



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

School Name & Location Number:	Gertrude K. Edelman – Sabal Palm Elementary #4801
Principal:	Bernard Osborn
Phone Number:	(305) 651-2411
School Wellness/Healthy School Team Leader:	Elaine Breedlove, Assistant Principal
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> • Alan Herrera, Student Representative • Bernard Osborn, Principal • Lourdes Napoles, Cafeteria Manager • Charlsie Hardy, PTA President • Alice Taylor, School Nurse • Vivian Pierre-Louis, P.E. Coach • Mia Franklin, Ed Fund Food Forest Coordinator
Committee Meeting Dates:	9/2021 (Plan Garden Date), 10/2021 (EESAC Meeting), 12/2021 (EESAC Meeting), 1/2022 (Faculty Meeting), 5/2021 (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 checked="" type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p>Nutrition – Promote breakfast and healthy eating habits. Teachers and staff limit unhealthy food given as a reward or incentive.</p> <p>Physical Education – Provide a variety of physical activities that encourage moderate to rigorous movement. Promote daily physical activity and implement the Aspen Fitness Test.</p>

	<p>Physical Activity – Encourage teachers to use movement (Brain Breaks) in the classroom Provide morning intramurals for students Daily recess</p> <p>Health and Nutrition Literacy – Continue to implement the District’s Health and Nutrition (K-5) Curriculum Promote nutrition education throughout the school (i.e. school garden, cafeteria, classroom etc.)</p> <p>Preventive Healthcare – Promote Wellway Wellness Program Provide free on-site health screenings/mental health services</p>
Community Engagement:	Develop partnerships with community health providers (i.e. local health departments, hospitals, clinics, health professionals and other community organizations who can provide resources to support the school’s wellness activities)
Monitoring and Evaluation:	<ul style="list-style-type: none"> - School Survey - Committee Meeting Sign-in Sheets - Health Screening Attendance Sheets - Selected committee members to monitor completion of action plans
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	