

School Wellness Plan 2022-2023

School Way Café

School Name: New Smyrna Beach High School

Principal’s Name and Person Responsible for Plan: Eleeta Sue Hopkins (Wellness Champ) Tim Merrick (Principal) ext: 38539

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:** Eleeta Sue Hopkins

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
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Goal 1 The NSBHS Wellness contact will add wellness information in our school newsletter, the Cuda Chronicle. </div>	<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.

Part I – Complete by September 23rd, 2022	Part II - Complete by June 2nd, 2023
Goals for 2022-2023	Implementation Evaluation
<p>Goal 2</p> <p>The NSBHS Wellness Champ will provide a invitations to challenges with weekly reminders. (Great River Walk Challenge, Rest & Revive Challenge, etc.)</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>Goal 3</p> <p>School physical activity spaces and facilities will be available to students, and staff members with sign-up and safety procedures in place.</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>Goal 4</p> <p>NSBHS will use resources from the Wellness Toolbox, to encourage wellness habits of our students and staff, taking ideas from each area of the toolbox: nutrition, physical activity, healthy life habits, and staff wellness.</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>