School Wellness Plan 2026-2027

School Way Café

School Name: New Smyrna Beach Middle School

Principal's Name or Person Responsible for Plan: Teresa Speidel ext.: 36789

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
I. Nutrition • Use the cafeteria to provide learning opportunities by decorating the area with wellness educational posters and nutrition materials. • Share information about the nutritional content of meals with parents and students. Such information would be available on menus, the school's website, cafeteria menu boards, placards, or other point-of-purchase materials. • Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.	☐ **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.

School Wellness Plan 2026-2027

School Way Café

Part I – Complete by September 18, 2026	**Part II - Complete by May 14, 2027**
Goals for 2026-2027	Implementation Evaluation
II. Physical Activity • Sponsor a Fitness Festival and students will prepare by participating in activities by age group during PE instructional time, during teacher directed activities, and sometimes in afternoon training sessions. • Ensure students participate in a minimum of 30 minutes of teacher directed physical activity each day. Weight-lifting has been added as an additional PE course this year.	☐ **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.
III. Healthy Life Habits • Provide information about the harmful effects of using tobacco, drugs, vapes, and alcohol. • Provide access to hand washing or hand sanitizing and encourage students to maintain clean hands especially before they eat meals or snacks and after using restroom facilities. • Dental Health: Students will be offered a dental check-up during school hours and taught the importance of brushing, flossing and overall dental health.	☐ **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.
IV. Staff Wellness • Encourage staff members to participate in the baseline health assessment. • Provide information regarding flu shots available to district employees. • Offer healthier options for staff appreciation meals and 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.

School Wellness Plan 2026-2027

School Way Café
