

School Wellness Plan 2023-2024

School Way Café

School Name: __Heritage Middle School_____

Principal’s Name Person Responsible for Plan: _Nicholas Fidance, ext. 33504

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:** Adrian Bronson, ext. 45010

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, 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 2nd, 2024**.

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

Part I – Complete by September 23rd, 2023	Part II - Complete by June 2nd, 2024
Goals for 2022-2023	Implementation Evaluation
<p>Heritage Middle School students will have daily opportunities for physical activity and exercise through classroom activities, physical education, or inter-school sports.</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 23rd, 2023	Part II - Complete by June 2nd, 2024
Goals for 2022-2023	Implementation Evaluation
<p>Using the school website, Heritage Middle School will provide nutritional information to guide parents in dietary decisions for their children.</p>	<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 checked="" type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>The school counselors, along with support of the faculty and staff, will provide information to the students about the harmful effects of using tobacco, drugs, and alcohol.</p>	<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 checked="" type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>After-school (BTB) child-care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants.</p>	<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 checked="" type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>