



Miami-Dade County Public Schools
School Wellness/Healthy School Team Committee Action Plan
 School Year: 2021-2022

School Name & Location Number:	GEORGE WASHINGTON CARVER MIDDLE SCHOOL / 6071
Principal:	ILIANA ARTIME
Phone Number:	305-444-7388
School Wellness/Healthy School Team Leader:	S. RIVERS
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> ➤ Ms. Jourdaa ➤ Dr. Garcia ➤ Ms. E. Rivera ➤ Mr. S. Rivers ➤ Students from the Environmental Club (Sophia Benavides, Jessie Cathers, Tomas Camach)
Committee Meeting Dates:	The committee works in conjunction with the Environmental Club (meetings are weekly)
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	<ul style="list-style-type: none"> ✓ Nutrition ✓ Physical Education <input type="checkbox"/> Physical Activity <ul style="list-style-type: none"> ✓ Health and Nutrition Literacy <input type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p>Nutrition</p> <ul style="list-style-type: none"> ➤ Promote the free breakfast ➤ Encourage good, healthy eating habits - no meat Mondays ➤ Eliminate the sale of salty/sugary foods on campus ➤ Promote drinking water by maintaining clean vertical retrofitted water fountains <p>Physical Education</p> <ul style="list-style-type: none"> ➤ Fitnessgram testing for all students enrolled in Physical Education ➤ Encourage students to participate in middle school athletics

	<p>Physical Activity</p> <p>Health and Nutrition Literacy</p> <ul style="list-style-type: none"> ➤ Start a community /school garden ➤ Tree planting (reduce greenhouse gas emissions) ➤ Composting ➤ Recycling <p>Preventive Healthcare</p>
<p>Community Engagement:</p>	<ul style="list-style-type: none"> ➤ Complete the 2021-22 Florida Green Ribbon Schools Application ➤ Collaboration with Slow Food through our community garden. Slow Food reconnects students with the pleasure of food with a commitment to community and the environment. It is a non-profit, member-supported association, founded in 1989 to counter the rise of fast food and fast life; the disappearance of local food traditions; and people’s dwindling interest in the food they eat, where it comes from, how it tastes, and how our food choices affect the rest of the world. Students are learning how easy it is to grow their own food, how fresh vegetables and fruit taste, and how pesticides/fertilizers are not necessary to grow it. ➤ Collaboration with Educated Choices Program, a 501(c)(3) nonprofit organization. Presenter Miguel Endarra came to discuss The Ethics of Eating, including a session on Healthful Eating. Students learned about the connections between the Standard American Diet and chronic health conditions, such as heart disease, type 2 diabetes, and certain cancers. Participants discussed ways that informed dietary & lifestyle choices can help prevent or relieve these diseases. Students also explored how modern farming and agricultural practices contribute to present-day public health concerns. The latest meat and plant-based food science technologies were also discussed. Students' PowerPoints have been shared in the morning announcements.
<p>Monitoring and Evaluation:</p>	<ul style="list-style-type: none"> ➤ Continuously promote the free breakfast initiative ➤ Weekly watering / maintenance of community/school garden

Other Activities:

If applicable, attach supporting documentation
(e.g. event flyer)