

# School Wellness Plan 2023-2024

School Way Café

School Name: Spirit Elementary

Principal’s Name or Person Responsible for Plan: Laura Figueroa / Spencer Wilbert ext.: 39206 / 72517

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:** Spencer Wilbert

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.**

Part I – Complete by <b>September 22<sup>nd</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 down for lunch.	<input 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>Students will participate in indoor activities using the “Adventures in Fitness” series when the heat index rises to a level that is unsafe for outdoor play.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><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>Intermediate students will participate in a bicycle safety course which includes a bike riding component. Primary students will participate in pedestrian safety unit with a simulated street crossing. Students will complete these programs using state adopted materials.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><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>Encourage staff to join the “Walk Club.” The number of minutes and steps will be recorded and logged after each meet.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><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>