Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan 2026-2027

School Name & Location Number:	Melrose Elementary 3181
Principal:	Claribel Garcia
Phone Number:	305-635-8676
School Wellness/Healthy School Team Leader:	Melissa Nuñez
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Melissa Nuñez, AP Andres Reyes, Physical Education Teacher Tonia Scott, Cafeteria Manager Sharon Berry, Satellite Assistant Manager Juana GarciaToruno, School Counselor Jose Mogna, Parent
Committee Meeting Dates (list at least 4):	10/8/26, 11/18/26, 1/6/27, 2/3/27
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	☒Nutrition ☒Physical Education ☒Physical Activity ☒Health and Nutrition Literacy ☒Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	**Nutrition:** • Promote free breakfast • Encourage all food groups during school meals • Bottle refilling stations and water fountains for consistent daily hydration • Healthy snack/food options during class activities • Lessons on nutrition by outside agencies (done in the past) **Physical Education:** • Conduct Aspen Fitness testing for all students

	• Implementing afterschool programs involving athletics (Soccer) • Provide students with regular opportunities to participate in structured physical activity and fitness-based games. • Teach age-appropriate PE lessons that develop cardiovascular endurance, muscular strength, flexibility, coordination and motor skills • Monitor student progress throughout the school year • Reinforce teamwork, sportsmanship, safety and healthy fitness habits **Physical Activity:** • Participate in school and district fitness events, such as the Superintendent's 5k race. • Encourage students to participate in at least 45 minutes of physical activity each day • Provide students with activities that promote cardiovascular endurance, coordination, and overall fitness • Encourage students to stay active outside of school and develop lifelong healthy habits **Health and Nutrition Literacy:** • Students will learn how healthy foods, proper hydration and regular physical activity help their bodies grow, stay strong and perform better **Preventive Healthcare:** • Schedule Well Way school visits for staff and encourage participation in health screenings, wellness education and preventative health programs that support overall employee well-being.
Community Engagement:	• Promote family and community involvement in school wellness activities, physical activity events, and health education initiatives. • Partner with community organizations to support opportunities that promote student fitness, health, and wellness. • Promote School Lunch Week

Monitoring and Evaluation:	• Use fitness assessments and participation data to identify areas for improvement and adjust activities as needed. • Use Aspen Fitness assessments to monitor student fitness levels, track progress throughout the school year, and identify areas for improvement in physical fitness and wellness.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	• Melrose Turkey Trot 5K 2026. Promote participation and school attendance. Build school spirit and teamwork. Celebrate Thanksgiving through a fun physical activity. Encourage students to develop healthy exercise habits.