



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

School Name & Location Number:	Country Club Middle School WL# 6611
Principal:	Mr. Rafael Crespo
Phone Number:	(305) 820-8800
School Wellness/Healthy School Team Leader:	Wilson Gonzalez
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Student: Marjorie Cruz and Michelle Serrano School Administrator: Rafael Crespo School Food Service Manager: Maria Neyra Physical Education Teacher: Wilson Gonzalez School Volunteer: Emily Perez, Jacqueline Brinas, Francesca Garcia, Ingrid Padron
Committee Meeting Dates:	September 17, 2021; October 22, 2021; November 19, 2021; December 17, 2021
<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 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><b>Nutrition</b></p> <p>Provide healthy snacks and meals daily to students and staff through the cafeteria.          Promote free breakfast program and good eating habits, especially during testing.</p> <p><b>Physical Education</b></p> <p>FitnessGram          Daily workouts          Daily health and nutrition discussions</p>

	<p><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>- Intramural leagues have been promoted, such as flag football, soccer and basketball</li> </ul> <p><b>Health and Nutrition Literacy</b></p> <ul style="list-style-type: none"> <li>- Documentaries Super Size Me, Super Size Me 2, and What the Health have all been watched and discussed.</li> <li>- School garden has also been utilized.</li> </ul> <p><b>Preventive Healthcare</b></p> <ul style="list-style-type: none"> <li>-Increase Staff participation for wellness activities</li> <li>-Have a health fair on site that will provide free health screenings for students</li> </ul>
Community Engagement:	<ul style="list-style-type: none"> <li>- Use our community leaders during one of our health fairs. Miami dade fire rescue, Miami Dade police department, Baptist community outreach, etc.</li> <li>- Promote harvested vegetables and fruits on social media and send home with students.</li> <li>-Have home ec use harvested vegetables during class.</li> <li>- Donate harvested food to foodbanks</li> </ul>
Monitoring and Evaluation:	<ul style="list-style-type: none"> <li>-School Health Fair attendance</li> <li>- Sign in sheets for committee meetings</li> <li>- Post weekly updates of progress of the garden.</li> </ul>
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<p>Intramural leagues: Basketball, Football, Soccer  Official team sports: Volleyball, Boys and girls track &amp; field, boys and girls basketball, boys and girls cross country.  Nature club</p>