School Wellness Plan 2023-2024

School Way Café

School Name: Palm Terrace Elementary

Principal's Name or Person Responsible for Plan: Karen Troutman (P) Stefanie Elliott (AP) ext.: 52806

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**: Stefanie Elliott ext. 52810

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 in Part I this form 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**
Goals for 2023-2024	Implementation Evaluation
Dental Health: Have a dentist visit the first-grade classrooms to teach the importance of brushing, flossing and overall dental health; Provide dental cleanings to K-5 students with completed permission slips. 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. Red Ribbon Week in Oct. – all students and staff will celebrate being DRUG FREE and teachers will provide lessons with the harmful effects of drugs and alcohol. Intermediate students will participate in a bicycle safety course which includes a bike riding component. Primary students will participate in pedestrian safety unit with a simulated street crossing. Students will complete these programs using state adopted materials.	☐ **Goal was successfully implemented.** ☐ **Goal was partially implemented.** *Comments:* ☐ **Goal was not implemented this school year.** *Comments*: ☐ Documentation is available at school site and easily accessible for audit.

School Wellness Plan 2023-2024

School Way Café

Part I – Complete by September 22nd, 2023	**Part II - Complete by June 3rd, 2024**
Goals for 2023-2024	Implementation Evaluation
Students will participate in the "Jump Rope for Heart" event co-sponsored by the American Heart Association and provide educational activities to enhance their knowledge of health, fitness and nutrition as it relates to the human body.	☐ **Goal was successfully implemented.** ☐ **Goal was partially implemented.** *Comments:* ☐ **Goal was not implemented this school year.** *Comments*: ☐ Documentation is available at school site and easily accessible for audit.
Palm Terrace will provide supervised recess, preferably outdoors, to encourage moderate to vigorous physical activity on non-PE scheduled days. Palm Terrace will participate in Walk to School Day to encourage physical activity. Palm Terrace will offer a faculty and staff wellness walk a mile in my shoes challenge where employees will complete aerobics, sports, and household maintenance activities charting minutes into mileage.	☐ **Goal was successfully implemented.** ☐ **Goal was partially implemented.** *Comments:* ☐ **Goal was not implemented this school year.** *Comments*: ☐ Documentation is available at school site and easily accessible for audit.
Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.	☐ **Goal was successfully implemented.** ☐ **Goal was partially implemented.** *Comments:* ☐ **Goal was not implemented this school year.** *Comments*: ☐ Documentation is available at school site and easily accessible for audit.