



# School Wellness Plan 2025-2026

School Way Café

School Name:        **TIMBERCREST ELEMENTARY**       

Principal’s Name or Person Responsible for Plan:        Lonnie Tidmarsh        ext.:        41406       

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:**        Michelle Miles ext. 41408       

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 19, 2025**. 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 29, 2026**.

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

Part I – Complete by <b>September 19, 2025</b>	Part II - Complete by <b>May 29, 2026</b>
<b>Goals for 2025-2026</b>	<b>Implementation Evaluation</b>
<p>When a new item is introduced on the line, in SWC, students are given the opportunity to sample the item unfamiliar to them and return for something else if they do not like it.</p> <p>Occasionally, an article about leading a healthy lifestyle will be included in the school newsletter, <i>Tiger Talk</i>.</p>	<p><input type="checkbox"/> <b>Goal was successfully implemented.</b></p> <p><input type="checkbox"/> <b>Goal was partially implemented.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> <b>Goal was not implemented this school year.</b></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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<p><b>Goals for 2025-2026</b></p> <p>The physical activity opportunities our school plans to provide will include:</p> <p>Students receive PE in 50-minute class periods.</p> <p>Our after school Extended Day enrichment Program provides opportunities for physical activities.</p> <p>There is a 20-minute physical activity period that occurs daily.</p> <p>Classes have unlimited daily access to a 20-minute program, Adventures to Fitness, which consists of physical activity in the classroom.</p> <p>Our school offers 4<sup>th</sup> and 5<sup>th</sup> grade students to participate in an after-school Tiger Marathon Club.</p> <p>Our school will implement fitness testing for all students.</p>	<p><b>Implementation Evaluation</b></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>
<p>Our school plans to use the curriculum resources to teach physical activity as follows:</p> <p>The web based programs <a href="http://www.openphysed.com">www.openphysed.com</a> and <b>SPARK</b> provide lesson plans and handouts.</p> <p>Groovy Pyramid (now My Plate) provides health and nutrition information.</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>

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Goals for 2025-2026	Implementation Evaluation
<p>The policy in our school will be:</p> <p>In our school, it is the policy to discourage the withholding of physical activity as a negative consequence. Additionally, there is no use of physical activity as a negative consequence.</p> <p>Our teachers provide physical activity on the days with no PE class.</p> <p>Teachers provide breaks for students during extended periods of inactivity.</p> <p>Teachers will reinforce good hygiene and proper handwashing techniques with their students. “Cough &amp; Clean Your Hands” posters are displayed in the classrooms as well as proper handwashing posters in each restroom area.</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>
<p>The school district has applied for waivers for those schools whose lunch periods are outside the federal window.</p> <p>Our school will provide lunch within the federal window.</p> <p>Our school provides lunch within the federal window even on early release days.</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>

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<p>Our school will comply with federal and state regulations regarding competitive food sales and the sale of foods of minimal nutritional value.</p> <p>Our students have no access to vending machines and there are no food sales during the school day.</p> <p>We plan to make healthy choices available to students.</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>
<p>Our school plans to limit sweet treats as refreshments at parties and celebrations during the school day.</p> <p>SWC will supply schools with alternative ideas for rewards and incentives to reduce the use of food as rewards and incentives in the classroom.</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>
<p>Our school will not withhold food as a punishment; to do so would be against federal regulations.</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>

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<p>Our school plans:</p> <p>Our school helps enroll eligible children in the state’s health insurance plan, <i>Florida Kid Care</i>.</p> <p>The following screenings are conducted for elementary students:</p> <p>K – vision and hearing            1<sup>st</sup> – vision, hearing, height, and weight            3<sup>rd</sup> – vision, height, and weight</p>	<p><input type="checkbox"/> <b>Goal was successfully implemented.</b></p> <p><input type="checkbox"/> <b>Goal was partially implemented.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> <b>Goal was not implemented this school year.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>Our school plans to have the following opportunities for physical activity involving the community:</p> <p>The community is involved in our <i>PTA Tiger Walk</i>.</p> <p>Our school offers Tiger Marathon Club.</p> <p>Our school will have students participate in the overall Volusia County Elementary School Fitness Festival.</p> <p>Our school offers an after-school gardening club facilitated by staff members.</p>	<p><input type="checkbox"/> <b>Goal was successfully implemented.</b></p> <p><input type="checkbox"/> <b>Goal was partially implemented.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> <b>Goal was not implemented this school year.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>

