

# School Wellness Plan 2023-2024

*School Way Café*

**School Name:** New Smyrna Beach Middle School

**Principal's Name or Person Responsible for Plan:** Amy Carey ext.: 36789

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:** \_\_\_\_\_

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 22<sup>nd</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 3<sup>rd</sup>, 2024**.

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

Part I – Complete by <b>September 22<sup>nd</sup>, 2023</b>	Part II - Complete by <b>June 3<sup>rd</sup>, 2024</b>
<b>Goals for 2023-2024</b>	<b>Implementation Evaluation</b>
All students will be provided the opportunity to eat free breakfast in the cafeteria every morning.	<input type="checkbox"/> <b>Goal was successfully implemented.</b> <input type="checkbox"/> <b>Goal was partially implemented.</b> <i>Comments:</i>  <input type="checkbox"/> <b>Goal was not implemented this school year.</b> <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.

Part I – Complete by <b>September 22<sup>nd</sup>, 2023</b>	Part II - Complete by <b>June 3<sup>rd</sup>, 2024</b>
Goals for 2023-2024	Implementation Evaluation
NSBMS will offer a running club for students.	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i>  <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.
NSBMS P.E. students will train and participate in qualification activities for the Fitness Festival.	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i>  <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.
NSBMS will offer a basketball club for students.	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i>  <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.