

School Wellness Plan 2026-2027

School Way Café

School Name: Forest Lake ES

Principal's Name or Person Responsible for Plan: Michelle Sojka - ext.: 42604 & Blair Duoos - ext: 42626

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:** Blair Duoos - ext: 42626

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
Forest Lake Elementary will continue to provide opportunities for physical activity through a wide range of programs. Students 1. Continue the after-school sports club 2. Hold Jump Rope for Heart event for all students. 3. Provide daily school physical activity for all students in the EDEP program 4. Ensure 30 minutes of recess for all students occurs daily at FLE	☐ 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.

Staff

Encourage staff members to participate in the Volusia County Wellness Assessment and follow up by enrolling in the options offered by the district such as a gym membership, Weight Watchers, etc.

2. 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.

3. Continue the Walking Wednesday group to meet once a week after school.

Part I – Complete by September 18, 2026	Part II - Complete by May 14, 2027
Goals for 2026-2027	Implementation Evaluation
Forest Lake Elementary will comply with all federal and state regulations regarding competitive food sales and food of minimal nutritional value. 1. Limit sweet treats to 2 per day. 2. Provide alternative rewards and incentives to reduce food as a reward in our Panther Pride 200 club.	☐ 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.
Forest Lake Elementary will promote healthy life habits 1. Provide information regarding healthy lifestyles to parents in a monthly newsletter. The articles will include information on nutrition, wellness, hygiene, and the importance of physical activity, as well as safety.	☐ 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.

Forest Lake Elementary will promote good nutrition through:

1. Email from SWC manager on nutrition topics promoting healthy snacks.
2. Students will be given at least 20 minutes to eat lunch after sitting down
3. Participate in the Volusia County Family Nutrition Program so that students will receive nutrition lessons. This is a free educational food and nutrition program focused on reducing the risk of chronic disease and health complications by positively changing nutrition and physical behaviors of students.

☐ 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.