



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

School Name & Location Number:	Shadowlawn Elementary School
Principal:	Nika L. Williams
Phone Number:	305-758-3673
School Wellness/Healthy School Team Leader:	Tewana Y. Reddick
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Nika Williams, Principal Tewana Reddick, Assistant Principal Peudnau Perilus, Cafeteria Manager Lenethea Norman, School Health Technician Ana Rubio, Physical Education Teacher Lisa Williams, Parent Luciana Valencia, Student Marlly Durpas, Student
Committee Meeting Dates:	12/2021 (ESSAC meeting), 2/2022 (Faculty meeting), 2/2022 (Health Fair meeting), 3/2022 (ESSAC 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

- Promote good eating habits by promoting the free breakfast and lunch programs.
- Provide healthy meals daily to students, faculty and staff through the cafeteria.

Physical Education

- Fitness Gram Testing

	<p>Physical Activity</p> <ul style="list-style-type: none"> • Walking, Jogging and Running <p>Health and Nutrition Literacy</p> <ul style="list-style-type: none"> • Sending home flyers on Healthy Holiday Snacks and Alternative to using food as a reward <p>Preventive Healthcare</p> <ul style="list-style-type: none"> • Employee Health and Wellness Programs • Encourage more teachers and staff to participate in wellness activities • Organize a Health Fair via Zoom that will speak about healthy eating, exercising and types of health screening for families • Incorporate Brain Break activities to reduce the level of stress and tension
<p>Community Engagement:</p>	<ul style="list-style-type: none"> • Increase business partnerships in the local area • Health Fair via Zoom with partnership with University of Miami • During meetings, solicit community partners to provide healthy snacks to staff members
<p>Monitoring and Evaluation:</p>	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • Have more organized meeting agendas and set times for the following school year • Increase the number of Dade Partners to begin projects for the upcoming school year • School Health Fair attendance roster
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>N/A</p>