



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

School Name & Location Number:	Eugenia B. Thomas K-8 Center/0071
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 - Cafeteria Manager - Parents - Physical Education Teachers
Committee Meeting Dates:	
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 healthy breakfast and lunch being served at school - Continue to provide healthy meals and snacks daily to all stakeholders through the cafeteria <p>Physical Education:</p> <ul style="list-style-type: none"> -Fitnessgram Testing <p>Physical Activity:</p> <ul style="list-style-type: none"> -Fitnessgram training warmups daily

	<p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> - Implementing a garden to table program and have students visit our garden to learn about the vegetation process - Bring awareness to the nutritional value of said garden by showcasing it on our Respective social media sites <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> - Wellway Wellness Program - Open up the school grounds early for any staff member that would like access to our facilities
Sustainability Practices:	-Our school site wellness committee will meet quarterly to ensure that all said initiatives are being followed with fidelity
Community Engagement:	<ul style="list-style-type: none"> - Sending home harvested school garden produce - Utilizing school harvested produce for school lunches - Health Fair on school campus - Inviting nutritional experts to our annual Career Day
Monitoring and Evaluation:	<ul style="list-style-type: none"> - Committee Meeting sign-in sheets - School Health Fair attendance - Designated staff member responsible for maintaining harvested school garden - Advertise more to increase participation for next school year

<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<ul style="list-style-type: none">- Afterschool program and activities: basketball, soccer, dance, cheerleading, volleyball- Participate annually in the various marathons offered in town: Superintendent's 5K, Doral Turkey Trot, ING 5K, etc...
--	---