

School Wellness Plan 2026-2027

School Way Café

School Name: Mainland High School

Principal's Name or Person Responsible for Plan: Missy Fraine ext.: 54224

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
Our theme this year is Together from the "Inside Out", Buc Strong! Based on our yellow end-of-year papers, I choose this year's theme ~ we are focusing on the whole person and mental health: students, staff, emotions, relationships, routines, and purpose. The movie - Inside Out takes place largely inside Riley's mind. At Headquarters, which is her mind, Joy, Sadness, Anger, Fear, anxiety, and Disgust operate a control panel, create memories, and influence how Riley responds to LIFE	☐ 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.

Together from the Inside Out – Buc Strong! represents our commitment to caring for the whole person~ because when we are stronger on the inside, we are better able to thrive on the outside. Mental wellness is about recognizing our emotions, taking care of ourselves, supporting one another, and knowing that it is okay to ask for help.

At Mainland High School, we believe **we do not have to navigate life alone.** We are a family, and we are stronger when we take care of one another. Through connection, compassion, self-awareness, healthy coping strategies, and a willingness to reach out, we can create a school community where every student and staff member feels valued, supported, and safe.

School Way Café

Part I – Complete by September 18, 2026	Part II - Complete by May 14, 2027
Goals for 2026-2027	Implementation Evaluation
One of our Wellness Goals is to provide Yoga once a week for faculty/staff	☐ 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.
Walking Club for faculty/staff	☐ 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.
Coordinate staff appreciation, recognition, and low-cost social activities that encourage belonging and positive relationships.	☐ 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.