



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

School Name & Location Number:	Dr. Manuel C. Barreiro Elementary – 0211
Principal:	Deborah Leal
Phone Number:	305-229-4800
School Wellness/Healthy School Team Leader:	Isel Ares
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Students: Damian Olavarria, Lucas Rodriguez, and Adrian Hernandez School Administrators: Vanessa Sanguily and Isel Ares School Food Service Manager: Argentina Galan Parents: Jenny Laitano and Aline Rodriguez Physical Education Teacher: Janette Rodriguez Volunteer: Gisela Carletti
Committee Meeting Dates:	09/2023: EESAC Meeting 10/2023: Faculty Meeting 11/2023: Faculty Meeting
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: <ul style="list-style-type: none"> Promote the free breakfast and lunch program available to all students Promote good eating habits and accessibility of healthy meals and snacks available to students and staff members Physical Education: <ul style="list-style-type: none"> Pre and Post Fitnessgram assessments to monitor progress Physical Activity: <ul style="list-style-type: none"> Stretching and warm-up programs through physical education classes

	<p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Bring awareness to the nutrition value of the school lunch options through the morning announcements • Wellway Wellness Program <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Schedule Cigna health screenings through the Cigna mobile clinic • Collaborate with Niklaus Children’s Hospital for student health screenings
Sustainability Practices:	<ul style="list-style-type: none"> • Posting environmental advocacy and educational flyers and information throughout the school • Increase awareness and have Wellness club complete/promote activities throughout the campus
Community Engagement:	<ul style="list-style-type: none"> • Increase business partnerships • Health and agricultural professional presentation during career day to discuss and sample various fruits and vegetables
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Meeting sign in sheets • Have more clubs with Wellness emphasis • Attendance at club meetings • Start the EESAC and social media advertisements earlier in the following school year
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	N/A