



Miami-Dade County Public Schools
School Wellness/Healthy School Team Committee Action Plan

School Name & Location Number:	
Principal:	
Phone Number:	
School Wellness/Healthy School Team Leader:	
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> • Students • School administrators • School food service manager/supervisor • Parent(s) • School health professionals • Physical education teacher(s) • School volunteer
Committee Meeting Dates:	9/2019 (Plan garden date), 10/2019 (EESAC meeting), 11/2019 (EESAC meeting), 1/2020 (Faculty meeting), 2/2020 (EESAC meeting)
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Education <input type="checkbox"/> Physical Activity <input type="checkbox"/> Health and Nutrition Literacy <input type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p>Nutrition</p> <ul style="list-style-type: none"> • Promote the free breakfast and good eating habits, especially as testing approaches • Provide healthy meals and snacks daily to students, faculty, and staff through the cafeteria <p>Physical Education</p> <ul style="list-style-type: none"> • Fitnessgram Testing <p>Physical Activity</p> <ul style="list-style-type: none"> • Goat Yoga/Cardio Zumba

	<p>Health and Nutrition Literacy</p> <ul style="list-style-type: none"> • Implementing a garden to table program • Bring awareness to the nutrition value of the school garden by putting more on our social media sites <p>Preventive Healthcare</p> <ul style="list-style-type: none"> • Wellway Wellness Program • Organize a health fair on campus that will provide free health screenings available to students, families and neighboring schools • Bring in a few more teachers/employee into the school wellness activities
Sustainability Practices:	<ul style="list-style-type: none"> • Posting environmental advocacy and educational flyers and information throughout the school • Monthly recycling challenges • Encourage the use of re-usable items such as; water bottles • Incorporating education on composting at school gardens
Community Engagement:	<ul style="list-style-type: none"> • School health professional to select fruit or vegetable to highlight during meetings • Sending home harvested school garden produce • Health Fair on school campus: Including partnerships with Baptist Health, Keiser University, Miami-Dade Fire Rescue, West Coast University, Miami Dade Medical, FIU, Miami Dade College and Mercy Hospital • Increase business partnerships in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • School Health Fair attendance • Designated teacher responsible for monitoring and distributing harvested school garden produce • Start the EESAC and social media advertisements earlier in the following school year • Have more organized meeting agendas and set times for the following year • Advertise more to increase future volunteers as we begin to project next school year
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> • Afterschool activities: swimming, rowing club, golf, tennis • Quarterly Family Health and Literacy workshops