

CRE School Wellness/Healthy School Team Committee Action Plan 2024-2025

School Name & Location: Coral Reef Elementary – 1041

Principal: Christina Guerra

Phone number: 305-235-1464

School Wellness/Healthy School Team Leaders: Joanne Bienes & Nancy Fowler

School Wellness/Healthy School Team Committee Members:

Christina Guerra (Administration)

Joanne Bienes (Team Leader)

Nancy Fowler (Team Leader)

Christine Cintron (Teacher)

Monica Palacios (Cafeteria manager)

Anthony Diaz (Student)

Michelle Diaz (Parent volunteer)

Committee Meeting Dates: 1/31/25, 3/5/25, 5/7/25

ACTION PLAN: (Nutrition, Physical Education, Physical Activity, Health and Nutrition Literacy, Preventive Healthcare)

Nutrition: Promote the free breakfast and good eating habits, especially as testing approaches. Provide healthy meals and snacks daily to students, faculty and staff through the cafeteria.

Physical Education: ASPEN Fitness Testing. My Plate Curriculum.

Physical Activity: Tabata Fitness. Darebee Workouts. Get Fit Fundraiser Event (10/2/24).

Health and Nutrition Literacy: Garden to table program, Garden Club. Bring awareness to the nutrition value of the school garden by putting more on our social media sites.

Preventive Healthcare: Wellway Wellness Program. Free Heart EKG Screenings via Nicklaus Children's Hospital (11/18/24).

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Sustainability Practices:

Posting environmental advocacy and nutritional educational flyers and information throughout the school.

Community Engagement:

Sending home harvested school garden produce.

Monitoring and Evaluation:

Committee Meeting sign-in sheets.

Designated teacher responsible for monitoring/distributing harvested school garden produce.

Start Social Media advertisements earlier in the following school year.

Other Activities:

Afterschool activities: Soccer, Tennis/Pickleball, Basketball, Flag Football, Yoga, Martial Arts, Hip Hop Dance, Chess