



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

School Name & Location Number:	Mae M. Walters Elementary / 5711
Principal:	Mrs. Chardon
Phone Number:	305 822 4600
School Wellness/Healthy School Team Leader:	Elsa Musa
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Elizabeth Chardon Janeysa Sanchez Sheila Robinson Rosa Prieto Elsa Musa
Committee Meeting Dates:	11/1/2023 2/7/2024 4/17/2024
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 and provide a hot or cold breakfast daily to all students. During lunch, students receive a healthy balanced lunch. Smart snacks with whole grain, low fat, and healthy source of nutrients are also available for students.</p> <p>Physical Education: Incorporate a Pre/Post Fitnessgram program and test to improve fitness. Provide physical activities to improve cardiovascular strength and strength training exercises to students daily. Provide nutrition education through our physical education teacher.</p>

	<p>Physical Activity: During physical education, provide students with physical activities, exercise routines, and fitness testing throughout the year. Provide recess time for students weekly. During after school care, provide activities such as basketball, running, soccer, and free play to the students.</p> <p>Health and Nutrition Literacy: Educate students about good eating habits, nutrition, current BMI, and how to have a healthy lifestyle during physical education classes.</p> <p>Preventive Healthcare: Provide students with school health services such as screenings for vision and hearing. Educate students on the importance of exercise, eating healthy, and hydrating regularly as part of preventive healthcare.</p>
<p>Sustainability Practices:</p>	<p>Students are encouraged to attend schools with a re-usable water bottle and use it during the day. Students bring a water bottle and continue to refill as needed to hydrate daily.</p>
<p>Community Engagement:</p>	<p>At Open House, Reading Under the Stars, and other family engagement activities, parents and students are served healthy smart snacks and educated on the importance of health and wellness.</p>
<p>Monitoring and Evaluation:</p>	<p>Meet throughout the school year to monitor and promote our school wellness activities. All students attending physical education will be assessed using the Fitnessgram Fitness Tests at the beginning of the year and at the end of the year. Complete the School Health Index as a self -assessment.</p>

<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Through our TALENTS program, we offer Agriculture where we cultivate our planet and our school. We plant and clean our garden. During Athletics, students engage in group sports and learn the rules and sportsmanship strategies.</p> <p>On November 4, 2023, volunteers from 50 Hands on Miami will work with Mae M. Walters teachers and staff to promote physical exercise while planting, decorating, and painting our school.</p>
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