



Miami-Dade County Public Schools
School Wellness/Healthy School Team Committee Action Plan
2024-2025

School Name & Location Number:	Brucie Ball Educational Center
Principal:	Dr. Amrita Prakash
Phone Number:	(305) 514-5100
School Wellness/Healthy School Team Leader:	Mr. Kenan Lawhorne
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Dr. Amrita Prakash, Principal Mr. Kenan Lawhorne, Assistant Principal Mrs. Maria Corbin, Dept. Chair Mr. Raymond Martinez, SPED & APE Teacher Ms. Quetcy De Jesus, Food Services Manager Mrs. Ada Coolen, School Nurse
Committee Meeting Dates:	01/30/25, 02/27/25, 03/20/25, 04/24/25,
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input checked="" type="checkbox"/> Nutrition <input type="checkbox"/> Physical Education <input 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"> Focus on providing whole foods such as a wide variety of fruits, vegetables, whole grains, and healthy fats. These foods are rich in essential vitamins, minerals, and antioxidants that support bodily functions, aid in recovery, and enhance overall health.

	<p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Distribute and Highlight “Well Way” literature during faculty meetings. <p>Preventative Healthcare:</p> <ul style="list-style-type: none"> • Organize Health Fair, “Wellness Wednesday,” for staff in coordination with MDCPS Well Team. The Health Fair will include biometric screenings and health education presentations centered around weight management, health eating, exercise and making healthy choices.
<p>Sustainability Practices:</p>	<p>Teach about the Benefits of Outdoor Activities and the Importance of Preserving Natural Spaces:</p> <ul style="list-style-type: none"> • Educate students on the benefits of engaging in outdoor activities, such as improved physical fitness, mental well-being, and a deeper connection to nature. Emphasize the significance of preserving natural spaces for future generations and the role these environments play in maintaining ecological balance and biodiversity. <p>Utilize Outdoor Spaces:</p> <ul style="list-style-type: none"> • Incorporate activities such as nature walks, outdoor fitness challenges, and green field days into curriculum. These activities provide opportunities for students to explore the outdoors, engage in physical exercise, and develop an appreciation for the natural world. Promote Active <p>Integrate Sustainability into Lesson Plans:</p> <ul style="list-style-type: none"> • Discuss the connection between physical health and environmental health in your lessons. Explore topics such as the impact of pollution on respiratory health, the benefits of consuming locally sourced and organic foods, and the importance of reducing waste to create a healthier environment. Engage students in hands-on projects like starting a school garden, conducting energy audits, or organizing recycling drives.

Community Engagement:

Engage Students as Advocates:

Encourage Students to Share Their Knowledge About Sustainability:

- Inspire students to take an active role in promoting sustainability by sharing what they have learned with their families and communities. Empower them to become ambassadors for environmental awareness by providing them with the tools and confidence to educate others about sustainable practices. This could involve organizing presentations, creating educational materials, or leading community workshops.

Organize School-Wide Sustainability Initiatives and Awareness Campaigns:

- Develop and implement school-wide sustainability initiatives and awareness campaigns that involve the entire school community. Examples include:
 - **Recycling Programs:** Set up recycling stations throughout the school and educate students on proper recycling practices.
 - **Energy Conservation:** Initiate energy-saving competitions, such as "lights-off" days, to encourage the reduction of electricity usage.
 - **Water Conservation:** Promote water-saving measures, like fixing leaks and using water-efficient fixtures, through school campaigns.
 - **Green Projects:** Launch projects like planting trees, creating school gardens, or setting up composting systems.
- School Health professional assist with sharing wellness reminders with faculty/staff for faculty meetings.
- Partner with local hospitals and Universities for Health Fair

Monitoring and Evaluation:

Continuous Evaluation:

- Committee Meeting Attendance Sheets
- Health Fair attendance Sheets

	<ul style="list-style-type: none"> Regularly assess the impact of your sustainability efforts to ensure they are effective and achieving desired outcomes. Use various evaluation methods such as surveys, feedback from students and staff, and data analysis to monitor progress. <p>Professional Development:</p> <ul style="list-style-type: none"> Engage in continuous professional development by attending workshops, conferences, and webinars focused on environmental education and sustainability. Networking with other educators and sustainability experts can provide valuable insights and opportunities for collaboration.
<p>Other Activities: If applicable, attach supporting documentation (e.g., event flyer)</p>	<ul style="list-style-type: none"> Establish and promote “Walking Club” for staff members to exercise during break times or afterschool with colleagues.