

School Name: Deltona Middle School

Principal's Name or Person Responsible for Plan: Ms. Leontyne Mason (AP) ext.: 43225

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:** Mrs. Tracey Rudolph (OS) ext. 43274

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 this form in Part I 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
I. Nutrition	Implementation Evaluation
<input type="checkbox"/> Use cafeteria to provide learning opportunities by decorating the area with wellness educational posters and nutrition materials. <input type="checkbox"/> Share information about the nutritional content of meals with students through cafeteria menu boards.	<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.
II. Physical Activity	
<input type="checkbox"/> Physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment. <input type="checkbox"/> Students will participate in indoor activities using the "Adventures in Fitness" series when the heat index rises to a level that is unsafe for outdoor play.	<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.
III. Healthy Life Habits	
<input type="checkbox"/> Provide information about the harmful effects of tobacco, drugs and alcohol. <input type="checkbox"/> Create a resource center for students to use to get help in combating the use of tobacco, drugs and alcohol.	<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.
IV. Staff Wellness	
<input type="checkbox"/> Encourage staff to join the "Walk Club." The number of minutes and steps will be recorded and logged after each meet. <input type="checkbox"/> Challenge employee to 100 DAYS OF EXERCISE. Issue small cards with 100 calendar days represented.	<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.