

School Wellness Plan 2024-2025

School Way Café

School Name: RJ Longstreet Elementary

Principal’s Name or Person Responsible for Plan: Amy Richardson and Erika Kazma ext.: 33755

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 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 and a copy to your Area Superintendent by **May 30, 2025**.

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

Part I – Complete by September 20, 2024	Part II - Complete by May 30, 2025
Goals for 2024-2025	Implementation Evaluation
<ul style="list-style-type: none"> • Use the cafeteria and PE area to provide learning opportunities by decorating the area with wellness educational posters and nutrition materials. • Schools will encourage fundraising activities that promote physical activity. • Schools will create a list of healthful snack items for teachers, non-federal after-school program personnel, and parents. 	<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 September 20, 2024	Part II - Complete by May 30, 2025
<p>Goals for 2024-2025</p>	<p>Implementation Evaluation</p>
<ul style="list-style-type: none"> Students will participate in recess daily, preferably outdoors during which schools should encourage moderate to vigorous physical activity. Schools will develop programs that will encourage physical activities such as walk to school, Walk-a-thon and fitness festival. Students will participate in Physical Fitness testing program and could earn the fitness awards associated with the program. 	<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>
<ul style="list-style-type: none"> Provide information about the harmful effects of using tobacco, drugs and alcohol. Schools will provide access to hand washing or hand sanitizing and encourage students to maintain clean hands especially before they eat meals or snacks and after using restroom facilities. 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. 	<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>

<ul style="list-style-type: none">• 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.• Provide opportunities for the faculty and staff to become more physically fit: open weight room; aerobics, Pilates, yoga opportunities; walking club; basketball club; the use of pedometers.• Promote healthy living among employees through regular exercise opportunities, health screenings and health education tips. Provide staff with wellness tips via all staff emails.	<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>
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