School Wellness Plan 2026-2027

School Way Café

School Name: Freedom Elementary School

Principal's Name or Person Responsible for Plan: Paul Nehrig ext.: 22107

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
All classes in grades K-5 will receive physical education standards-based instruction. **Teachers incorporate 20 minutes of state mandated recess daily.**	☐ **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
Our extended Day program will provide and encourage daily periods of moderate to vigorous physical activity for all participants.	☐ **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.
Preventive dental services will be offered to all Freedom Elementary students through the Volusia County Health Department. With parent consent students will be offered services such as dental assessments, cleanings, fluoride treatment and oral health education.	☐ **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.
For several years, we have had a "Girls on the Run" program, which encourages fitness and helps build self-esteem, for girls in 3rd through 5th grade. The program culminates with a 5K run. **This year, we are investigating the opportunity to add a new fitness club, initiated by a parent, inviting students to participate in a variety of fitness activities to build overall physical fitness.**	☐ **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.