

School Wellness Plan 2020-2021

School Way Café

School Name: Samsula Academy

Principal's Name or Person Responsible for Plan: Peggy Comardo, Principal ext: none

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:** Shelia Butler and Peggy Comardo

Your school website must contain a link to the 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 SWayCafe@volusia.k12.fl.us and a copy to your Area Superintendent by **August 30th, 20__**. 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 SWayCafe@volusia.k12.fl.us and a copy to your Area Superintendent by **June 4, 2020**.

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

Part I – Complete by Aug 30th, 2020	Part II - Complete by June 1st, 2021
Goals for 2020-2021	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"/> Goal was not implemented 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>

Part I – Complete by August 30th, 2020	Part II - Complete by June 1st, 2021
Goals for 2020-2021	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, such as “Adventure to Fitness”, 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"/> Goal was not implemented 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>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.</p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Goal was not implemented 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>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. School will set up the cafeteria to provide social distancing during lunch. Only grade K-2 will be using the cafeteria until the covid- 19 restrictions are lifted.</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"/> Goal was not implemented 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>