



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

School Name & Location Number:	Pinecrest Elementary School - 4421
Principal:	Suzette L. Fragnals
Phone Number:	305-662-7163
School Wellness/Healthy School Team Leader:	Maria Mayo
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> - Students - School Administration - Physical Education Teachers - School Volunteers - Parents - Teachers
Committee Meeting Dates:	Committee Meeting / 1/12/2022 / EESAC Meeting 2/9/2022
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 We no longer serve sodas at any school celebration during the school day. Water is our beverage of choice and 100% fruit juice is also available. We ask families to support their child's nutrition and healthy eating hobbies by providing nutrient-rich lunches and snacks.</p> <p>Physical Education Physical education is integrated into the curriculum in grades PREK - 1st grade. Students in grades 2-5 attend PE classes with our PE Coaches for 150 minutes weekly. In grades 2-5 all students participate in Fitness Gram Testing. This Test is compromised in assessing various components of fitness such as the mile run, curl ups, push ups, and flexibility. We deliver a yearly Walk Safe Curriculum to reinforce the importance of walking safely as pedestrians.</p>

	<p>Physical Activity All students are provided outdoor recess time. weather permitting. In the case of severe weather all efforts are made for the children to engage in physical activities indoors. Our YMCA offers yet another opportunity for physical activity after school. As enrolled students are provided the opportunity through clubs and outdoor activities.</p> <p>Health and Nutrition Literacy Pinecrest Elementary has been in tune with the rise of Type II Diabetes amongst children and adults, as a result, as a community we should become more aware of making healthy choices early on to avoid risks of this disease. We encourage parents to find alternate treat options in celebration of their child's birthdays including but not immitted to, Joining our Birthday Book Club, Providing hands on activities or arts and crafts and finally morning announcement shout outs.</p> <p>Preventive Healthcare Pinecrest Elementary recognizes the importance of teacher and parents as positive role models for their children as they learn to live healthy lives. We encourage using alternate educational driven activities instead of food rewards. We have a peanut free table in the cafeteria for students who are sensitive to food allergies. We also alert guests before coming into classrooms that are "Peanut Free"</p>
Community Engagement:	<ol style="list-style-type: none"> 1. Classroom Parents to select and promote healthy snacks to be distributed and shared during classroom events. 2. Career Day on campus: to include partnerships with Baptist Health, Nicklaus Children's * * 3. Hospital, Miami-Dade Fire Rescue, and Pediatric Offices. 4. Increase business partnerships in the local area
Monitoring and Evaluation:	<ol style="list-style-type: none"> 1. Committee Sign in Sheets 2. School Career Day attendance by Health Professional Community Partners 3. Designate a teacher(s) responsible for monitoring our school garden to ensure that students can enjoy the produce. 4. Create meeting agendas and set meeting times for the 2022-2023 school year.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	Grade Level Environmental Awareness Activities: Recycling, Guest Speakers, Earth Day Celebrations.