



Miami-Dade County Public Schools
School Wellness/Healthy School Team Committee Action Plan
 2023-2024

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| School Name & Location Number: | Country Club middle School WL#6611 |
| Principal: | Dr. Elvira Ruiz-Carrillo |
| 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: Dangelo Serrano Connor Picado-Fernandez School Administrator: Elvira Ruiz-Carrillo School Food Service Manager: Maria Neyra Physical Education Teacher: Wilson Gonzalez School Volunteer: Ashley Milan, Jacqueline Brinas, Janice Noriega, Ingrid Padron |
| Committee Meeting Dates: | September 19, 2023; October 24, 2023; November 16, 2023; December 19, 2023 |
| 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: 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>Physical Education: Fitness Gram Daily workouts Daily health and nutrition discussions</p> <p>Physical Activity: - Intramural leagues have been promoted, such as flag football, soccer and basketball</p> |

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