

Wellness Policy School Plans for the 2016-2017 School Year



Eat Healthy, Stay Active!

School Name: Westside Elementary School

Principal's Name or Person Responsible for Plan: Robert J. Maltoni Physical Education Instructor

Each school must have a wellness plan in place and a wellness contact person identified for each school (this person cannot be a School Way Café employee).

Visit the Volusia County Website under School Way Café to view the policy.

If you are not already we encourage your school to become a "Team Nutrition School" www.fns.usda.gov/tn/.

The 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 refreshment and parties.

Part I: Goals - List your wellness goals for the upcoming school year (additional goals can be added). File a copy under Wellness Policy 2016-2017 and e-mail a copy or send a hard copy to the School Way Café, attention Lindsey Kurtz ldkurtz@volusia.k12.fl.us and a copy to your Area Superintendent by September 16th, 2016.

Part II: Evaluation - Evaluate the outcome of all goals at the end of the school year and e-mail a copy or send a hard copy by June 5th, 2017 to the School Way Café attention Lindsey Kurtz ldkurtz@volusia.k12.fl.us

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

Note: See attached Wellness Tool Kit for ideas to use for your wellness plan.

Part I – Complete by Sept 16 th , 2016	Part II - Complete by June 5 th , 2017
Goals for 2016-17	Implementation Evaluation
<p>Westside Elementary students will have daily opportunities for physical activity and exercise through recess, classroom activities, after school programs, and/or physical education.</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"/> Was not able to implement goal 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 Sept 16 th , 2016	Part II - Complete by June 5 th , 2017
<p>Goals for 2016-17</p> <p>Westside Elementary will provide community, staff, and students the opportunity to participate in an organized evening program, led by certified physical education instructors and YMCA instructors with whom we have partnered with for the current school year. The first program that we will implement is the district wide Girls on the Run program which will culminate with a 5k race in December. The second program under this goal is the YMCA/WNA led Healthy Weight and Your Child Program which will initiate with BMI screenings for our students and include weekly meetings for students and parents.</p>	<p>Implementation Evaluation</p> <p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p> <p><input type="checkbox"/> Was not able to implement goal this school year. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>Westside Elementary students will participate in the “Fresh Fruit & Vegetable Program” three days per week.</p> <p>This program promotes healthy eating habits by exposing students to a wide variety of fruits and vegetables while also educating the students with nutritional facts on the individual fruits and vegetable being served.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p> <p><input type="checkbox"/> Was not able to implement goal this school year. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>

<p>Westside Elementary will support the health of all students by providing health screenings and working in partnership with the Volusia County Health Department all first and second grade students will receive dental screening and sealants, at no cost.</p> <p>Westside Elementary will support the health of all students by providing the Flu Mist Program partnership with Healthy Schools, LLC, and the Volusia County Health Department. All students will be eligible to receive a flu mist application at no cost. By receiving a flu mist, students are less likely to get the flu during the school year.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p> <p><input type="checkbox"/> Was not able to implement goal this school year. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>
<p>Westside students will participate in the Jump Rope for Heart Program sponsored by the American Heart Association, while PE coaches will provide educational activities which will enhance the students' knowledge of health, fitness, and nutrition.</p>	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p> <p><input type="checkbox"/> Was not able to implement goal this school year. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>