



Miami-Dade County Public Schools  
**School Wellness/Healthy School Team Committee Action Plan**  
 School Year: 2023-2024

School Name & Location Number:	DR. ROLANDO ESPINOSA K-8 CENTER
Principal:	MR. PHIL ALEXANDER MATO
Phone Number:	305-889-5757
School Wellness/Healthy School Team Leader:	MS. ESTELA M. RODRIGUEZ
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> <li>• School Site Wellness Chair: Ms. Estela M. Rodriguez</li> <li>• School Site Administrator: Ms. Estela M. Rodriguez</li> <li>• Teacher Representative: Ms. Lisa M. Marcelo</li> <li>• PE Representative: Coach Timothy Kelly</li> <li>• Cafeteria Representative: Ms. Solange Alvarez</li> <li>• PTA Representative: Ms. Milagros Serrano</li> </ul>
Committee Meeting Dates:	8/14/23, /9/6/23, 11/1/23, 1/24/24
<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:	<p><b>Nutrition</b> Evaluate the school's food offerings and work towards providing healthier meal options. Collaborate with the cafeteria staff, parents, and students to introduce nutritious choices and reduce the availability of unhealthy foods and beverages.</p> <p><b>Physical Education</b> Develop and implement a physical education program that address various aspects of wellness, such as nutrition, physical fitness, mental health, and stress management. Ensure these programs are age-appropriate and engaging for students.</p>

	<p><b>Physical Activity</b></p> <p>Encourage physical activity by organizing sports events, fitness challenges, and incorporating exercise breaks into the daily schedule. Provide opportunities for both structured and unstructured physical activities.</p> <p><b>Health and Nutrition Literacy</b></p> <p>Work with teachers to integrate health and nutrition concepts into various subjects across the curriculum. This can include incorporating nutrition lessons and healthy eating habits into science classes and/or exploring the cultural significance of different food traditions in social studies.</p> <p><b>Preventive Healthcare</b></p> <p>Develop and implement comprehensive health education programs that focus on preventative measures. This can include educating individuals about healthy eating, regular physical activity, stress management, sleep hygiene, and the importance of vaccination and immunization.</p>
<p>Community Engagement:</p>	<p>Highlight and/or spotlight cafeteria initiatives through social media platforms. Provide resources for parents and families to enhance their understanding of health and nutrition. Offer guidance on meal planning, healthy cooking, and creating a supportive home environment that promotes healthy eating habits.</p>
<p>Monitoring and Evaluation:</p>	<p>Regularly assess the effectiveness of your health and nutrition education initiatives. Collect feedback from students, staff, and parents to gauge their understanding and satisfaction. Adjust strategies as needed to ensure maximum engagement and impact.</p>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<ul style="list-style-type: none"> <li>• Schedule physical activity during aftercare program.</li> <li>• Introduce mindfulness and stress reduction techniques, such as meditation or deep breathing exercises, to help participants manage stress and improve mental well-being.</li> <li>• Collaborate with mental health professionals to offer counseling services or support groups for participants who may require additional mental health support.</li> </ul>