



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

School Name & Location Number:	Kendall Square K8 Center
Principal:	Carmen Fuentes
Phone Number:	305-382-6830
School Wellness/Healthy School Team Leader:	Michelle Izquierdo
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Carmen Fuentes, Principal Mariamanda Medina, Cafeteria Manager Michelle Izquierdo, Teacher Leonardo Rodriguez, PE Coach Sarah Suero, PTSA President Brayden Gonzalez, Student Leader
Committee Meeting Dates:	12-4-24 (Committee Selection & Planning) 12/2024 (Faculty Meeting) 1/2025 (EESAC Meeting) 3/2025 (Faculty 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:	Nutrition: <ul style="list-style-type: none"> • Promote the free breakfast and good eating habits, especially as testing approaches • Provide healthy meals and snacks daily to students, facility, and staff through the cafeteria

	<p>Physical Education:</p> <ul style="list-style-type: none"> • Fitnessgram Testing <p>Physical Activity:</p> <ul style="list-style-type: none"> • Life Time Kids Run Miami • Middle School Running Club <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Bring awareness to the nutrition value, living a healthy lifestyle and the benefit of exercising during PE Classes. <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Wellway Wellness Program
Sustainability Practices:	<ul style="list-style-type: none"> • Promote environmental advocacy and educational flyers and information throughout the school • Reduce, Reuse, Recycle campaign. • Encourage the use of re-usable items such as water bottles
Community Engagement:	<ul style="list-style-type: none"> • Increase business partnerships in the local area • Continue partnering with Baptist Health to bring healthy living programs to the school.
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • Plan meeting agendas and set times for the following year
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	