Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan 2026-2027

School Name & Location Number:	Dr. Frederica S. Wilson #5081
Principal:	Tiffany C. James
Phone Number:	305-621-5838
School Wellness/Healthy School Team Leader:	Cindy Miel
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Glen Hernandez Carolyn McLean Shaun Starling
Committee Meeting Dates (list at least 4):	10/13/2026, 01/12/2027, 03/16/2027, 05/03/2027
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	☒Nutrition ☒Physical Education ☒Physical Activity ☒Health and Nutrition Literacy ☒Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	**Nutrition:** Promote participation in the school breakfast and lunch programs. Encourage healthy food choices during school events and celebrations in accordance with District Wellness Policy guidelines. Share healthy eating tips and resources with families throughout the school year. **Physical Education:** Ensure all students participate in scheduled physical education classes. Incorporate activities that develop motor skills, fitness, teamwork, and lifelong healthy habits. Recognize and celebrate student participation in physical fitness activities and events.

	Physical Activity: Students will participate in daily recess. Implement daily classroom movement breaks. **Health and Nutrition Literacy:** Participate in national health awareness campaigns such as Red Ribbon Week and National Nutrition Month. Provide appropriate age lessons on healthy eating, hydration, and personal wellness. **Preventive Healthcare:** Provide information to families regarding available health screenings and community health resources. Support district-required vision, hearing, and other health screenings. Promote healthy hygiene practices, including proper handwashing and illness prevention.
Sustainability Practices:	• Maintain a School Wellness Team that meets at least four times during the school year • Share wellness initiatives and progress with families, teachers and students.
Community Engagement:	• Invite local healthcare providers for presentations. • School-wide challenges
Monitoring and Evaluation:	• Maintain sign-in sheets and agendas for all Wellness Team meetings. • Monitor student participation in the school breakfast and lunch programs.

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