



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

School Name & Location Number:	Gulfstream Elementary-2321
Principal:	Marlene-Iza-Rodriguez
Phone Number:	305-235-6811
School Wellness/Healthy School Team Leader:	Marsha Rogers
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	School Administrators: Marlene Iza-Rodriguez, Marsha Rogers School Counselor: Belinda Valdes de Posada Mental Health Counselor: Wairimu Njoroge School Food Service Manager: Anita Lopez School Health Professionals: Laida Bolanos Physical Education Teachers: Omara Perdomo, Sterling Lightfoot, Harold Meeks
Committee Meeting Dates:	01/11/22, 03/11/22, 05/11/22
<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:	<b>Nutrition</b> Free breakfast/lunch to all students to promote healthy eating habits. Essay contests requiring students to identify healthy eating habits and create healthy recipes. School Lunch Week promoting healthy eating habits. Meatless Mondays were added to cafeteria menu to promote fruits and vegetables. Vegetarian choice for lunch items provided every day. <b>Physical Education</b>  Fitness Gram Afterschool Dance Program

	<p><b>Physical Activity</b></p> <p>Students participate in Fitness Gram Testing. They practice a consistent physical regimen to improve muscular strength and endurance. Students learn dance routines of various types which promotes coordination and overall cardiovascular health and well-being,</p> <p><b>Health and Nutrition Literacy</b></p> <p>Mental Health Club meets once a week to discuss relaxation and calming techniques to promote mental wellness. Employee mental wellness monthly activities to promote overall well-being.</p> <p><b>Preventive Healthcare</b></p> <p>Wellway Wellness Program Wellness Club for students TALENTS Program (Integrates art, music and dance)</p>
<p><b>Community Engagement:</b></p>	<p>Partnership with Nicholas Children's Hospital: provides BMI, vision and hearing screenings Camila's House: Donating hygiene products to people in need Project Upstart: Assists families who are in transition and/or are in need of mental health referrals. Share Your Heart: Provides parent resources, if needed.</p>
<p><b>Monitoring and Evaluation:</b></p>	<p>Committee sign-in sheets Mental Wellness Club Supervisor Implement more meetings and set times for the following year. Advertise Wellness Health School Committee Informal observational walk-throughs Fitness Gram results</p>
<p><b>Other Activities:</b> If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Clubs to encourage student interest in other areas to relieve stress: Afterschool Art Club Afterschool Show Choir, Mental Wellness Club, Sign language, Expressive Art: drama, dance, writing</p>