School Wellness Plan 2026-2027

School Way Café

School Name: Palm Terrace Elementary

Principal's Name or Person Responsible for Plan: Karen Troutman ext.: 52084

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
August 28-September 10th Dental Health: The dentist visit for any student who returned permission forms to teach the importance of brushing, flossing and overall dental health. November 2nd Health Screenings for k,1, and 3rd grades Red Ribbon Week in October 26-30 – all students and staff will celebrate being DRUG FREE and teachers will provide lessons with the harmful effects of drugs and alcohol.	☐ **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
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.