



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

School Name & Location Number:	Bel-Aire Elementary School/0261
Principal:	Yolanda Oliu
Phone Number:	305-233-5401
School Wellness/Healthy School Team Leader:	Monica Maza
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Maria Uceta, ETO Reading Coach Sonia Lauzurique, World Languages Teacher Raquel Hernandez, Kindergarten Teacher/Mindfulness Champion Brittany Gibson, School Guidance Counselor Damon Mclain, Physical Education Teacher
Committee Meeting Dates:	1/12/22, 2/11/22, 3/9/22
<b>ACTION PLAN</b>	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input checked="" type="checkbox"/> Nutrition <input type="checkbox"/> Physical Education <input checked="" type="checkbox"/> Physical Activity <input type="checkbox"/> Health and Nutrition Literacy <input type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<b>Nutrition</b> The school promotes the free breakfast, good eating habits and hygiene.

	<p><b>Physical Education</b> The school will complete the Fitnessgram Testing.</p> <p><b>Physical Activity</b> Several teachers utilize their recess time for meditation and/or yoga exercises for students to focus on mindfulness activities.</p> <p><b>Health and Nutrition Literacy</b> The school currently partners with the University of Florida Nutrition program where Pre-Kindergarten through 2<sup>nd</sup> grade students participate in sessions about the importance of physical and nutritional wellness. The school is also seeking STEAM designation this year and supports a Garden/Horticulture club at the school.</p> <p><b>Preventive Healthcare</b> *Mindfulness Champion at the school site. *Wellway Wellness Program *Distribution of district-wide health benefits plans to faculty and staff.</p>
Community Engagement:	*Increase business partnerships for the school to support school wellness.

<p>Monitoring and Evaluation:</p>	<p>*Ensure student and staff wellness is addressed in future faculty meetings for the following school year.</p>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>The school currently hosts a TALENTS program after school where the garden club supports agricultural and horticultural activities. Students benefit from instruction on the nutritional value of fruit and vegetable being grown as well as the experience of planting and harvesting them.</p>