

# School Wellness Plan 2023-2024

*School Way Café*

**School Name:** \_\_Heritage Middle School\_\_\_\_\_

**Principal's Name Person Responsible for Plan:** \_Nicholas Fidance, ext. 33504

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:** Adrian Bronson, ext. 45010

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/](http://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](mailto:schoolwaycafe@groups.volusia.k12.fl.us) and a copy to your Area Superintendent by **September 23<sup>rd</sup>, 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](mailto:schoolwaycafe@groups.volusia.k12.fl.us) and a copy to your Area Superintendent by **June 2<sup>nd</sup>, 2024**.

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

| Part I – Complete by <b>September 23<sup>rd</sup>, 2023</b>  | Part II - Complete by <b>June 2<sup>nd</sup>, 2024</b>   |
|--|--|
| <b>Goals for 2022-2023</b>   | <b>Implementation Evaluation</b>   |
| <p><b>Heritage Middle School students will have daily opportunities for physical activity and exercise through classroom activities, physical education, or inter-school sports.</b></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 <b>September 23<sup>rd</sup>, 2023</b>   | Part II - Complete by <b>June 2<sup>nd</sup>, 2024</b>   |
|---|--|
| Goals for 2022-2023   | Implementation Evaluation  |
| <p>Using the school website, Heritage Middle School will provide nutritional information to guide parents in dietary decisions for their children.</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>The school counselors, along with support of the faculty and staff, will provide information to the students about the harmful effects of using tobacco, drugs, and alcohol.</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>After-school (BTB) child-care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants.</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> |