



# School Wellness Plan 2023-2024

School Way Café

School Name: Hinson Middle

Principal's Name or Person Responsible for Plan: Kelly Case ext: 53023

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/](http://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 [SwayCafe@volusia.k12.fl.us](mailto:SwayCafe@volusia.k12.fl.us) and a copy to your Area Superintendent by **September 23<sup>rd</sup>, 2023**. 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 [SwayCafe@volusia.k12.fl.us](mailto:SwayCafe@volusia.k12.fl.us) and a copy to your Area Superintendent by **June 3<sup>rd</sup>, 2024**.

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

Part I – Complete by <b>September 23<sup>rd</sup>, 2023</b>	Part II - Complete by <b>June 3<sup>rd</sup>, 2024</b>
<b>Goals for 2023-2024</b>	<b>Implementation Evaluation</b>
Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting for lunch.	<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>  Documentation is available at school site and easily accessible for audit.

Part I – Complete by <b>September 23<sup>rd</sup>, 2023</b>	Part II - Complete by <b>June 3<sup>rd</sup>, 2024</b>
<p><b>Goals for 2023-2024</b></p>	<p><b>Implementation Evaluation</b></p>
<p>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.</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>Documentation is available at school site and easily accessible for audit.</p>
<p>•Use the cafeteria to provide learning opportunities by decorating the area with wellness educational posters and nutrition materials.</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>Documentation is available at school site and easily accessible for audit.</p>
<p>Students will participate in the Presidents Physical Fitness testing program and have the opportunity to earn the fitness awards associated with the program.</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>