



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 10/12/23, 11/8/23, 12/6/23, 1/10/24, 2/7/24, 3/7/24, 4/4/24, 5/8/24
<b>ACTION PLAN</b>	
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><b>Nutrition: Provide healthy options in the cafeteria; monitor sales of food items to meet nutritional guidelines and goals</b></p> <p><b>Physical Education: Implement district goals as delineated on pacing guides</b></p> <p><b>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</b></p> <p><b>Health and Nutrition Literacy: Promote resources for health and nutrition via school media as well as classroom assignments and activities</b></p>

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