



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

School Name & Location Number:	Eugenia B. Thomas K-8 Center
Principal:	Julio Fong
Phone Number:	305-592-7914
School Wellness/Healthy School Team Leader:	Morris Salty
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> • Students • School Administrators • School food service manager • Parent(s) • Physical Education Teachers • School Volunteers
Committee Meeting Dates:	11/2023 EESAC Meeting, 12/2023 EESAC Meeting, 2/2024 Faculty Meeting, 3/2024 EESAC 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. • Providing free lunch to all students • A focus on hydration <p>Physical Education:</p> <ul style="list-style-type: none"> • Fitness Gram testing <p>Physical Activity:</p> <ul style="list-style-type: none"> • Fitness Gram training warmups daily • Athletic Teams

	<ul style="list-style-type: none"> • Athletic geared clubs <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Implementing a garden to table program • Bring awareness to the nutritional value of said garden by showcasing it on our various social media outlets <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Vision, Hearing and BMI screening for 6th graders • Wellway Wellness Program • School grounds are open early daily for any staff member that would like to use our facilities
Sustainability Practices:	<ul style="list-style-type: none"> • Club offering that focuses on recycling and sustainability. • Recycling bins throughout the building • Composting by the kitchen staff • Solar panel installation
Community Engagement:	<ul style="list-style-type: none"> • Health Fair on school campus • Fruit and/or vegetable offerings for community events or parent gatherings at the school from our garden • Inviting nutritional experts to our annual Career Day
Monitoring and Evaluation:	<ul style="list-style-type: none"> • EESAC Sign in sheets • Social Media Post • School Health Fair attendance • Designated staff members responsible for maintaining the harvested school garden

Other Activities:

If applicable, attach supporting documentation
(e.g. event flyer)

- Afterschool Activities/Teams: basketball, soccer, dance, cheerleading, and volleyball
- Participate annually in the various marathons offered throughout Miami: Superintendent's 5K, Doral Turkey Trot, Doral 5k, Kids Run Miami, etc.