



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

School Name & Location Number:	Jose Marti MAST 6-12 Academy, Location Number: 7291
Principal:	Jose Enriquez
Phone Number:	305-557-5931
School Wellness/Healthy School Team Leader:	Marcia Reyes
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Marcia Reyes, Maite Robles, Natalie Castillo, Albina Cruz, Jennifer Turino, Tombi Bates, Alex Othon
Committee Meeting Dates:	9/5/2023
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: Provide healthy options in the cafeteria; monitor sales of food items to meet nutritional guidelines and goals</p> <p>Physical Education: Implement district goals as delineated on pacing guides</p> <p>Physical Activity: Ensure that all students partake in activity in PE; encourage participation in sports; encourage participation in district events such as Superintendent's 5K and other walks for causes</p> <p>Health and Nutrition Literacy: Promote resources for health and nutrition via school media as well as classroom assignments and activities</p>

	Preventive Healthcare: Promote district resources that encourage preventive care and measures for both students and staff.
Sustainability Practices:	Cafeteria staff will monitor sustainability practices to reduce food and environmental waste; implement share table to reduce food waste
Community Engagement:	PTSA will be involved in promoting school events, district events, and community events that promote health, wellness, nutrition and fitness.
Monitoring and Evaluation:	School Cafeteria Manager and Principal will meet regularly and monitor practices/school goals.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	