



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

School Name & Location Number:	Miami Shores Elementary School 3341
Principal:	Daniel Diaz
Phone Number:	305.758.5525
School Wellness/Healthy School Team Leader:	Ashley Miller
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Miranda Campos -Student Kaliyah Williams – Student Daniel Diaz – Principal Ashley Miller – Assistant Principal Tanya Page – Cafeteria Manager Erika Simon – Nicklaus Health Nurse Marco D' Urbano – Physical Education Teacher Selena Morrow – Teacher Malu Statz – Parent Andrea Arteaga – Parent
Committee Meeting Dates:	September 2023 (EESAC Meeting), October 2023 (Faculty Meeting), October 2023 (Committee Meeting), January 2024 (Faculty Meeting), January 2024 (Committee Meeting), March (Faculty Meeting)
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 type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p>Nutrition:</p> <ul style="list-style-type: none"> • Promote free school breakfast and lunch along with good eating habits. <p>Physical Education:</p> <ul style="list-style-type: none"> • Fitnessgram Testing

	<p>Physical Activity:</p> <ul style="list-style-type: none"> • Running program • Increase participation in Superintendent 5K. <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Lessons on Health and Nutrition hosted by Nurse Simon and her team to students. <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Promote Wellway Wellness Program • Recruit more employees into Wellness activities taking place in the school.
Sustainability Practices:	<ul style="list-style-type: none"> • Posting environmental advocacy and educational flyers and information throughout the school. • Maintain recycling program. • Encourage the use of re-usable water bottles.
Community Engagement:	<ul style="list-style-type: none"> • Select fruit or vegetable to highlight during meetings, and provide sample to enjoy. • Increase business partnerships with local business.
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Sign-in sheets to Committee Meetings and Faculty Meeting agendas • Increase of members that register for the Superintendent 5K. • Social Media advertisement to increase schoolwide goals.
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<ul style="list-style-type: none"> • Increase/start Afterschool activities • Mindfulness Challenges