



School Wellness Plan 2023-2024

School Way Café

School Name: DeLand Middle School

Principal’s Name or Person Responsible for Plan: Principal: John DeVito AP: Kemisha Rainge ext.: 23006

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:** Kemisha Rainge

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
<ul style="list-style-type: none"> • Participate in “Smarter Lunchrooms Program” • Provide menus on the cafeteria menu boards & place cards • Free Breakfast & Lunch for all students • Signage in cafeteria (decorated with wellness and nutrition posters) • Smart Snacks Program • Participate in the Fresh Fruit and Vegetable Program 	<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 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
<ul style="list-style-type: none"> DeLand Middle will provide access to hand washing before meals (Restrooms will remain open and soap always stocked in dispenser) DeLand Middle will provide visuals (Posters) in the clinic and staff restrooms with handwashing instructions/procedures and coughing/sneezing procedures DeLand Middle will provide hand sanitizer dispensers throughout campus (Cafeteria and classrooms) 	<p><input checked="" type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments: Students broke the soap dispenser in multiple restrooms, however when they were operational soap was always stocked in dispensers</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>
<ul style="list-style-type: none"> Students participate in indoor activities when the heat index rises to a level that is unsafe for outdoor play DeLand Middle will participate in county Fitness Festival All students enrolled in Physical Education class will participate in a minimum of 30 minutes of teacher directed physical activity 	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input checked="" type="checkbox"/> Goal was partially implemented. <i>Comments: DeLand Middle was registered to participate in county fitness festival and the district cancelled the event due to inclement weather</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>
<ul style="list-style-type: none"> Staff will participate in Volusia County Wellness Assessment Staff will participate in annual “DeLand Me Strong 5K Run” Staff and students will participate in the VOLUSIA COUNTY SCHOOLS 2023 TRAILS TO SUCCESS 5K Staff will participate in the VCS Vitality wellness program 	<p><input checked="" 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>