



# School Wellness Plan 2025-2026

School Way Café

**School Name:** Pine Ridge High School

**Principal’s Name or Person Responsible for Plan:** Jamie T. Robinson ext.: 43568

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:** Same as 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/](http://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](mailto: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](mailto: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 <b>September 19, 2025</b>	Part II - Complete by <b>May 29, 2026</b>
<b>Goals for 2025-2026</b>	<b>Implementation Evaluation</b>
<ul style="list-style-type: none"> <li>Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.</li> <li>Schools will limit celebrations that involve food during the school day to no more than one party per class per month.</li> </ul>	<input type="checkbox"/> Goal was successfully implemented. <input type="checkbox"/> Goal was partially implemented. <i>Comments:</i>  <input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i>  <input type="checkbox"/> Documentation is available at school site and easily accessible for audit.



Part I – Complete by <b>September 19, 2025</b>	Part II - Complete by <b>May 29, 2026</b>
Goals for 2025-2026	Implementation Evaluation
<p>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>	<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>
<p>Provide opportunities for the faculty and staff to become more physically fit: open weight room; pilates, yoga, walking club; basketball club, the use of pedometers.</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>
<p>Promote healthy living among employees through regular exercise opportunities, health screenings and health education tips. Provide staff with wellness tips via all staff emails.</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>