School Wellness Plan 2026-2027

School Way Café

School Name: Beachside Elementary

Principal's Name or Person Responsible for Plan: Christina Donohue ext.: 51604

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 18, 2026.** 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 by **May 14, 2027**.

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

Part I – Complete by September 18, 2026	**Part II - Complete by May 14, 2027**
Goals for 2026-2027	Implementation Evaluation
The school will include nutritional information provided to guide parents in dietary decisions for their children in the monthly school newsletter. Incentives and prizes for students in our school wide behavior program (PBIS) cart do not involve candy or sugary snacks.	☐ **Goal was successfully implemented.** ☐ **Goal was partially implemented.** *Comments:* ☐ **Goal was not implemented this school year.** *Comments*: ☐ Documentation is available at school site and easily accessible for audit.

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Part I – Complete by September 18, 2026	**Part II - Complete by May 14, 2027**
Goals for 2026-2027	Implementation Evaluation
School will ensure for that students will have supervised recess, preferably outdoors, during which schols should encourage moderate to vigorous physical activity. Beachside Elementary has made provisions for our students to have 20 minutes daily of recess. Teachers in their classroom use goNoddle, Deskercize, Flashfit, and various movement brain breaks for student transitions. Beachside Elementary will offer the "Girls on the Run" program. Girls in grades 3, 4, and 5 will be invited to participate in this program which encourages fitness and helps build self-esteem. One session will be offered in the fall, two days a week for 12 weeks.	☐ **Goal was successfully implemented.** ☐ **Goal was partially implemented.** *Comments:* ☐ **Goal was not implemented this school year.** *Comments*: ☐ Documentation is available at school site and easily accessible for audit.
Using the cafeteria we will decorate and hangup posters related to wellness educational posters and nurition information from schoolwellnesspolicies.org and chooseMyplate.org.	☐ **Goal was successfully implemented.** ☐ **Goal was partially implemented.** *Comments:* ☐ **Goal was not implemented this school year.** *Comments*: ☐ Documentation is available at school site and easily accessible for audit.
Promote healthy living among employees through regular exercise opportunities, health screenings, and health education tips. Will provide staff once a month wellness tips and activities local to the area via a staff email.	☐ **Goal was successfully implemented.** ☐ **Goal was partially implemented.** *Comments:* ☐ **Goal was not implemented this school year.** *Comments*: ☐ Documentation is available at school site and easily accessible for audit.