



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

School Name & Location Number:	Palm Springs North Elementary / 4281										
Principal:	Dr. Christina Ravelo										
Phone Number:	(305) 821-4631										
School Wellness/Healthy School Team Leader:	Llennery Peña										
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<table style="width: 100%; border: none;"> <tr> <td>Llennery Peña</td> <td>Amanda Gasbarro</td> </tr> <tr> <td>Xiomara Sanchez</td> <td>Michelle Mancilla</td> </tr> <tr> <td>Amerys Morell</td> <td>Tyler Verhoff</td> </tr> <tr> <td>Natalie Ordoñez</td> <td>Julet Lopez</td> </tr> <tr> <td>Elizabeth Gonzalez</td> <td></td> </tr> </table>	Llennery Peña	Amanda Gasbarro	Xiomara Sanchez	Michelle Mancilla	Amerys Morell	Tyler Verhoff	Natalie Ordoñez	Julet Lopez	Elizabeth Gonzalez	
Llennery Peña	Amanda Gasbarro										
Xiomara Sanchez	Michelle Mancilla										
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Elizabeth Gonzalez											
Committee Meeting Dates:	9/21 (EESAC meeting), 9/2021 (Road Runners meeting), 10/21 (Faculty meeting), 10/2021 (Garden meeting)										
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</p> <p>Promote free breakfast and good eating habits Provide healthy meals daily to students, faculty and staff through the cafeteria</p> <p>Physical Education</p> <p>FitnessGram Testing</p>										

	<p>Physical Activity</p> <p>Road Runners Club</p> <p>Health and Nutrition Literacy</p> <p>Implementing a garden to table program Healthy Me initiative</p> <p>Preventive Healthcare</p> <p>Wellway Wellness Program Monthly Wellness calendar for daily motivational healthy tips/activities</p>
<p>Community Engagement:</p>	<p>Increase business partnerships in the local area Career Day: Bring in health specialist such as, doctors/nurses, nutritionist, fire rescue, etc.</p>
<p>Monitoring and Evaluation:</p>	<p>Committee Meeting sign-in sheets Have more organized meeting and set times for the following year Advertise more to increase future volunteers as we begin next year Start EESAC and social media advertisements earlier in the following school year</p>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Start up Recycle Rangers program to raise awareness that promote sustainability goals Community School: Promote after school activities such as kick ball, dance, etc.</p>