



Miami-Dade County Public Schools
School Wellness/Healthy School Team Committee Action Plan
2024-2025

School Name & Location Number:	Dr. Rolando Espinosa K-8 Center/0122
Principal:	Phil A. Mato
Phone Number:	(305) 889-5757
School Wellness/Healthy School Team Leader:	Timothy Kelly, Physical Education Instructor
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<p>Student Council: Islam Morsi (President) & Isaac Lahman (Vice President)</p> <p>School Administrators: Phil A. Mato (Principal) & Estela M. Rodriguez (Assistant Principal)</p> <p>School Food Service Manager: Solange Alvarez</p> <p>School Counselor: Rebekah Perez</p> <p>Physical Education Teachers: Timothy Kelly & Dean Roberts</p> <p>School Volunteer: Yesenia Fernandes</p>
Committee Meeting Dates:	08/29 EESAC Meeting, 11/20 Committee Meeting, 01/22 EESAC Meeting, 3/19 Committee 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 checked="" type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p>Nutrition:</p> <ul style="list-style-type: none"> Promote the free breakfast and good eating habits, especially as testing approaches. Provide healthy meals and snacks daily to students, faculty, and staff through the cafeteria.

	<ul style="list-style-type: none"> • Implementing a garden to table program • Bring awareness to the nutrition value of the school garden by putting more on our social media site. <p>Physical Education: Fitnessgram testing with emphasis on cardio fitness in preparation for one mile run.</p> <p>Physical Activity: Students (2nd - 8th Grade) engage in 150 minutes of physical activity a week. DRE offers afterschool athletic/fitness programs in Track and Field/Cross Country.</p> <p>Health and Nutrition Literacy: Physical education teachers support health and nutrition literacy through classroom lessons and activities.</p> <p>Preventive Healthcare: DRE staff and students participate in the Wellway Wellness Program. Student service team members conduct social, emotional learning workshops with students. Wellway Wellness Program. Organize a health fair on campus that will provide free health screenings available to students, families, and neighboring schools. Bring in a few more teachers/employee into the school wellness activities.</p>
<p>Sustainability Practices:</p>	<ul style="list-style-type: none"> • Posting environmental advocacy and educational flyers and information throughout the school • Monthly recycling challenges • Encourage the use of re-usable items such as water bottles. • Incorporating education on composting at school gardens.
<p>Community Engagement:</p>	<ul style="list-style-type: none"> • School health professional to select fruit or vegetable to highlight during meetings. • Sending home harvested school garden produce.

	<ul style="list-style-type: none"> • Health Fair on school campus: Including partnerships with Baptist Health, Keiser University, Miami-Dade Fire Rescue, West Coast University, Miami Dade Medical, FIU, Miami Dade College and Mercy Hospital. • Increase business partnerships in the local area.
<p>Monitoring and Evaluation:</p>	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • School Health Fair attendance • Designated teacher responsible for monitoring and distributing harvested school garden produce. • Start the EESAC and social media advertisements earlier in the following school year. • Have more organized meeting agendas and set times for the following year. <p>Advertise more to increase future volunteers as we begin to project next school year.</p>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<ul style="list-style-type: none"> • Afterschool activities: soccer, tennis, arts and craft • Quarterly Family Health and Literacy workshop. • Mental Health Club • First Priority Club