



# School Wellness Plan 2023 - 2024

**School Name:** Samsula Academy

**Principal’s Name or Person Responsible for Plan:** Sue Smith

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:** Lori Bartlett

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 [SWayCafe@volusia.k12.fl.us](mailto:SWayCafe@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 [SWayCafe@volusia.k12.fl.us](mailto:SWayCafe@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 September 22,2023	Part II - Complete by June 3 <sup>rd</sup> , 2024
<b>Goals for 2023-2024</b>	<b>Implementation Evaluation</b>
<p>The cafeteria will be used to provide learning opportunities by decorating the cafe with wellness educational posters and nutrition materials.</p> <p>Nutritional content of meals is available for parents and students to view on menus posted on the school’s website and cafeteria menu boards.</p>	<p><input type="checkbox"/> <b>Goal was successfully implemented.</b></p> <p><input type="checkbox"/> <b>Goal was partially implemented.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> <b>Goal was not implemented this school year.</b></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 22,2023	Part II - Complete by June 3 <sup>rd</sup> , 2024
<b>Goals for 2023-2024</b>	<b>Implementation Evaluation</b>
<p>All students in grades K-5 will receive physical education standards-based instruction. Teachers will incorporate 20 minutes of state mandated recess daily.</p>	<p><input type="checkbox"/> <b>Goal was successfully implemented.</b></p> <p><input type="checkbox"/> <b>Goal was partially implemented.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> <b>Goal was not implemented this school year.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>Preventative dental services will be offered to all students provided by the Volusia County Health Department. With parent consent, students receive information on oral health education and receive a dental assessment. Services offered include cleanings and fluoride treatments.</p>	<p><input type="checkbox"/> <b>Goal was successfully implemented.</b></p> <p><input type="checkbox"/> <b>Goal was partially implemented.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> <b>Goal was not implemented this school year.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>We will develop a running club. We are hoping to create a Be Strong Battle between our two schools. We will encourage the Staff to join the run club.</p>	<p><input type="checkbox"/> <b>Goal was successfully implemented.</b></p> <p><input type="checkbox"/> <b>Goal was partially implemented.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> <b>Goal was not implemented this school year.</b></p> <p><i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>