

School Wellness Plan 2020-2021

School Way Café

School Name: Palm Terrace Elementary

Principal's Name or Person Responsible for Plan: Tucker Harris ext: 52804/52806

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:** N/A

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 SWayCafe@volusia.k12.fl.us and a copy to your Area Superintendent by **August 30th, 2020**. 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 SWayCafe@volusia.k12.fl.us and a copy to your Area Superintendent by **June 4, 2021**.

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

Part I – Complete by August 30th, 2020	Part II - Complete by June 1st, 2021
Goals for 2020-2021	Implementation Evaluation
<p>I. Nutrition:</p> <ul style="list-style-type: none"> • Use the cafeteria to provide learning opportunities by decorating the area with wellness educational posters and nutrition materials. • Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. 	<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>

Part I – Complete by August 30 th , 20__	Part II - Complete by June 1 st , 20__
<p>Goals for 2020-2021</p>	<p>Implementation Evaluation</p>
<p>II. Physical Activity:</p> <ul style="list-style-type: none"> Schools will make provisions for Elementary school students to have supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. Schools will develop programs that will encourage physical activities such as Walk to School Day. After-school childcare and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants. 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. 	<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>III. Healthy Life Habits</p> <ul style="list-style-type: none"> 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. <p>HAND WASHING: The district and administration will provide training on hygiene and proper hand washing techniques in order to reduce the spread of germs.</p> <p>Teachers will reinforce good hygiene and proper hand washing techniques with their students. “Cough & Clean</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>Your Hands” posters are displayed in the classrooms as well as proper hand washing posters in each restroom area.</p> <ul style="list-style-type: none"> • Dental Health: Have a dentist visit the first-grade classrooms to teach the importance of brushing, flossing and overall dental health. • Intermediate students will participate in a bicycle safety course which includes a bike riding component. Primary students will participate in pedestrian safety unit with a simulated street crossing. Students will complete these programs using state adopted materials. • Create a “Florida Edible Garden”. By maintaining this garden, students will be learning about different plants, as well as have the experience of taking care of them. 	
<p>IV. Staff Wellness</p> <ul style="list-style-type: none"> • Provide professional development opportunities for PE teachers and classroom teachers that include fitness concepts. • Provide opportunities for the faculty and staff to become more physically fit: open weight room; aerobics, Pilates, <u>yoga opportunities</u>; walking club; basketball club; the use of pedometers. 	<p><input type="checkbox"/> Goal was successfully implemented.</p> <p><input type="checkbox"/> Goal was partially implemented. <i>Comments:</i></p> <p><input type="checkbox"/> Goal was not implemented this school year. <i>Comments:</i></p> <p><input type="checkbox"/> Documentation is available at school site and easily accessible for audit.</p>