Miami-Dade County Public Schools

**School Wellness/Healthy School Team Committee Action Plan**

**2024-2025**

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| School Name & Location Number: | Dr. Frederica S. Wilson/Skyway Elementary  |
| Principal:  | Tiffany C. James |
| Phone Number: | (305) 621-5838 |
| School Wellness/Healthy School Team Leader: | Yvette Solano  |
| School Wellness/Healthy School Team Committee Members:(please provide names for the following) | • Students (Jaden James, Vontrell Scott) • School administrators (Tiffany C. James/ Yvette Solano Chanda, Asst. Principal) • School food service manager (Shaun Starling) • Physical education teacher (Glen Hernandez) • Student Services (Carolyn Mclean) |
| Committee Meeting Dates: | November 6, 2023, April 17, 2023, August 28, 2024, September 11, 2024, January 22, 2025  |
| **ACTION PLAN** |
| School Wellness/Healthy School Team Goal:(Select all that apply) | [x] Nutrition[x] Physical Education[x] Physical Activity[x] Health and Nutrition Literacy[x] Preventive Healthcare |
| Steps to Achieve School Wellness/Healthy School Team Goal: | **Nutrition:** Provide age-appropriated resources to each teacher to enable them to incorporate nutrition education into in subjects. Include emphasis on calorie balance between food intake and physical activity and promoting fruit and vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.**Physical Education:** Establish regular activities students are able to participate in before, during and after school. Promote appropriate activity and exercise. **Physical Activity:** Yoga, Cardio (dance team), Sports (Basketball, Flag football, etc.) **Health and Nutrition Literacy:** * Raise awareness about key health issues affecting families.
* Improve literacy skills among participants.
* Foster a supportive community environment.

**Preventive Healthcare:*** To promote physical fitness and encourage regular exercise among students and staff.
* To educate students and staff about various health topics, including hygiene, sleep, and the importance of regular check-ups.
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| Sustainability Practices: | * Engage teachers to incorporate environmental topics into their lessons and encourage them to display the materials in their classrooms.
* Design posters that highlight environmental issues, their impacts, and ways to address them.
* Create visually appealing flyers with key environmental messages, facts, and tips on sustainable practices.
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| Community Engagement: | * Utilize online platforms and social media to connect businesses with each other.
* Encourage businesses to collaborate on projects or initiatives that can benefit the local community.
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| Monitoring and Evaluation: | * Conduct meetings and/or based on the needs of the team.
* Share impactful stories of past volunteers and the positive changes they've made. Use photos, quotes, and short video clips.
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| Other Activities:If applicable, attach supporting documentation (e.g. event flyer) | Parent and Family engagement workshopsAfterschool Activities: Dance, Basketball, and Team Sports.  |