Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan 2026-2027

School Name & Location Number:	Jorge Mas Canosa Middle School
Principal:	Juan Ramirez
Phone Number:	305-252-5900
School Wellness/Healthy School Team Leader:	Oswaldo Benitez
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Lorena Garrote – AP Oswaldo Benitez – PE Teacher Dianilda Fonseca – Counselor Sara Zuniga – Cafeteria Manager Mackenzie Lee Sang - Student
Committee Meeting Dates (list at least 4):	
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	☒Nutrition ☒Physical Education ☒Physical Activity ☒Health and Nutrition Literacy ☒Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	**Nutrition:** • Coordinate with the cafeteria manager to promote nutritious school breakfast/lunch, fresh fruits and vegetables, water, and available plant-based/vegetarian choices. • Share healthy celebration and fundraiser guidance with staff and families; review proposed on-campus food sales for compliance with District Policy 8510. **Physical Education:** • Review grade 6–8 schedules to support at least one semester of physical education annually unless an annual waiver is submitted; encourage yearlong participation.

	• PE teachers will integrate nutrition instruction and provide enrolled students hands-on first aid/CPR and AED instruction as required. **Physical Activity:** • Publicize available school sports, intramural, and after-school activity opportunities; encourage students to work toward 60 minutes of daily activity. • Promote staff wellness activities and encourage 30 minutes of daily physical activity; share guidance on limiting non-instructional screen time. **Health and Nutrition Literacy:** • Integrate age-appropriate instruction on nutrition, healthy decision-making, media/food marketing, personal safety, stress management, and bullying prevention into relevant classes and counseling **Preventive Healthcare:** • Coordinate with available school health personnel to share information about eligible screenings, referrals, and follow-up services; protect student confidentiality. • Counselors will publicize mental-health and stress-management supports; provide families and staff with appropriate school/district wellness resources.
Sustainability Practices:	Embed wellness reminders in recurring PE, counseling, cafeteria, and family communications. Favor low-cost, repeatable activities and existing school programs.
Community Engagement:	Invite student, family, cafeteria, PE, counseling, and administrative input at committee meetings. Encourage participation in school/community wellness activities and seek appropriate local health partners for educational resources or screenings when available.

Monitoring and Evaluation:	Complete the annual School Health Index; review PE scheduling/waivers, wellness communications, participation in activities, and implementation of planned events. Document progress and barriers at each meeting and identify improvements for the following school year. Collect aggregate participation counts only; maintain confidentiality of individual health information.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	Proposed activities (subject to approval and scheduling) • Healthy breakfast/lunch awareness campaign • Student stress-management awareness week