



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

School Name & Location Number:	Coral Reef Senior High School 7101
Principal:	Mrs. Nicole Berge-Macinnnes
Phone Number:	305-232-2044
School Wellness/Healthy School Team Leader:	Trust Counselor
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	-Students -School administrator -School food service assistant manager/supervisor -Parents -School Health professionals -Physical educator teachers -School volunteer
Committee Meeting Dates:	Meets 2nd Tuesday of each month.

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:	<p>Nutrition</p> <ul style="list-style-type: none"> - Access to free drinking water throughout the school day, - All foods sold during the school day meet the USDA's Smart Snacks in school nutrition standards. - A new teacher's lounge stocked and maintained by teachers and staff with coffee, nutritious snacks, etc.. <p>Physical Education</p> <ul style="list-style-type: none"> -Activities by Activities Director for students and teachers. Yoga offered on a weekly basis.

	<p>Physical Activity</p> <ul style="list-style-type: none"> -Newly completed Mindfulness room. -Teachers and students may go and relax, mediate and have some time for themselves if mentally or emotionally needed. <p>Health and Nutrition Literacy</p> <ul style="list-style-type: none"> -Information on our Nutritional bulletin board. <p>Preventive Healthcare</p> <ul style="list-style-type: none"> -Wellway Wellness Program. -Bring in a few more teachers/employee into the school wellness activities.
Community Engagement:	<ul style="list-style-type: none"> -PTSA Involvement -Increase business partnerships in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none"> -Committee Meetings - Designated teacher responsible for monitoring and distributing health information. -Advertise more to increase future volunteers as we begin to project next school year.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> -Quarterly Family Health and Literacy workshops. -Biggest Loser Challenge with faculty and staff.