

School Name: Pine Ridge High School

Principal’s Name and Person Responsible for Plan: Principal: William Ryser, Responsible for plan: Danielle Gregory ext: 43559

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:** Danielle Gregory 43559

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.	<input checked="" 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>Open gym will be available for students 3x a week during lunch and office hours for all students.</p>	<p><input checked="" type="checkbox"/> Goal was successfully implemented. <i>Comments: All students can access the weightroom and gym during office hours (21 minutes).</i></p> <p><input type="checkbox"/> Goal was partially implemented.</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>Provide information about the harmful effects of using tobacco, drugs and alcohol.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input checked="" type="checkbox"/> Goal was partially implemented. <i>Comments: Counselors provide information on the effects of tobacco, drugs, and alcohol during sessions with students privately. Our school clinic includes information about tobacco, drugs, and alcohol that is easily viewable by students. We will work to provide more information posted in common areas for students to see daily around campus.</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>Challenge employees to 100 DAYS OF EXERCISE. Issue small cards with 100 calendar days represented. As employees exercise they “mark off” the days to keep track of their activities. Exercise is equivalent to 20 minutes of activity.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p> <p><input checked="" type="checkbox"/> Goal was not implemented this school year. <i>Comments: This goal is new and has not yet been introduced. We will introduce for the new year (first week of January).</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>