

Wellness Policy School Plans for the 2017-2018 School Year



School Name: Forest Lake Elementary

Principal's Name or Person Responsible for Plan: Dr. Paul Nehrig ext.: 42604

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). **Please provide name and ext. if different than above:** Adriana Albano, ext. 42646

Ensure your school website contains a link to the Volusia County Schools Wellness Policy. If not, create the link for your website.

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 refreshments 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 2017-2018 and e-mail a copy or send a hard copy to the School Way Café, attention Lindsey Bell ldbell@volusia.k12.fl.us and a copy to your Area Superintendent by September 15th, 2017.

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 4th, 2018 to the School Way Café attention Lindsey Bell ldbell@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 15 th , 2017	Part II - Complete by June 4 th , 2018
Goals for 2017-18	Implementation Evaluation
<p>Forest Lake Elementary will promote good nutrition through:</p> <ol style="list-style-type: none"> 1. Email from SWC manager on nutrition topic and promoting healthy snacks. 2. Students will be given at least 20 minutes to eat lunch after sitting down. 	<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 15 th , 2017	Part II - Complete by June 4 th , 2018
<p>Goals for 2017-18</p> <p>Forest Lake Elementary will continue to provide opportunities for physical activity through a wide range of programs:</p> <ol style="list-style-type: none"> 1) Expand “Girls on the Run” program, established in prior year (16-17). 2) Conduct fitness testing of students, who may be awarded fitness awards for their achievement as well as earn a spot on the Fitness Festival Team. 3) Continue to offer an after-school running club for students in 3rd through 5th grade. 4) Hold a “Jump Rope for Heart” event, sponsored by the American Heart Association, for all students. 5) Provide daily after school physical activity for all participants in Forest Lake’s EDEP program. 6) Ensure 20 minutes of daily recess for all students at Forest Lake. 	<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"/> 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>
<p>Forest Lake Elementary will comply with all federal and state regulations regarding competitive food sales and the foods of minimal nutritional value.</p> <ol style="list-style-type: none"> 1) Limit sweet treats to two per day. 2) Provide alternative rewards and incentives to reduce food as a reward. 	<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>

Forest Lake Elementary will promote Healthy Life Habits.

- 1) Form a Forest Lake Garden Club, who will 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.
- 2) Provide information regarding healthy lifestyles to parents in monthly newsletters. The articles will include information on nutrition, wellness, hygiene and the importance of physical activity, as well as safety.

Goal was successfully implemented.

Goal was partially implemented.

Comments:

Was not able to implement goal this school year.

Comments:

Documentation is available at school site and easily accessible for audit.