



School Wellness Plan 2026-2027

School Way Café

School Name: Campbell Middle School

Principal's Name or Person Responsible for Plan: German Taveras ext.: 53615

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 and a copy to your Area Superintendent 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
Campbell Middle School's nutrition goal is to work with School Way Café to remove caffeinated iced coffee from student breakfast offerings and provide healthier alternatives, such as water and district-approved protein drinks. This change aligns with the American Academy of Pediatrics' recommendation that children and adolescents avoid caffeine. Caffeine can cause anxiety and restlessness, and students taking stimulant medication for attention-deficit/hyperactivity disorder (ADHD) may also experience irritability or mood changes when consuming it. The school wellness team will review breakfast menus to monitor implementation and support healthy beverage choices throughout the school year.	☐ Goal was successfully implemented. ☐ Goal was partially implemented. <i>Comments:</i> ☐ Goal was not implemented this school year. <i>Comments:</i> ☐ Documentation is available at school site and easily accessible for audit.

Part I – Complete by September 18, 2026	Part II - Complete by May 14, 2027
Goals for 2026-2027	Implementation Evaluation
Campbell Middle School will establish a consistent, structured physical education program for students in grades 6–8 to increase active participation and reduce unstructured time. Each PE class will follow a planned lesson that includes a clear objective, a warm-up, skill instruction, supervised physical activity, and a cool-down. Activities will include adaptations to support students’ individual needs and abilities. Physical education teachers will maintain weekly lesson plans, and school administrators will conduct monthly walkthroughs through May 2027 to monitor lesson structure, student participation, and active supervision.	☐ 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.
Campbell Middle School will implement a schoolwide anti-vaping campaign to educate students in grades 6–8 about the risks of vaping, including products containing nicotine or THC. The campaign will include at least one awareness activity each quarter through posters, morning announcements, student-created messages, or family communications. Campaign messages will promote healthy choices, strategies for resisting peer pressure, and access to support for students who need help quitting. The school wellness team, counselors, and health staff will coordinate the campaign and maintain copies of materials and activity records to document implementation.	☐ 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.
Campbell Middle School will promote staff wellness and engagement by offering at least one voluntary wellness activity each quarter, such as a group walk, guided stretching session, relaxation sessions featuring deep breathing, mindfulness, or calming music, stress-management activity, or healthy habits challenge. Staff will be invited to suggest activities that reflect their interests and needs, with options that accommodate different abilities. The school wellness team will coordinate activities and share monthly wellness tips and district resources. Activity records, participation totals, and brief staff feedback will be used to monitor engagement and guide future offerings.	☐ 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.