



Miami-Dade County Public Schools
School Wellness/Healthy School Team Committee Action Plan
2025-2026

School Name & Location Number:	Eugenia B. Thomas K-8 Center - 0071
Principal:	Mr. Julio A. Fong
Phone Number:	305-592-7914
School Wellness/Healthy School Team Leader:	Ms. Ladema Smith
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	School Administrator - Ladema Smith Physical Education Teacher - Ana Perez-Daniel School Volunteer - Pierina Pietrosevoli Parent - Aisha Flambert Student(s) - Mia Conteddu & Anaiya Mojinson
Committee Meeting Dates (list at least 4):	3/10/2026, 4/7/2026 (PTSA Meetings), 4/8/2026 (Springfest), 4/15/2026 (BoosterThon)
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 free breakfast and good eating habits. Add heart-healthy foods to your daily diet and for student incentives.</p> <p>Physical Education: Participate in daily physical education exercises.</p> <p>Physical Activity: Do 150 cardio minutes per week.</p> <p>Health and Nutrition Literacy: Obtain a cholesterol or blood pressure screening.</p> <p>Preventive Healthcare: Receive regular physical check-ups.</p>

Sustainability Practices:	Using share tables to teach students to redistribute food rather than discard it.
Community Engagement:	Encourage and engage our community to join in on an Aerobics fitness dance during Springfest. This fitness activity brings awareness about health issues affecting our community.
Monitoring and Evaluation:	Committee meetings, sign-in sheets, and create meeting agendas.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	After-school activities: *Marlins Cup *Soccer *Basketball *Volleyball