

## Wellness Policy School Plans for the 2018-2019 School Year



School Name: Samsula Academy

Principal's Name or Person Responsible for Plan: Peggy Comardo ext: 386-423-6650

Each school must have a wellness plan in place and a wellness contact person identified for each school (this person cannot be a School Way Café employee). **Please provide name and ext. if different than above:** \_\_\_\_\_

Ensure your school website contains a link to the Volusia County Schools Wellness Policy. If not, create the link for your website.

If you are not already, we encourage your school to become a "Team Nutrition School" [www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/).

The 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 wellness goals for the upcoming school year (additional goals can be added). File a copy under Wellness Policy 2017-2018 and e-mail a copy or send a hard copy to the School Way Café, attention Lindsey Bell [ldbell@volusia.k12.fl.us](mailto:ldbell@volusia.k12.fl.us) and a copy to your Area Superintendent by September 15<sup>th</sup>, 2017.**

**Part II: Evaluation - Evaluate the outcome of all goals at the end of the school year and e-mail a copy or send a hard copy by June 4<sup>th</sup>, 2018 to the School Way Café attention Lindsey Bell [ldbell@volusia.k12.fl.us](mailto:ldbell@volusia.k12.fl.us).**

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

**Note: See attached Wellness Tool Kit for ideas to use for your wellness plan.**

Part I – Complete by Sept 15 <sup>th</sup> , 2017	Part II - Complete by June 4 <sup>th</sup> , 2018
Goals for 2017-18	Implementation Evaluation
<p>Cafeteria will work with teachers, staff, and the students to offer choices of healthy and nutritional meals and snacks while in school and outside of school.</p> <p>School will have a school wide Nutrition Challenge; PE will do a whole nutrition unit, classroom teacher will support this unit by completing a nutrition unit in the classroom.</p> <p>School will have a "no candy" as a reward policy in the staff handbook.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented.</p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Was not able to implement goal this school year.</p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>

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Part I – Complete by Sept 15 <sup>th</sup> , 2017	Part II - Complete by June 4 <sup>th</sup> , 2018
<p><b>Goals for 2017-18</b></p> <p>The school will give the students opportunities for physical education through a range of programs such as physical education, structured indoor physical activity, such as “Adventure to Fitness”, athletic programs, and recess.</p>	<p><b>Implementation Evaluation</b></p> <p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p> <p><input type="checkbox"/> Was not able to implement goal this school year. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>Students will be given periodic breaks during excessive periods of inactivity. Teachers will use “Adventure to Fitness” or a similar program which is a classroom based program using an interactive video to have students perform physical activity throughout the school day.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p> <p><input type="checkbox"/> Was not able to implement goal this school year. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>Cafe will offer a variety of fresh fruits and vegetables plus whole grain bread.</p> <p>School will comply with all federal and state regulations to make sure each child receives the minimal amount of nutritional value.</p> <p>School will establish meal times according to federal regulations.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p> <p><input type="checkbox"/> Was not able to implement goal this school year. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>

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