



Miami-Dade County Public Schools  
**School Wellness/Healthy School Team Committee Action Plan**  
**2024-2025**

School Name & Location Number:	C.O.P.E. Center North - 8121	
Principal:	Dr. Ebony N. Dunn	
Phone Number:	(305) 836-3300	
School Wellness/Healthy School Team Leader:	Teresa Rodriguez	
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Nicole Walker Yuliet Morera Teresa Rodriguez Sandra Merkerson Kecia Smith-Blissett Kizzy Thomas-Spratley	Jasmine Lewis Shamiya Sanders Angelina Castells Nariyah Johnson Kameron Marrero Melody Vargas-Disla
Committee Meeting Dates:	01/06/25, 01/27/25 (LTM); 01/10/25, 01/29/25 (Kindness/NOEA), Mindful Gardening/Relaxtion (Ongoing)	
<b>ACTION PLAN</b>		
School Wellness/Healthy School Team Goal: (Select all that apply)	<input checked="" type="checkbox"/> Nutrition <input checked="" type="checkbox"/> Physical Education <input checked="" type="checkbox"/> Physical Activity <input checked="" type="checkbox"/> Health and Nutrition Literacy <input checked="" type="checkbox"/> Preventive Healthcare	
Steps to Achieve School Wellness/Healthy School Team Goal:	<p><b>Nutrition:</b> Promote school lunch program and healthy eating habits.  <i>Provide healthy meals daily to students and staff through the cafeteria.</i></p> <p><b>Physical Education: Physical:</b> Students will participate in PE Courses, as assigned, in Florida Virtual School (FLVS)/Imagine Learning (IL).</p> <p><b>Activity:</b> Implement Yoga on the Yard Program, beginning on 02/07/2025.</p> <p><b>Health and Nutrition Literacy:</b> Implement a garden to table program.  <i>Bring awareness to the nutrition value of the school garden by posting on our social media platforms.</i></p> <p><b>Preventive Healthcare:</b> Pascal Clinic to present monthly.</p>	

<p>Sustainability Practices:</p>	<ul style="list-style-type: none"> <li>*Post educational flyers and information throughout the school.</li> <li>*Use Share Tables to teach students to redistribute food rather than discard it.</li> <li>*Incorporating lessons in the school gardens.</li> </ul>
<p>Community Engagement:</p>	<ul style="list-style-type: none"> <li>*Sending home harvested school garden produce.</li> <li>*Health Fair on school campus: Including partnerships with Keiser University, Miami Dade College, Florida Department of Health, Jessie Trice and PlanBe.</li> </ul>
<p>Monitoring and Evaluation:</p>	<ul style="list-style-type: none"> <li>*Committee Meeting sign-in sheets.</li> <li>*Create meeting agendas for the current year and set times for the following year.</li> <li>*School Health Fair attendance.</li> <li>*Designated teacher responsible for monitoring and distributing harvested school garden produce.</li> <li>*Begin advertising on the school website and social media platforms during the following school year.</li> </ul>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<ul style="list-style-type: none"> <li>*Mental Health Tips (Staff Meetings).</li> <li>*Student Mental Health Presentations.</li> <li>*Parent Mental Health Presentations.</li> <li>*Mindful Moments.</li> </ul>