



Miami-Dade County Public Schools  
**School Wellness/Healthy School Team Committee Action Plan**  
 School Year: 2021-2022

School Name & Location Number:	Calusa Elementary School / #0671
Principal:	Suzet Hernandez
Phone Number:	(305)385-0589
School Wellness/Healthy School Team Leader:	Aixa Reyes
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Mariela Acosta, Susan Carrillo, Randene Chickillo, Laura Decespedes, Maggie Diaz, Suzet Hernandez, Deano Nunez, Aixa Reyes
Committee Meeting Dates:	12/6/21
<b>ACTION PLAN</b>	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input checked="" type="checkbox"/> Nutrition <input type="checkbox"/> Physical Education <input checked="" type="checkbox"/> Physical Activity <input type="checkbox"/> Health and Nutrition Literacy <input type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p><b>Nutrition</b></p> <p>Teachers will introduce food groups and encourage students to make health choices.          Students are growing an edible organic vegetable garden.          Provide healthy meals and snack to students in the cafeteria.</p> <p><b>Physical Education</b></p> <p>Participate in 150 minutes of Physical Education every week.          Fitness gram Testing.</p>

	<p><b>Physical Activity</b></p> <p>100 minutes of recess per week for students. Staff is encourage to participate in 30 minutes of activity per day.</p> <p><b>Health and Nutrition Literacy</b></p> <p>Students will be encouraged to make healthy choices. Students will be taught the importance of food choices on cardiovascular health.</p> <p><b>Preventive Healthcare</b></p> <p>Students will be taught the importance of regular health care check ups.</p>
Community Engagement:	<p>Career day visits from Baptist Health &amp; various doctors and nurses. Dental care presentation to Kindergarten and first grade students.</p>
Monitoring and Evaluation:	<p>Administrators will ensure the teachers are the school wellness team goals to the students.</p>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Fun Run Teacher weight loss program - The "Biggest Loser" challenge</p>