

School Wellness Plan 2022-2023

School Way Café

School Name: Mainland High School

Principal’s Name and Person Responsible for Plan: Nathaniel Anderson Ext: 54278

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/.

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>Students will participate in indoor activities using the activities from Darebee.com when the heat index rises to a level that is unsafe for outdoor play.</p> <ul style="list-style-type: none"> Speed and agility training 	<p><input checked="" 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>

Part I – Complete by September 23rd, 2022	Part II - Complete by June 2nd, 2023
Goals for 2022-2023	Implementation Evaluation
<p>School spaces and facilities could be available to students, staff, and community members before, during, and after the school day, on weekends and during school vacations.</p> <ul style="list-style-type: none"> Track will be available for staff during both lunches. Fields will be available for student athletes to use after school, on the weekends and during Holidays. 	<p><input checked="" type="checkbox"/> Goal was successfully implemented. <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>Physical education best practices are:</p> <ul style="list-style-type: none"> Warming up before activities. Cooling down after activities. Keeping students active. Providing workout/activity suggestions for outside of school. 	<p><input checked="" type="checkbox"/> Goal was successfully implemented. <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>