



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

School Name & Location Number:	Miami Gardens Elementary WL#3241
Principal:	Kathleen John-Louissaint, Principal
Phone Number:	(305) 625-5321
School Wellness/Healthy School Team Leader:	Dr. Jani Rodriguez, Assistant Principal
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Kathleen John-Louissaint, Principal Dr. Jani Rodriguez, Assistant Principal Gina Hurns, Cafeteria Manager Edward Brown-Aybar, P.E. Teacher Shequilla Hall, School Counselor Jose Ramos, PTA President Riskeily Sanchez, Student
<ul style="list-style-type: none"> • School Administrators • School Food Services Manager • Physical Education Teacher • School Health Professionals • Parents • Students 	
Committee Meeting Dates:	Quarterly
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply) The school will prepare side salad servings for students, teachers, and staff to create awareness about healthy eating.	<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: The cafeteria manager will order the salad and encourage students to accept salad servings.	Nutrition: Workplace Wellness Club, Wellness Health Fair presented by Wellway scheduled for March 21, 2025. Physical Education: Administer the Aspen Fitness Test 2x per year, incorporate fitness into daily lesson plans.

	<p>Physical Activity: Participation in Walk to School Day. Cancer Walk, Full recess time will be encouraged.</p> <p>Health and Nutrition Literacy: Students receive health and nutrition literacy through science and physical education class.</p> <p>Preventive Healthcare: Students will receive free vision, hearing, & BMI screening throughout the year. Bright Smiles, Bright Future Program will provide free oral health education and prevention program designed to improve the oral health of under-served children.</p>
<p>Sustainability Practices:</p>	<p>Create flyers and send them home to share the type of vegetables their child will try and its nutritional value.</p>
<p>Community Engagement:</p>	<p>The school will participate as a team in the Superintendent 5K. A vegetable will be highlighted during the morning announcements.</p>
<p>Monitoring and Evaluation:</p>	<p>Committee Meeting sign-in sheets School Health Fair attendance. Advertised the Health Fair and other even during the EESAC meetings and social media.</p>

Other Activities:
If applicable, attach supporting documentation
(e.g. event flyer)

The P.E. coach will encourage students to walk to school every day.
Big Ideas Program: After school enrichment, dance, sports, and other events.