School Wellness Plan 2026-2027

School Way Café

School Name: Indian River Elementary

Principal's Name or Person Responsible for Plan: Jennifer Holmgreen ext.: 35006

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
Heart of a Manatee" 5K This annual event will connect school and community by offering a 5K race and health stations sponsored by local agencies. Stations will include blood pressure checks, nutrition education, and heart health information. Fitness warm up prior to race and healthy snacks provided.	☐ **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 18, 2026	**Part II - Complete by May 14, 2027**
Goals for 2026-2027	Implementation Evaluation
Participate in the Volusia County Family Nutrition Program so that students will receive nutrition lessons. This a free educational food and nutrition program focused on reducing the risk of chronic disease and health complications by positively changing nutrition and physical behaviors of students	☐ **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.
• Indian River 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. ○ 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.** *Comments:* ☐ **Goal was not implemented this school year.** *Comments*: ☐ Documentation is available at school site and easily accessible for audit.
	☐ **Goal was successfully implemented.**

Indian River will hold Yoga/workout classes for staff 2 times per month after school. This teacher led activity will be offered to all staff at no charge to promote a healthy lifestyle. In addition to staff Movement Mondays, "Wellness Wednesdays" will be aired weekly on our Manatee News. Students will be able to practice breathing techniques, stretches and calm down strategies using Mindful movement.	☐ **Goal was partially implemented.** *Comments:* ☐ **Goal was not implemented this school year.** *Comments*: ☐ Documentation is available at school site and easily accessible for audit.