



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

School Name & Location Number:	Avocado Elementary School WL #0161
Principal:	Dr. Rachelle A Surrancy
Phone Number:	305-247-4942
School Wellness/Healthy School Team Leader:	Mr. Samuel Jerkins
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Dr. Rachelle A Surrancy, Principal Ms. Sonia Marques, Assistant Principal Ms. Juana Ochoa, Cafeteria Manager Mr. Samuel Jerkins, Physical Education Teacher Mr. Kevin Carpenter, Physical Education Teacher Ms. Melissa Maeso, Teacher, EESAC Chairperson Ms. Tiffany Garcia, Teacher Ms. Yokasta Dacosta, Community Liaison Specialist Ms. Sara Guerrero, Parent Addison Hicks, Student Camila Guerrero, Student
Committee Meeting Dates:	January 22, 2025 (Faculty meeting), February 12, 2025 (EESAC meeting), March 12, 2025 (Faculty meeting), April 9, 2025 (Faculty meeting), May 14, 2025 (EESAC Meeting)
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 type="checkbox"/> Preventive Healthcare

<p>Steps to Achieve School Wellness/Healthy School Team Goal:</p>	<p><u>Nutrition</u></p> <ol style="list-style-type: none"> 1. Conduct initial meeting and establish goals/dates. 2. Promote the free breakfast and good eating habits, especially as testing approaches. 3. Provide healthy meals and snacks daily to students through the cafeteria <p><u>Physical Education & Physical Activity</u></p> <ol style="list-style-type: none"> 1. Conduct initial meeting and establish goals/dates. 2. Fitnessgram Testing 3. Encourage teachers to provide time for physical activities during recess. 4. Get Outside and Play Events <p><u>Health and Nutrition Literacy</u></p> <ol style="list-style-type: none"> 1. Continue Food Forest program, promoting garden to table practices 2. Dads in Garden event to bring awareness to nutrition. 3. Communicate and post monthly health and nutrition snippets via school's monthly newsletter, school's website, school messenger. 4. Include in the morning announcements.
<p>Sustainability Practices:</p>	<ol style="list-style-type: none"> 1. Posting recycling program and educational flyers and information throughout the school 2. Using Share Tables to teach students to redistribute food rather than discard it 3. Incorporating lessons in the school gardens
<p>Community Engagement:</p>	<p>The team will develop and invite parents to respective informational workshops on nutrition and sustainability, such as our Dads in the Garden event.</p>
<p>Monitoring and Evaluation:</p>	<p>Surveys will be provided to stakeholders to gather feedback regarding the effectiveness of the respective initiatives. Adjustments will be made based as necessary.</p>
<p>Other Activities:</p>	<p>Eco-Garden Club</p>

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

Recycling program



Hello Avocado Family,

Our school's, *Avocado ECO-Garden Club* will begin collecting recyclable materials every Thursday. We ask that you donate water bottles only with a number 1 on the bottom, aluminum cans, and soda pull tabs. Please rinse bottles and cans before sending them in to avoid any unpleasant odors. No milk jugs.

Join us in making an impact in our community by keeping materials out of the landfill!

Avocado ECO-Garden Club Members

