



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

School Name & Location Number:	Bowman Ashe/Doolin K- 8 Academy (0451)			
Principal:	Ms. Lisset Vazquez-Rios			
Phone Number:	(305) 386-6667			
School Wellness/Healthy School Team Leader:	Ms. Lisset Vazquez-Rios			
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Lisset Vazquez-Rios Aubrey Davis Ana Cherlo Judy Garcia Rolando Pazos Damaine Allen	Cynthia McNeill Maria Martinez-Salazar	Marco Ballen David Bernal Eluis Cabrera Jason Capote Isabella Peralta Angelee Perez	Emanuel Guirado Luciana Pedroso Jamari Morales Cesar Oropeza Alejandro Padron Vittoria Pineiro
Committee Meeting Dates:	12/2021 (Start up), 12/2021 (Garden Plan - ASAS), 1/2022 (EESAC Meeting), 3/2022 (EESAC Meeting)			
<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</b></p> <ul style="list-style-type: none"> <li>- Promote good eating habits by providing free nutritional breakfast every school day.</li> <li>- Make healthy lunch and snacks available daily to students and staff with the assistance of the cafeteria staff.</li> </ul> <p><b>Physical Education</b></p> <ul style="list-style-type: none"> <li>- Require that every student enrolled in the 6th through 8th grades receives physical education for at least 200 minutes per week</li> <li>- All students to be involved in Physical Fitness training and testing.</li> </ul>			

	<p><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>- Promote and provide before school physical activities for all students by implementing intramural sports 2 to 3 days per week.</li> </ul> <p><b>Health and Nutrition Literacy</b></p> <ul style="list-style-type: none"> <li>- Make students and staff aware of the healthy nutritional value of the meals provided</li> <li>- Promote the importance of maintaining the garden</li> </ul> <p><b>Preventive Healthcare</b></p> <ul style="list-style-type: none"> <li>- Wellway Wellness Program</li> <li>- Promote programs that emphasize safe walking and bicycling to/from school</li> <li>- Make staff members aware of action plan</li> </ul>
Community Engagement:	<ul style="list-style-type: none"> <li>- Parental involvement in wellness monthly virtual meetings through after school care.</li> <li>- Partnerships with FIU (after school care/activities)</li> </ul>
Monitoring and Evaluation:	<ul style="list-style-type: none"> <li>- Committee Meetings</li> <li>- School Annual Health School Index</li> <li>- Increase Participation and involvement</li> <li>- Start committee earlier in the year</li> </ul>
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> <li>- Afterschool (ASAS): Activities including soccer, basketball, volleyball</li> <li>- Afterschool care: Monthly mental health awareness speakers.</li> </ul>