



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

School Name & Location Number:	Coconut Palm K-8 Academy - 3621
Principal:	Jose L. Pena
Phone Number:	305 – 257 – 0500
School Wellness/Healthy School Team Leader:	D. Audain
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> • Dominique Audain – Admin • Yolanda McGee – Café Manager • Thomas Deloach – PE • Yamile Garcia-Cerra – CIS • Krista Antoncich- Magnet Teacher
Committee Meeting Dates:	<ul style="list-style-type: none"> • September 2024 (kick-off meeting) • November 2024 (EESAC meeting) • January 2025 (faculty in-service) • March 2025 (review progress) • May 2025 (end of year evaluation)
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"> • Spread the word and boost participation in free breakfast and lunch programs, ensuring every student starts the day with a nutritious meal. • Ensure the cafeteria provides healthy, balanced meals. • Introduce "Fresh Fridays" to offer more seasonal and locally sourced options. <p>Physical Education and Activity:</p> <ul style="list-style-type: none"> • Provide a variety of after-school physical activity clubs (e.g., Flag-football, basketball, soccer). • Incorporate energizing activity breaks for all students throughout the day to keep them moving. • Participate in the FitnessGram assessment program. <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Create an edible school garden program with hands-on lessons via our Magnet program. • Integrate nutrition education into science and health curricula. <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Promote wellness and continue to provide Health Screenings for BMI, vision, hearing and fitness tests.
Sustainability Practices:	<ul style="list-style-type: none"> • Kickstart exciting recycling and composting initiatives to turn waste into resources. • Encourage student use of district Installed water bottle refilling stations to reduce the use of plastic water bottles.

	<ul style="list-style-type: none"> • Continue upgrading to energy-efficient solutions like LED lighting to brighten our school and save energy.
Community Engagement:	<ul style="list-style-type: none"> • Increase Business Partner Solicitation with the help of school CIS • Partner with community health organizations to offer dynamic workshops and valuable resources, fostering strong community connections and engagement. • Engage families through school messenger, social media, newsletters, and school events
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Maintain event sign-in sheets to track participation. • Develop agendas and schedule times for upcoming events. • Keep promoting and welcoming school volunteers
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	