



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

School Name & Location Number:	E. W. F. STIRRUP ES/ 5381
Principal:	NAOMI P. SIMON
Phone Number:	305-226-7001
School Wellness/Healthy School Team Leader:	COACH PHILLIPS
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	MS. BODE/ ASSISTANT PRINCIPAL MR. PHILLIPS/ P.E. COACH MS. CANO/ CAFETERIA MANAGER MR. HERNANDEZ/ SCHOOL NURSE MR. MORALES/ PTA VICE PRESIDENT LUCAS GARCIA STUDENT
Committee Meeting Dates:	MONTHLY: EVERY SENCOND WEDNESDAY 1:05-1:30 PM
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input checked="" type="checkbox"/> Nutrition <input type="checkbox"/> Physical Education <input checked="" type="checkbox"/> Physical Activity <input type="checkbox"/> Health and Nutrition Literacy <input checked="" type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	Nutrition: <ul style="list-style-type: none"> • Promote the free breakfast and good eating habits, especially as testing approaches. • Understand students' food preferences, dietary habits, and knowledge about nutrition. • Provide healthy meals and snacks daily to students, facility, and staff through the cafeteria. • Include lessons on healthy eating habits, the importance of fruits and vegetables, and understanding food labels.

	<p>Physical Activity:</p> <ul style="list-style-type: none"> ● Increase daily physical activity among students and staff to promote lifelong health. ● Offer teachers resources for incorporating physical activities into lesson plans. <ul style="list-style-type: none"> ✓ Use “brain breaks” with activities like stretching or quick exercises. ✓ Implement daily movement breaks, such as 5-10 minutes every hour. ✓ Introduce classroom-based activities, like standing desks or “walk and talk” lessons. ● Expand or promote existing after-school sports and fitness clubs. ● Encourage participation in community events ● Encourage a positive attitude toward physical activity and model active habits among staff. ● Promote walking and biking to school or establish a "walk-to-school day" to reduce emissions. <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> ● Implement handwashing stations or hand sanitizer dispensers in key areas of the school ● Provide resources for healthy eating at home, recipes, and workshops for families to learn about nutrition. ● Work with cafeteria staff to introduce more fruits, vegetables, whole grains, and low-fat dairy. ● Host workshops or assemblies on the importance of preventive healthcare for both students and staff. ● Regularly clean and disinfect high-traffic areas. ● Encourage routine screenings and educate students on the importance of regular check-ups. ● Establish or enhance access to counseling services and promote social-emotional learning ● Host events to celebrate reaching certain goals, like a school-wide “Wellness Day” to engage everyone in healthy activities.
Sustainability Practices:	<ul style="list-style-type: none"> ● Partner with local non-profits, government agencies, and businesses that focus on sustainability to bring resources and expertise into the school. ● Organize events like a “No Waste Week” or a “Green Team” club to raise awareness and engage students in sustainability practices. ● Include lessons on sustainability in the curriculum across subjects. Encourage student-led projects on recycling, water conservation, and renewable energy.

<p>Community Engagement:</p>	<ul style="list-style-type: none"> • Recognize students, staff, or classes that excel in sustainable practices with awards or public acknowledgment. • Share sustainability goals and progress with families and encourage them to adopt similar practices at home. • Involve families in preventive healthcare education by sharing resources and information. • Partner with local healthcare providers for community resources and support (e.g., career day, Oral, Hearing, and BMI Screenings).
<p>Monitoring and Evaluation:</p>	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • ASPEN District Pre-Post Health/ Body Composition/ and Physical Assessments • Social Media posts • ClassDojo Tips
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	