

School Wellness Plan 2025-2026

School Way Café

School Name: Southwestern Middle School

Principal’s Name or Person Responsible for Plan: Dr. Tai Swift

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:** Mr. Dantrell Johnson

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 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 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 September 19, 2025	Part II - Complete by May 29, 2026
Goals for 2025-2026	Implementation Evaluation
Provide information about the harmful effects of using tobacco, drugs, and alcohol.	<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 19, 2025	Part II - Complete by May 29, 2026
Goals for 2025-2026	Implementation Evaluation
<p>Share health and wellness information with faculty/staff and families through school newsletter/email, the school website, and.</p>	<p><input 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. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>Encourage staff and students to participate in the various Volusia County Schools fitness initiatives. (Ex.: Volusia County 5k run/walks, fitness festival, etc.)</p>	<p><input 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. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>

