigh Prokop, Principal ex. 34904 and Kim Williams ext: 34911

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:** Kim Williams ex 34911

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 23rd, 2022**. 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 2nd, 2023**.

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

Part I – Complete by September 23rd, 2022	Part II - Complete by June 2nd, 2023
Goals for 2022-2023	Implementation Evaluation
*Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. * The School newsletter will include nutritional information provided to guide parents in dietary decisions for their children.	☐ Goal was successfully implemented. ☐ Goal was partially implemented. Comments: ☐ Goal was not implemented this school year. Comments: ☐ Documentation is available at school site and easily accessible for audit.

Part I – Complete by September 23rd, 2022	Part II - Complete by June 2nd, 2023
Goals for 2022-2023	Implementation Evaluation
* Schools will make provisions for Elementary school students to have supervised recess, preferably outdoors during which schools should encourage moderate to vigorous physical activity. *Teachers will provide structured physical activities for students on none PE days.	☐ Goal was successfully implemented. ☐ Goal was partially implemented. Comments: ☐ Goal was not implemented this school year. Comments: ☐ Documentation is available at school site and easily accessible for audit.
* 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. Teachers will demonstrate proper handwashing techniques in order to reduce the spread of germs.	☐ Goal was successfully implemented. ☐ Goal was partially implemented. Comments: ☐ Goal was not implemented this school year. Comments: ☐ Documentation is available at school site and easily accessible for audit.
* Promote healthy living among employees through regular exercise opportunities health, screenings and health education tips Provide staff with wellness tips via all staff emails.	☐ Goal was successfully implemented. ☐ Goal was partially implemented. Comments: ☐ Goal was not implemented this school year. Comments: ☐ Documentation is available at school site and easily accessible for audit.