



School Wellness Plan 2023-2024

School Way Café

School Name: Volusia Pines Elementary

Principal’s Name or Person Responsible for Plan: Julie Cusack-Gordon ext.: 41207

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>The Panther Press, our school newsletter, will include nutritional information as well as articles which encourage parents to ensure their children eat a healthy breakfast, lunch, and dinner.</p> <p>Volusia Pines School Way Café will offer students high nutritious food options (fruits and vegetables) and nutrition information. As well as decorate the cafeteria with a variety of wellness educational posters.</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>

Part I – Complete by September 22nd, 2023	Part II - Complete by June 3rd, 2024
Goals for 2023-2024	Implementation Evaluation
<p>Students will participate in the “Jump Rope for Heart” event sponsored by the American Heart Association, which will be coordinated by our PE coaches. They will provide educational activities to enhance student knowledge of health and fitness as it relates to the human body.</p> <p>In the Spring of 2024, Volusia Pines will offer After School Enrichment Panther Clubs to our students in grades K-5 such as Fitness, Cheer, Walking, Robotics, and Drama.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input checked="" type="checkbox"/> Goal was partially implemented.</p> <p><i>Comments:</i> Volusia Pines did not participate in the “Jump Rope for Heart” event this year. However, students participated in health and fitness activities in P.E. classes.</p> <p>We did offer Robotics, Drama, and Tutoring (morning, during the day, & after school) to stimulate the brain and keep students active.</p> <p><input type="checkbox"/> Goal was not implemented this school year.</p> <p><i>Comments:</i> <input checked="" type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>Volusia Pines will participate in all Elementary Health screenings including the Flu shots vaccine and will send home Healthy Kids Insurance program information. Health screenings will be provided and will give us information, so we can refer students who have vision and/or hearing issues. Dental screenings will take place as well for our students.</p> <p>A nutritionist from the University of Florida extension, will come to Volusia Pines to teach all the 2nd and 3rd grade students nutrition, hygiene, and healthy lifestyle habits. Her lessons are grade specific and aligned with the grade level standards. The six half-hour lessons are presented using videos, manipulatives, and hands-on learning activities. By the completion of her lessons the students will learn that for the body to function properly it needs a balance of good food and the proper amount of sleep and daily exercise. They will also learn to read food labels and make healthy snack choices.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input checked="" type="checkbox"/> Goal was partially implemented.</p> <p><i>Comments:</i> Volusia Pines participated in all Health screenings listed.</p> <p>The nutritionist from the University of Florida was unable to teach the nutrition lessons this school year. However, classroom teachers put an emphasize on healthy lifestyles.</p> <p><input type="checkbox"/> Goal was not implemented this school year.</p> <p><i>Comments:</i> <input checked="" type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>

<p>Volusia Pines Wellness coordinator is Sarah Smith. As a school, we will promote healthy living among employees through regular exercise opportunities, health screenings and health education tips. All staff will be provided with wellness tips via staff emails. We will encourage all members to obtain membership in one of the wellness programs offered by the district such as a gym membership, and/or Weight Watchers.</p> <p>Volusia Pines will participate in the district's Fall in Love with Fitness Challenge (September 4 – October 15, 2023). As a faculty and staff, we will participate in YOGA led by our PE coach who is a YOGA instructor, and in our annual end of the year VPE kickball tournament for Wellness and FUN!</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> Our annual school-wide faculty and staff kickball tournament was on Friday, May 31, 2024.</p> <p><input checked="" type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>