



# School Wellness Plan 2024-2025

School Way Café

**School Name:** Blue Lake Elementary

**Principal’s Name or Person Responsible for Plan:** Holly Bailey

ext.: 21906

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/](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 20, 2024**. 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 **May 30, 2025**.

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

<b>Part I – Complete by September 20, 2024</b>	<b>Part II - Complete by May 30, 2025</b>
<b>Goals for 2024-2025</b>	<b>Implementation Evaluation</b>
<ul style="list-style-type: none"> <li>Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.</li> </ul>	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i>  <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.

Part I – Complete by <b>September 20, 2024</b>	Part II - Complete by <b>May 30, 2025</b>
Goals for 2024-2025	Implementation Evaluation
<ul style="list-style-type: none"> <li>Offer “Girls on the Run” programs. Girls in 3rd through 5th grade will be invited to participate in this program which encourages fitness and helps build self-esteem. The program culminates with a 5K run and staff will be encouraged to run with students as “run buddies”.</li> </ul>	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i>  <input type="checkbox"/> Goal was not implemented this school year.  <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.
<ul style="list-style-type: none"> <li>Create a “Florida Edible Garden”. By maintaining this garden, students will be learning about different plants, as well as have the experience of taking care of them. Contact the health department or Volusia County Cooperative extension about their gardening projects.</li> </ul>	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i>  <input type="checkbox"/> Goal was not implemented this school year.  <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.
<ul style="list-style-type: none"> <li>Encourage staff members to participate in the Volusia County Wellness Assessment and follow up by enrolling in the options offered by the district such as a gym membership, Weight Watchers, etc.</li> </ul>	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i>  <input type="checkbox"/> Goal was not implemented this school year.  <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.