



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

School Name & Location Number:	West Hialeah Gardens Elementary/2371	
Principal:	Hector Guerra	
Phone Number:	305-818-4000	
School Wellness/Healthy School Team Leader:	Enrique Canut	
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Jenel Romero Susan Fernandez Loren Eures Danay Gonzalez	Gina Lima Christy Arterburn Frontela Tamera
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: Advance and promote dietary guidance according to the U.S. Department Agriculture, USDA My Plate guidelines and recommendations. Provide students with free daily breakfast. Provide students with free daily lunch. School participates in Healthy Me campaign.</p> <p>Physical Education: Introduce and complete programs related to safety issues as Walk Safe, Bicycle Safe, etc. Instruct students of safety rules and procedures to follow while participating in physical activities and sports.</p> <p>Physical Activity: Promotion and participation in events related to sports and recreational activities organized by MDCPS and local communities.</p>	

	<p>Health and Nutrition Literacy: Conduct a school wide professional development workshop on Social Emotional Learning. Present teachers with ideas on how to promote mindfulness in their classrooms and incorporate It in their lesson plans. At faculty meetings conduct Mindfulness Practice activity with the faculty and staff.</p> <p>Preventive Healthcare: Will participate in Student Mental Health Awareness month in October. School has been appointed a mental health specialist to meet with students needing additional counseling.</p>
<p>Sustainability Practices:</p>	<p>Will continue to monitor and provide resources for the teachers so they continue to practice with their students SEL strategies. Will continue to work with the physical education department to give ideas on how to provide safety, nutrition and health activities with their students. Counselors will continue to attend professional development workshops related to health to stay on top of current activities and trends dealing with health</p>
<p>Community Engagement:</p>	<p>Working with MDC police department to share DARE program with our 5th grade students. Counselors will work with students to complete community projects.</p>
<p>Monitoring and Evaluation:</p>	<p>Meet with teachers monthly to share in class SEL activities that have been conducted in individual classes. Administration will look for SEL activities being done in classes while conducting walkthroughs. Counselors will monitor students and programs being offered on site for students. Physical education teachers will implement and monitor health, safety, physical activity and nutrition aspects of wellness plan.</p>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	

