



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

School Name & Location Number:	Hammocks Middle #6221
Principal:	Maritza Correa
Phone Number:	305-385-0896
School Wellness/Healthy School Team Leader:	Nicolina Bonilla
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Student-Annabelle Martinez Administrator-Nicolina Bonilla School Food Service Manager-Maribel Rodirguez Teachers-Jermaine Brogdon, Rubi Godoy, Lois Seaman, Gina Palomo, Courtney Greenidge
Committee Meeting Dates:	September 19, 2023; October 17, 2023; November 14, 2023; December 12, 2023; January 16, 2024; February 13, 2024; March 12, 2024; April 16, 2024; and May 14, 2024
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 the free breakfast and good eating habits especially as testing approaches. -Provide healthy meals and snacks daily to students, faculty and staff through the cafeteria. Physical Education: -Fitnessgram Physical Activity: -Promote intramural sports to target all students, especially those who may not have Physical education.

	<p>Health and Nutrition Literacy: Lessons during Physical Education classes</p> <p>Preventive Healthcare: -Wellway Wellness Program -Organize a Health Fair on Campus -Organize a mammogram bus on campus</p>
Sustainability Practices:	<p>-Healthy School Meals are offered to students -Students are educated about energy conservation and are involved in energy saving initiatives. -Encourage the use of re-usable items such as; water bottles</p>
Community Engagement:	<p>-Involve students, parents, and staff in sustainability initiatives. -Partner with the Hammocks Community Park -Invite stakeholders to the Turkey Bowl Event. -Increase business partnership in the local area.</p>
Monitoring and Evaluation:	<p>-Debriefing Meetings -Committee Meeting Sign-in Sheets -School Health Fair attendance -Advertise more to increase future volunteers as we begin to project next school year. -Have more organized meeting agendas and set times for the following year.</p>

<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>-Afterschool sports: Cross-Country, Volleyball, Flag football, Basketball, Soccer.</p>
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