



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

School Name & Location Number:	Arvida Middle School/6021
Principal:	Angela Holbrook
Phone Number:	(305) 385-7144
School Wellness/Healthy School Team Leader:	Karina Cahill
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> <li>• Students: Elias Crisanto, Olivia Johnson, Chloe Johnson, David Echenique</li> <li>• School Administrator: Karina Cahill</li> <li>• Cafeteria Manager: Ahichel Gomez</li> <li>• Parent: Perla Terzian</li> <li>• School health professionals: Sholanda Love</li> <li>• Physical Education Teacher: Anthony Pecorino</li> <li>• School Volunteer: Rachel Meadors</li> </ul>
Committee Meeting Dates:	<ul style="list-style-type: none"> <li>• 9/12/23: Faculty Meeting</li> <li>• 12/21/23: EESAC</li> <li>• 1/19/24: Teacher Wellness Retreat</li> <li>• 2/13/24: Faculty Meeting</li> <li>• 4/25/24: EESAC</li> </ul>
<b>ACTION PLAN</b>	
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:	<b>Nutrition:</b> <ul style="list-style-type: none"> <li>• Promote free breakfast and good eating habits.</li> <li>• Provide healthy meals and snacks daily to students through the cafeteria.</li> </ul>

	<p><b>Physical Education:</b></p> <ul style="list-style-type: none"> <li>• Promote physical health and wellness through physical education classes.</li> </ul> <p><b>Physical Activity:</b></p> <ul style="list-style-type: none"> <li>• Provide opportunities for physical health and wellness through student athletic program offering soccer, swimming, cross-country, track and field, volleyball, basketball, and flag football.</li> <li>• Provide opportunities for physical health and wellness for our staff at our Teacher Wellness Retreat</li> </ul> <p><b>Health and Nutrition Literacy:</b></p> <ul style="list-style-type: none"> <li>• Bring awareness to the nutrition value of the school garden sponsored by our Global Magnet program by putting more on our social media sites.</li> <li>• Provide health and nutrition information at our Teacher Wellness Retreat</li> </ul> <p><b>Preventive Healthcare:</b></p> <ul style="list-style-type: none"> <li>• Wellway Wellness Program</li> <li>• Organize opportunities for free health screenings to students, families and neighboring schools, as well as opportunities for free immunizations.</li> <li>• Organize a Teacher Wellness Retreat that will provide teachers and staff with wellness activities.</li> </ul>
<p><b>Sustainability Practices:</b></p>	<ul style="list-style-type: none"> <li>• Posting environmental advocacy posts on Global Magnet social media accounts</li> <li>• Continue supporting the expanding garden developed and sustained by the Global Magnet</li> <li>• Ensuring Global Academy’s participation in field trips and practices that teach and promote environmental sustainability and health-conscious living.</li> </ul>
<p><b>Community Engagement:</b></p>	<ul style="list-style-type: none"> <li>• Teacher Wellness Retreat providing health and wellness resources to teachers.</li> <li>• PTSA Farmers’ Market connecting community resources and small businesses focused on sustainability and healthy food options with the school community.</li> <li>• Providing students with free health screenings and immunizations via collaboration with Nickalus Children’s Hospital.</li> </ul>

<p>Monitoring and Evaluation:</p>	<ul style="list-style-type: none"> <li>• Meeting Sign-in sheets</li> <li>• Teacher Wellness Retreat Attendance</li> <li>• Designated teacher responsible for monitoring and distributing harvested school garden produce</li> <li>• Start the EESAC and social media advertisements earlier in the following school year</li> <li>• Advertise more to increase future volunteers as we begin to planning next year's Wellness Retreat and PTSA Farmer's Market next school year</li> </ul>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<ul style="list-style-type: none"> <li>• Provide opportunities for physical health and wellness through student athletic program offering soccer, swimming, cross-country, track and field, volleyball, basketball, and flag football.</li> </ul>