



Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan

School Year: 2021-2022

School Name & Location Number:	Wesley Matthews Elementary School #3111
Principal:	Armandina Acosta-Leon
Phone Number:	305-222-8150
School Wellness/Healthy School Team Leader:	Mr. Urena
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Ms. Kupski-Buno (Assistant Principal) Mr. Prabhakar (Physical education teacher) Ms. Arriola (Counselor) Ms. Osuna Ms. Sanchez Ms. Escobar Ms. Castillo Ms. M. Fernandez Ms. Jeria Ms. Murado
Committee Meeting Dates:	9/2021 (EESAC meeting), 10/2021 (Faculty Meeting), 11/2021 (EESAC meeting), 1/2022 (Faculty 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 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 program from students and encourage good eating habits, especially during periods of school-wide testing. Provide students and staff with healthy meal and snack options though the school cafeteria.

	<p>Physical Education</p> <ul style="list-style-type: none"> • Follow the district developed physical education plan for all students. • Use fitness testing in the physical education classes to monitor student growth and development. • Ensure the implementation of physical education activities in the primary grades K-1st. <p>Physical Activity</p> <ul style="list-style-type: none"> • Provide the opportunity for students to increase physical activity with enrollment in community school classes such as soccer, basketball and dance <p>Health and Nutrition Literacy</p> <ul style="list-style-type: none"> • School garden is maintained by the students through the Science classes. • Provide students with information pertaining to health and nutrition through the Science curriculum. <p>Preventive Healthcare</p>
Community Engagement:	<ul style="list-style-type: none"> • Promote physical activity with parents and include them in the school-wide field day • Increase business partnerships in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Committee meeting sign- sheets • Field Day attendance
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> • Afterschool activities • Community school classes