School Wellness Plan 2025-2026

School Way Café

School Name: __*Palm Terrace Elementary*_____

Principal's Name or Person Responsible for Plan: __*Karen M. Troutman*_____ext.: ___52804_____

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**: _____

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 19, 2025.** 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 **May 29, 2026**.

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

Part I – Complete by September 19, 2025	**Part II - Complete by May 29, 2026**
Goals for 2025-2026	Implementation Evaluation
Before and After School: A range of extracurricular and physical activity clubs/programs will be offered to meet the needs and interests of all students with varying abilities. Students will be encouraged to participate in such activities Dental Health: Have a dentist visit the first-grade classrooms to teach the importance of brushing, flossing and overall dental health. 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.

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Part I – Complete by September 19, 2025	**Part II - Complete by May 29, 2026**
Goals for 2025-2026	Implementation Evaluation
Palm Terrace will provide supervise 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.
Physical Education lessons will emphasize caloric balance between food intake and energy expenditure (physical activity/exercise), promoting consumption of low-fat proteins, fruits, vegetables, and whole-grain products and other healthy nutrition practices.	☐ **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.
Students will participate in the "Kids Heart Challenge" 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.