



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

School Name & Location Number:	North County K-8 Center
Principal:	Chanda Scott
Phone Number:	(305) 624-9648
School Wellness/Healthy School Team Leader:	John Caddle
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	• Students (Madelyn Fernandez, Kaydene Thompson, Nyaima Blake) • School administrators (Chanda Scott, Principal/Alicia Jones, Asst. Principal) • School food service manager (Antonecia Jones) • Parent(s) • Physical education teacher (Kia Simmons) • Student Services (John Caddle, Vernell Robinson, Farah Smith)
Committee Meeting Dates:	4/24 (Department Meeting), 5/1 (Faculty Meeting), 5/15 (Faculty Meeting), 5/22 (EESAC)
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: 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.</p> <p>Physical Education: Establish regular activities students are able to participate in before, during and after school.</p> <p>Physical Activity: Yoga, Cardio, Sports (Basketball, Track, Flag football, etc.) and Aerobics</p>

	<p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Raise awareness about key health issues affecting families. • Improve literacy skills among participants. • Foster a supportive community environment. <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • 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.
<p>Sustainability Practices:</p>	<ul style="list-style-type: none"> • 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.
<p>Community Engagement:</p>	<ul style="list-style-type: none"> • 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.
<p>Monitoring and Evaluation:</p>	<ul style="list-style-type: none"> • Monthly 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.
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Parent and Family engagement workshops Afterschool Activities: Yoga, Basketball, Soccer</p>