



Miami-Dade County Public Schools  
**School Wellness/Healthy School Team Committee Action Plan**  
**2024-2025**

School Name & Location Number:	Calusa Elementary 0671
Principal:	Suzet Hernandez
Phone Number:	305-385-0589
School Wellness/Healthy School Team Leader:	
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Suzet Hernandez, Aixa Reyes, Mariela Acosta, Ana Diaz, Laura DeCespedes
Committee Meeting Dates:	August 14, 2024
<b>ACTION PLAN</b>	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input checked="" type="checkbox"/> Nutrition <input checked="" type="checkbox"/> Physical Education <input type="checkbox"/> Physical Activity <input checked="" 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> <ul style="list-style-type: none"> <li>Promote Free Breakfast and Lunch</li> <li>Relay the daily lunch menu on morning announcements and highlight the importance of healthy eating habits</li> <li>Provide healthy meals and after school snacks daily to students in the cafeteria</li> </ul> <p><b>Health and Nutrition Literacy:</b></p> <ul style="list-style-type: none"> <li>Implement a garden to table event. First Grade plants a yearly garden and invites the school to taste their garden to table fare. Tastings such as fresh made salsa and veggies are sampled by other grade levels. The importance of fresh, healthy foods is highlighted.</li> </ul>

	<ul style="list-style-type: none"> <li>• Bring awareness to the nutritional value of the first-grade garden by posting it on social media sites.</li> </ul> <p><b>Physical Education:</b></p> <ul style="list-style-type: none"> <li>• Physical Education coaches will provide information to students on the food groups and the importance of a balanced diet.</li> </ul>
Sustainability Practices:	<ul style="list-style-type: none"> <li>• Inviting parents to partake in harvested school garden produce</li> <li>• Incorporating lessons in the school garden</li> </ul>
Community Engagement:	<ul style="list-style-type: none"> <li>• Increase business partnerships in the local area</li> <li>• Career Day on campus to include community helpers such as health/medical professionals, Miami Dade Fire Rescue, Baptist Health and Recycling workers.</li> <li>• Dental Practice to provide tips on Healthy eating as well as preventative dental care to Kindergarten and First Graders.</li> </ul>
Monitoring and Evaluation:	<ul style="list-style-type: none"> <li>• Committee Meeting Sign-in sheets</li> <li>• Create Meeting agendas and set dates and times for the following year</li> <li>• Designate a grade level to be responsible for the vegetable garden</li> </ul>
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> <li>• Social media healthy tips and advice for families</li> </ul>