

- Teachers will provide structured physical activities for students on non-PE days.
- Provide information about the harmful effects of using tobacco, drugs and alcohol.
- Participate in the "Team Nutrition Schools" program.
www.fns.usda.gov/tn/



Part I – Complete by August 30th, 20__	Part II - Complete by June 1st, 20__
<p>Goals for 2020-2021</p> <ul style="list-style-type: none"> Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. Schools will make provisions for Elementary school students to have supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. Schools will develop programs that will encourage physical activities such as Walk to School Day. After-school child care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. 	<p>Implementation Evaluation</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>
<ul style="list-style-type: none"> Schools 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><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented.</p> <p><i>Comments:</i></p>

<ul style="list-style-type: none"> • HAND WASHING: The nurse and administration will provide training on hygiene and proper hand washing techniques in order to reduce the spread of germs. • Teachers will reinforce good hygiene and proper hand washing techniques with their students. "Cough & Clean Your Hands" posters are displayed in the classrooms as well as proper hand washing posters in each restroom area. 	<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>
<ul style="list-style-type: none"> • Encourage staff members to participate in the Volusia County Wellness Assessment and follow up by enrolling in the options offered by the district such as a gym membership, Weight Watchers, etc. • Challenge employees to 100 DAYS OF EXERCISE. Issue small cards with 100 calendar days represented. As employees exercise they "mark off" the days to keep track of their activities. Exercise is equivalent to 20 minutes of activity. 	<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>

- Create a "Florida Edible Garden". By maintaining this garden, students will be learning about different plants, as well as have the experience of taking care of them. Contact the health department or Volusia County Cooperative extension about their gardening projects.

