



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

School Name & Location Number:	John I. Smith K-8 Center
Principal:	Ms. Iredia Martinez
Phone Number:	(305) 406-0220
School Wellness/Healthy School Team Leader:	Ms. Tarvaneisha Hope
School Wellness/Healthy School Team Committee Members: (Please provide names for the following)	Ms. Hope Ms. Leonardo Ms. Felicita Ms. Gari Mr. Fierro and Mr. Cocurull Ms. Nolan and Ms. Rabelo PTSA President
Committee Meeting Dates:	First Wednesday of the quarter at 2:15pm
ACTION PLAN	
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>Nutrition: The cafeteria manager collaborates with Ms. Gari to inform students about healthy breakfast and lunch options on morning announcements every day. Free breakfast and lunch are promoted on social media and messages sent home to parents via school messenger. Cafeteria personnel decorate the cafeteria quarterly to reflect a different theme that promotes healthy eating habits</p> <p>Physical Education: Physical education is scheduled in grades 2nd – 8th grade. Students in PK-1 participate in a scheduled recess time daily. Students complete the Aspen Fitness Test PE teachers organize/lead schoolwide physical activities such as: Field Day, Walk to School Day, Fitness program etc.</p>

	<p>Physical Activity: Teachers are encouraged to participate in the monthly Wellness Club led by Mrs. Leonardo. Teachers participate in 1 hour cardio activity after-school consisting of aerobics, running, and walking.</p> <p>Health and Nutrition Literacy: Students are exposed to health and nutrition instruction during Science and Physical Education. The primary grades will be working on a vegetable garden in April.</p> <p>Preventive Healthcare: -Throughout the year, different activities are scheduled and promoted to raise awareness on staying safe and healthy -October - Cancer Awareness month - wear pink on designated days -Mental Wellness Club -The Monthly Wellness Newsletter is shared with all stakeholders on our school website -Parent flyers on mental health awareness are provided.</p>
Sustainability Practices:	<p>Identifying school needs Identifying school resources Write a school action plan On-going progress monitoring of action plan</p>
Community Engagement:	<p>Events such as the Superintendent's 5K Challenge, City of Doral 5K & the Breast Cancer Walk, and the Autism Speaks Walk in November are encouraged and promoted on social media and school website.</p>
Monitoring and Evaluation:	<p>Committee Meeting Sign-In Sheets</p>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>M-DCPS, "National Breakfast Week" M-DCPS, "Your Best Choice" Football Fusion School Lunch Promotion</p>