

Wellness Policy School Plans for the 2017-2018 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/.

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 and a copy to your Area Superintendent by September 15th, 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 4th, 2018 to the School Way Café attention Lindsey Bell 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 th , 2017	Part II - Complete by June 4 th , 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. The school promotes a school wide nutrition lunch challenge. Fifth grade students track each student's daily success, tally points per classroom, analyze the data during math and share with the whole school. The classroom with the most points is awarded a prize.</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 th , 2017	Part II - Complete by June 4 th , 2018
Goals for 2017-18	Implementation Evaluation
<p>The school will give the students opportunities for physical education through a range of programs such as physical education, structured indoor physical activity, athletic programs, and recess.</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>
<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” or other on-line programs, athletic programs, and recess.</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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