



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

School Name & Location Number:	David Lawrence Jr. K-8 Center	
Principal:	Deborah Johnson-Brinson	
Phone Number:	305-354-2600	
School Wellness/Healthy School Team Leader:	Steven Hoskins	
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Steven Hoskins – Chair Vilma Garcia – Cafeteria Manger Sandra Montenegro – Counselor Nicole Haller – PE Coach	Monica Bove - Teacher Allam Yazbek - Teacher Martha Pertuz – PTSA President Yuriko Zarate - CIS
Committee Meeting Dates:		
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: Promote free breakfast and healthy eating habits schoolwide. Promote and provide healthy eating options for students, faculty, and staff through the cafeteria and club sales.</p> <p>Physical Education: <u>Aspen Fitness</u> testing for all PE students. All students participate in a wide variety of sports and games throughout the school year. All students will participate in a variety of physical activities during recess.</p> <p>Physical Activity: Morning walking club and other faculty and staff opportunities to exercise.</p> <p>Health and Nutrition Literacy: Health and nutrition flyers will be sent to students and parents about a variety of health and nutrition related topics. The CIS will conduct health and nutrition informational webinars for parents and families.</p>	

	<p>Preventive Healthcare: Health screenings for students will be held throughout the school year including BMI, hearing, vision, scoliosis, and lice screening. Wellway Wellness Program for faculty and staff. Plan and organize a health fair on campus that will provide free health screenings.</p>
<p>Sustainability Practices:</p>	<p>Posting educational flyers and information throughout the school on health and nutrition. Creating a school garden that features healthy fruits and vegetables. Encourage the use of recycling and re-usability. Promote a healthy fruit or vegetable of the month and promote schoolwide.</p>
<p>Community Engagement:</p>	<p>School Health Fair on campus with partnerships with Baptist Health, MDC Fire Rescue, Mercy Hospital, and FIU Biscayne Campus. Increase business partnerships throughout the school year. Send home school grown fruits and vegetables.</p>
<p>Monitoring and Evaluation:</p>	<p>School Wellness Team meeting agendas and sign-in sheets. School Health Fair attendance. Attract more members to join the School Wellness Team. Advertise more to increase awareness. Involve EESAC in obtaining additional funding.</p>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Afterschool activities: walking, yoga, ect.. Develop quarterly workshops on family health and nutrition hosted by the school's CIS.</p>