



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

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: Maria Jean-Andre Mental Health Counselor: Doris Garcia School Food Service Manager: Anitra Lopez School Health Professionals: Laida Bolanos Physical Education Teachers: Omara Perdomo, Sterling Lightfoot, Juan Gonzalez
Committee Meeting Dates:	11/07/24, 01/30/25, 03/13/25, 05/08/25
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:	Nutrition: 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. Vegetarian choice for lunch items provided every day. Physical Education: Fitness Gram

	<p>Physical Activity: Students participate in Fitness Gram Testing. They practice a consistent physical regiment 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>Health and Nutrition Literacy: Mental Health Club meets once a week to discuss relaxation and calming techniques to promote mental wellness. Guest speaker from Minding Your Mind presented. Employee mental wellness monthly activities are offered to promote overall well-being.</p> <p>Preventive Healthcare: Wellway Wellness Program Mental Health Club for students</p>
Sustainability Practices:	Monthly Meetings
Community Engagement:	<p>Partnership with Nicholas Children's Hospital: provides BMI, vision and hearing screenings</p> <p>Women Impacting Neighborhoods: Provides hygiene products to our students</p> <p>Camila's House: Students donate underwear and socks to people in need for the holiday season</p> <p>Project Upstart: Assists families who are in transition with housing and/or are in need of transportation. Turkeys were provided for Thanksgiving. Hygiene kits were also provided</p> <p>Share Your Heart: Provides parent resources, such as uniforms, transportation, school supplies, etc. as needed</p> <p>Citrus Healthcare: Provides resources to our families and the school</p> <p>Parent to Parent: Provides advocates to families and information about services, as needed</p> <p>M-DCPS Title I Migrant Education Program: Provides school supplies and uniforms, as needed</p> <p>The Advocate Program: Assists parents with emergency housing</p> <p>Be Strong Agency: Provide information to families regarding the impact of parent involvement</p>

<p>Monitoring and Evaluation:</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>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Clubs to encourage student interest in other areas to relieve stress: Afterschool Show Choir, Mental Wellness Club, Safety Patrols, Robotics</p>