



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

School Name & Location Number:	4511 Dr. Gilbert L. Porter Elementary School
Principal:	Raul J. Gutierrez
Phone Number:	305-382-0792
School Wellness/Healthy School Team Leader:	Dave Bowers
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Raul Gutierrez, Principal Lorena Somohano, Assistant Principal Dave Bowers, Physical Education Teachers Julia Hernandez, Cafeteria Manager Camila Vives, Student Kerry Balwant, parent volunteer
Committee Meeting Dates:	12/9/21, 12/14/21
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input checked="" type="checkbox"/> Nutrition <input checked="" type="checkbox"/> Physical Education <input type="checkbox"/> Physical Activity <input checked="" type="checkbox"/> Health and Nutrition Literacy <input type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	Nutrition * Promote the free breakfast and lunch * Meatless Mondays * Promote healthy eating habits Physical Education * Fitnessgram Testing

	<p>Physical Activity</p> <p>Health and Nutrition Literacy * Bring awareness to the nutrition value of the eating a healthy meal</p> <p>Preventive Healthcare * Wellway Wellness Program * Bring in a few more teachers/staff into the school wellness activities</p>
Community Engagement:	<ul style="list-style-type: none"> * West Baptist Hospital (our Dade Partners) give presentations to our students about Healthy Eating Habits as well as the importance of exercising * Increase business partnerships in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none"> * Committee Meeting sign-in sheets * Have EESAC and social media flatform promote a Healthy Lifestyle
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> * Afterschool activities: gardening, dance and basketball