



# School Wellness Plan 2023-2024

School Way Café

**School Name:** Pine Ridge High School

**Principal’s Name or Person 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:** \_\_\_\_\_

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 [schoolwaycafe@groups.volusia.k12.fl.us](mailto:schoolwaycafe@groups.volusia.k12.fl.us) and a copy to your Area Superintendent by **September 22<sup>nd</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 [schoolwaycafe@groups.volusia.k12.fl.us](mailto:schoolwaycafe@groups.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.**

<b>Part I – Complete by September 22<sup>nd</sup>, 2023</b>	<b>Part II - Complete by 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 down for lunch.	<input checked="" type="checkbox"/> <b>Goal was successfully implemented.</b> <input type="checkbox"/> <b>Goal was partially implemented.</b> <i>Comments:</i>  <input type="checkbox"/> <b>Goal was not implemented this school year.</b> <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.

Part I – Complete by <b>September 22<sup>nd</sup>, 2023</b>	Part II - Complete by <b>June 3<sup>rd</sup>, 2024</b>
Goals for 2023-2024	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"/> <b>Goal was successfully implemented.</b></p> <p><input type="checkbox"/> <b>Goal was partially implemented.</b> <i>Comments:</i></p> <p><input type="checkbox"/> <b>Goal was not implemented this school year.</b> <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 checked="" type="checkbox"/> <b>Goal was successfully implemented.</b></p> <p><input type="checkbox"/> <b>Goal was partially implemented.</b> <i>Comments:</i></p> <p><input type="checkbox"/> <b>Goal was not implemented this school year.</b> <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"/> <b>Goal was successfully implemented.</b></p> <p><input type="checkbox"/> <b>Goal was partially implemented.</b> <i>Comments:</i></p> <p><input type="checkbox"/> <b>Goal was not implemented this school year.</b> <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>