



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

School Name & Location Number:	North Miami Elementary School #3941
Principal:	Deborah Darbonne, Ed. D.
Phone Number:	305-949-6156
School Wellness/Healthy School Team Leader:	Christine Navarro
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Giovanni Morris Elisabeth Noel Magalie Berrouet Gislaine Telfort Jacquacon Bernard Kaliyah Jonathas
Committee Meeting Dates:	January 28, 2022; April 26, 2022
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input type="checkbox"/> Nutrition <input checked="" type="checkbox"/> Physical Education <input 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:	<p>Nutrition</p> <p>Physical Education Create a playground schedule to ensure grades K-1: 150 minutes of weekly instruction in physical education provided by the homeroom teacher Ensure students in 2nd-5th are provided with 150 mins. of weekly instruction by a certified PE teacher. Provide lesson plans and activities as a part of our SIP's Growth Mindset Initiative on Mindfulness' role in disease prevention.</p>

	<p>Physical Activity</p> <p>Health and Nutrition Literacy</p> <p>Preventive Healthcare Include mindfulness in our SIP's Growth Mindset Initiative as a way to reduce stress and increase community health. Add Go Noodle yoga lessons to Ready, Set, Grow Assembly and as a part of our school's testing plan. Provide health screenings as a part of our academic year.</p>
<p>Community Engagement:</p>	<p>Acquire a community partner who will provide dance and/or exercise sessions as a way to reduce stress for both staff and students at least twice this academic year.</p>
<p>Monitoring and Evaluation:</p>	<p>Staff and students will value the importance of mindfulness as a source of stress reduction. The Growth Mindset Book Study will review and assess the progress of our schoolwide initiative in January to reflect and assess next steps. The staff will reflect and assess the progress of the Growth Mindset Initiative at the end year faculty meeting.</p>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	