

# Wellness Plan Summary

## Palm Bay Education Group

Palm Bay Education Group recognizes that good nutrition and regular physical activity affect the well-being of students and adults. Palm Bay is committed to providing a school environment that promotes and encourages “wellness.” This summary provides the highlights of the official plan, which can be found in detail on the Palm Bay schools websites.

### Wellness Policy Leadership

- A Healthy School Team (HST) will be established to serve students/faculty K-12
- The HST will include interested parents, community members, faculty, staff, and administrators
- Dates for food-based fundraisers will be established before school starts for the entire year

### Nutrition Promotion

- Posters, worksheets, and brochures will be available for students to have information on healthy nutrition and exercise
- Concessions offered at school functions will promote healthy food choices

### Nutrition Education

- Students will receive nutrition education via health classes
- Students will be encouraged to start the day with a healthy breakfast

### Physical Activity

- All K-5 students will receive 150 minutes of PE weekly. Students in grades 6-8 will receive one semester of PE each year. Students in grades 9-12 will have two additional semester courses before graduating.
- Elementary students will have the opportunity for daily recess, weather permitting
- In addition, teachers will be encouraged to provide activity breaks

### School-based Activities

- After school programs will encourage healthy snacks and physical activity
- Meals served at Palm Bay will meet requirements outlined for food service programs
- Faculty and staff will be encouraged to participate in wellness activities
- Students will be given opportunities to access both community and school health services