Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan

School Year: 2026-2027

School Name & Location Number:	Wesley Matthews Elementary 3111
Principal:	Dr. Francisco Sauri
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)	Mrs. Alina Gonzalez (Assistant Principal) Mr. Prabhakar (Physical education teacher) Ms. Arriola (Counselor) Ms. Osuna Ms. Sanchez Ms. Escobar
Committee Meeting Dates:	10/2026 (EESAC meeting), 11/2026 (Faculty Meeting), 12/2026(EESAC meeting), 1/2027 (Faculty Meeting)
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	☑Nutrition ☑Physical Education ☑Physical Activity ☐Health and Nutrition Literacy ☐Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	**Nutrition** • 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. **Physical Education** • 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.ype text here

	Physical Activity • Provide the opportunity for students to increase physical activity with enrollment in community school classes such as soccer, basketball and dance. **Health and Nutrition Literacy** • School garden is maintained by the students through the Science classes. • Provide students with information pertaining to health and nutrition through the Science curriculum. **Preventive Healthcare**
Community Engagement:	• Promote physical activity with parents and include them in the school-wide field day • Increase business partnerships in the local area
Monitoring and Evaluation:	• Committee meeting sign- sheets • Field Day attendance
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	• Afterschool activities • Community school classes