



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

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)	<ul style="list-style-type: none"> <li>• Rose Williams, Student</li> <li>• Nika Williams, Principal &amp; Tewana Reddick, Assistant Principal</li> <li>• Peudnau Perilus, Cafeteria Manager</li> <li>• Lisa Williams, Parent</li> <li>• Lenetha Norman, School Health Technician</li> <li>• Ewansia Igbinoba, Physical Education Teacher</li> <li>• Annette Brantley, Volunteer</li> </ul>
Committee Meeting Dates:	
<b>ACTION PLAN</b>	
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:	<p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Promote the free breakfast and good eating habits, especially as testing approaches</li> <li>• Provide healthy meals and snacks daily to students, facility, and staff through the cafeteria</li> </ul> <p><b>Physical Education:</b></p> <ul style="list-style-type: none"> <li>• Fitness gram Testing</li> </ul> <p><b>Physical Activity:</b></p> <ul style="list-style-type: none"> <li>• Walking, Jogging and Running</li> </ul> <p><b>Health and Nutrition Literacy:</b></p>

	<ul style="list-style-type: none"> <li>• Sending home flyers and posting on twitter; Health Snacks and Alternative to using foods as a reward</li> </ul> <p><b>Preventive Healthcare:</b></p> <ul style="list-style-type: none"> <li>• <b>Employee Health and Wellness Programs</b></li> <li>• <b>Encourage more teachers and staff to participate in wellness activities.</b></li> <li>• <b>Through our yearly community extravaganza, incorporate a health Fair that provide health screening, dental care and immunizations for families.</b></li> </ul>
Sustainability Practices:	<ul style="list-style-type: none"> <li>• <b>Posting environmental advocacy and educational flyers and information throughout the school</b></li> <li>• <b>Encourage the re-usable items such as; water bottles and plastic bags.</b></li> </ul>
Community Engagement:	<ul style="list-style-type: none"> <li>• Increase business partnerships in the local area</li> <li>• <b>Through our yearly community extravaganza, incorporate a health Fair that provides health screening, dental care and immunizations for families.</b></li> <li>• During Meetings, solicit community partnerships to provide healthy snacks for staff members</li> </ul>
Monitoring and Evaluation:	<ul style="list-style-type: none"> <li>• Committee Meeting sign in rosters</li> <li>• Meeting agendas evident and plan next year activities before the school year ends</li> <li>• Increase the number of Dade Partners to begin projects for the upcoming school year</li> <li>• School Community Health Fair attendance sheet</li> </ul>
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> <li>• Quarterly Family and Literacy workshops</li> </ul>