



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

School Name & Location Number:	Jorge Mas Canosa Middle School
Principal:	Elio Falcon, Jr.
Phone Number:	305-252-5900
School Wellness/Healthy School Team Leader:	Lorena Garrote
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> • Students • School Administrators • Magnet Teacher • Physical Education Teachers • STEAM Leader • Science Department Chairperson • Cafeteria Manager • Parent Representatives • School Health Professionals (if applicable) • School Volunteers (if applicable)
Committee Meeting Dates:	<ul style="list-style-type: none"> • September 2024 (Back to School Meeting) • November 2024 (EESAC meeting) • January 2025 (Faculty Meeting) • March 2025 (Faculty Meeting) • May 2025 (End of Year Evaluation)
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Education and Physical Activity <input type="checkbox"/> Health and Nutrition Literacy <input type="checkbox"/> Preventive Healthcare

<p>Steps to Achieve School Wellness/Healthy School Team Goal:</p>	<p>Nutrition:</p> <ul style="list-style-type: none"> • Promote the free/reduced breakfast and lunch program • Ensure healthy, balanced meals are provided in the cafeteria • Implement a "Meatless Mondays" initiative to increase plant-based options <p>Physical Education and Activity:</p> <ul style="list-style-type: none"> • Incorporate more physical activity breaks into the school day • Offer a variety of after-school physical activity clubs (e.g. dance, basketball, soccer, volleyball, football) • Participate in the FitnessGram assessment program • Participate in physical activity during the All-Stars After School Care program. <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Establish an edible school garden program, with hands-on lessons during after care. <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Implement a staff wellness program with fitness challenges and education • Bring in speakers to discuss mental health, substance abuse prevention, etc.
<p>Sustainability Practices:</p>	<ul style="list-style-type: none"> • Water bottle refilling stations • Energy efficiency upgrades (e.g. LED lighting)
<p>Community Engagement:</p>	<ul style="list-style-type: none"> • Collaborate with community health organizations for workshops and resources

	<ul style="list-style-type: none">• Engage families through social media, newsletters, and school events
Monitoring and Evaluation:	<ul style="list-style-type: none">• Review goals and adjust plan as needed based on evaluation
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none">• N/A