



School Wellness Plan 2023-2024

School Way Café

School Name: Freedom Elementary School

Principal’s Name or Person Responsible for Plan: Paul Nehrig ext.: 22107

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 22nd, 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 and a copy to your Area Superintendent by **June 3rd, 2024**.

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

Part I – Complete by September 22nd, 2023	Part II - Complete by June 3rd, 2024
Goals for 2023-2024	Implementation Evaluation
<p>All classes in grades K-5 will receive physical education standards-based instruction.</p> <p>Teachers incorporate 20 minutes of state mandated recess daily.</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>

Part I – Complete by September 22nd, 2023	Part II - Complete by June 3rd, 2024
Goals for 2023-2024	Implementation Evaluation
<p>Our extended Day program will provide and encourage daily periods of moderate to vigorous physical activity for all participants.</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>Preventive dental services will be offered to all Freedom Elementary students through the Volusia County Health Department. With parent consent students will be offered services such as dental assessments, cleanings, fluoride treatment and oral health education. *</p> <p>* Pending approval from FDOE and/or VCS</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>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 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>
<p>Although we already offer “Girls on the Run” program, we will encourage school staff to run with students as “run buddies”. Girls in 3rd through 5th grade are invited to participate in this program which encourages fitness and helps build self-esteem. The program culminates with a 5K run.</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>

