

School Name: _____ Beachside Elementary _____

Principal’s Name and Person Responsible for Plan: _____ Lynn Bruner _____ ext: _____ 51604 _____

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:** _Yahaira White ext 51636_____

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
<p>Goals for 2022-2023</p>	<p>Implementation Evaluation</p>
<p>Nutrition-</p> <p>Beachside opens its gates to students, when possible, as early as 7:15am to ensure all students have enough time to eat breakfast before the first bell rings at 7:45am. Our lunch schedule allows 30 minutes for all students/faculty to eat their lunch.</p> <p>Beachside Elementary will utilize the school communication methods including our Morning Announcements, Sunday evening message from Principal, FB page and school website, to include nutritional information to guide parents in dietary</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>

decisions for their children. Food guidance directed from MyPlate (Nutrition guide published by the United States Department of Agriculture).

The cafeteria will display nutrition posters and provide a copy of the menu clearly visible for all to see.

Students in Kindergarten, Grade 1 and Grade 3 will have a Nutritionist visit their classrooms once a month to promote healthy eating.

Grade 3 will be a part of the UF Grant to produce vegetables and fruit in our campus garden will be harvested and sampled by the students. Students will learn the importance of incorporating vegetables and fruit into their daily calorie intake.

Incentives and prizes for students in our school wide behavior program (PBIS) store do not involve candy or sugary snacks.

Part I – Complete by September 23rd, 2022	Part II - Complete by June 2nd, 2023
<p>Goals for 2022-2023</p>	<p>Implementation Evaluation</p>
<p>Physical Activity-</p> <p>Beachside Elementary has made provisions for our students to have 20 minutes daily of recess.</p> <p>Teachers in their classroom use goNoodle, Deskercize, Flashfit, and various movement brain breaks for student transitions.</p> <p>Beachside Elementary will offer the "Girls on the Run" program. Girls in grades 3, 4, and 5 will be invited to participate in this program which encourages fitness and helps build self-esteem. One session will be offered in the Fall, two days a week for 12 weeks.</p> <p>Schools will sponsor a Fitness Festival and students will prepare by participating in activities by age group during PE instructional time, during teacher directed activities, and sometimes in afternoon training sessions.</p> <p>Our Wellness Champion (Yahaira White) will begin the One Step at A Time Challenge (through VCS Wellness) with the faculty/staff to increase the amount of steps/activity within the faculty.</p> <p>Starting Second Semester, students at Beachside will participate in the Kids Heart Challenge from the American Heart Association. (This is pending that our new campus is equipped and ready in</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>

<p>February 2023 to participate in the challenge.)</p> <p>In May 2023, students will participate in the Battle of the Houses Field Day events, Students will be a part of friendly strength and endurance competitions to compete for house points.</p>	
<p>Staff Wellness-</p> <p>At Beachside Elementary we encourage staff members to take advantage of free gym membership access through Florida Health Care Plans.</p> <p>Our Wellness Champion (Yahaira White) will forward Wellness Newsletters from the district with pertinent information on Wellness events.</p> <p>Our Wellness Champion (Yahaira White) will begin the One Step at A Time Challenge (through VCS Wellness) with the faculty/staff to increase the amount of steps/activity within the faculty.</p> <p>Our Wellness Champion (Yahaira White) will begin the Relax and Revive Challenge (through VCS Wellness) in October with the faculty/staff to go along with World Mental Health Day October 10th.</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>
<p>Healthy Life Habits-</p> <p>Beachside Elementary will provide access to hand washing or hand sanitizing and encourage students to</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p>

maintain clean hands especially before they eat meals or snacks and after using restroom facilities.

Teachers will reinforce good hygiene and proper hand washing techniques with their students. Proper hand washing posters are in each restroom area and classrooms with sinks available.

Beachside Elementary will provide parents with healthy lifestyle tips through social media posts and Connect Ed calls.

Intermediate students will participate in a bicycle safety course which includes a bike riding component. Primary students will participate in pedestrian safety unit with a simulated street crossing. Students will complete these programs with their PE instructor.

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Starting Second Semester, students at Beachside will participate in the Kids Heart Challenge from the American Heart Association. (This is pending that our new campus is equipped and ready in February 2023 to participate in the challenge.)

Goal was not implemented this school year.

Comments:

Documentation is available at school site and easily accessible for audit.