

School Wellness Plan 2026-2027

School Way Café

School Name: Edgewater Public School

Principal's Name or Person Responsible for Plan: Kyle Bryer

ext. 35206

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 18, 2026**. 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 by **May 14, 2027**.

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

Part I – Complete by September 18, 2026	Part II - Complete by May 14, 2027
Goals for 2026-2027	Implementation Evaluation
Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch Schools will encourage parents and teachers to provide snacks that will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snack and water as the primary beverage. Schools will limit celebrations that involve food during the school day to no more than one party per class per month. The school will distribute a list of healthy party ideas to parents and teachers. Each party should include no more than one food or beverage that is not on the healthy food list.	☐ Goal was successfully implemented. ☐ Goal was partially implemented. <i>Comments:</i> ☐ Goal was not implemented this school year. <i>Comments:</i> ☐ Documentation is available at school site and easily accessible for audit.

Part I – Complete by September 18, 2026	Part II - Complete by May 14, 2027
Goals for 2026-2027	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. Teachers will provide structured physical activities for students on non-PE days.	☐ Goal was successfully implemented. ☐ Goal was partially implemented. <i>Comments:</i> ☐ Goal was not implemented this school year. <i>Comments:</i> ☐ Documentation is available at school site and easily accessible for audit.
Provide information about the harmful effects of using tobacco, drugs and alcohol. Schools will provide access to hand washing or hand sanitizing and encourage students to maintain clean hands especially before they eat meals or snacks and after using restroom facilities. HAND WASHING: The nurse and administration will provide training on hygiene and proper hand-washing techniques to reduce the spread of germs. Teachers will reinforce good hygiene and proper hand-washing techniques with their students. “Cough & Clean Your Hands” posters are displayed in the classrooms as well as proper hand-washing posters in each restroom area.	☐ Goal was successfully implemented. ☐ Goal was partially implemented. <i>Comments:</i> ☐ Goal was not implemented this school year. <i>Comments:</i> ☐ Documentation is available at school site and easily accessible for audit.

Encourage staff to join the “Walk Club.” The number of minutes and steps will be recorded and logged after each meeting.

Provide professional development opportunities for PE teachers and classroom teachers that include fitness concepts.

☐ **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.

