

School Wellness Plan 2023-2024

School Way Café

School Name: _____ Mainland High School _____

Principal's Name or Person Responsible for Plan: _Julian Gutierrez_____ ext.: _54278_____

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 22nd, 2023**. 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 **June 3rd, 2024**.

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

Part I – Complete by September 22nd, 2023	Part II - Complete by June 3rd, 2024
Goals for 2023-2024	Implementation Evaluation
Mainland teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i> <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i> <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.

Part I – Complete by September 22nd, 2023	Part II - Complete by June 3rd, 2024
Goals for 2023-2024	Implementation Evaluation
Mainland will use the cafeteria to provide learning opportunities by decorating the area with wellness educational posters and nutrition materials.	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i> <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i> <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.
Create a resource center for students to use to get help in combating the use of tobacco, drugs and alcohol.	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i> <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i> <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.
Encourage Mainland 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.	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i> <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i> <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.