

School Wellness Plan 2023-2024

School Way Café

School Name: ____ Champion Elementary _____

Principal's Name or Person Responsible for Plan: ____ Angela Polite _____ ext.: ____ 52209 ____

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:** ____ Rebecca Haus _____

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
<p>Physical Activity Goals: Students will participate in Jump Rope for Heart event co-sponsored by the American Heart Association and Champion Elementary, together with educational activities to enhance their knowledge of health, fitness, and nutrition as it relates to the human body.</p> <p>Girls in grades 3-5 will be offered the opportunity to participate in a Girls Running Club. This program encourages fitness and helps build self-esteem. This program culminates with a 5K run and staff will be encouraged to run with students as "run buddies".</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 September 22nd, 2023	Part II - Complete by June 3rd, 2024
Goals for 2023-2024	Implementation Evaluation
<p><u>Staff Wellness Goals</u></p> <p>Our school site will comply with drug alcohol, and tobacco-free policies.</p> <p>We will encourage participation in the free gym access.</p> <p>We will encourage participation in a Weight Watchers at Work Program.</p> <p>We will promote healthy living among employees through regular exercise opportunities, health screenings, and health education tips via staff emails.</p> <p>We will promote the use of the on-campus fitness room for staff.</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><u>Healthy Life Habits</u></p> <p>Our school will support the health of all students by providing health screenings, hosting health clinics, and helping to enroll eligible children in federal and state children's health insurance programs.</p> <p>We will provide information regarding healthy lifestyles to parents on our School's Website, Connect Ed messages, and school projects geared towards family living. The articles will include information on nutrition, wellness, hygiene, and the importance of physical activity, as well as safety.</p> <p>Champion will provide access to hand washing or hand sanitizing and encourage students to maintain clean hands especially before they eat meals or snacks and after using restroom facilities.</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>

Nutrition

The cafeteria will provide learning opportunities by decorating the area with wellness educational posters and nutrition materials.

We will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

We will implement Making Moves Fridays, where students will arrive on campus and participate in whole group line dancing and other danced focused activity before the start of the school day

☐ Goal was successfully implemented.

☐ Goal was partially implemented.

Comments:

☐ Goal was not implemented this school year.

Comments:

☐ Documentation is available at school site and easily accessible for audit.