



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

School Name & Location Number:	MAST ACADEMY 7161
Principal:	Dr. Cadian Collman-Perez
Phone Number:	305.365.6278
School Wellness/Healthy School Team Leader:	Giuseppe Semeraro
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> • Students • School Administrators • School food service manager • Parent(s) • Physical Education Teachers • School Volunteers
Committee Meeting Dates:	11/2023 EESAC Meeting, 12/2023 EESAC Meeting, 2/2024 Faculty Meeting, 3/2024 EESAC Meeting
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input type="checkbox"/> Nutrition <input checked="" type="checkbox"/> Physical Education <input checked="" type="checkbox"/> Physical Activity <input type="checkbox"/> Health and Nutrition Literacy <input type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p>Nutrition:</p> <ul style="list-style-type: none"> • Promote the Free breakfast and good eating habits. • Providing free lunch to all students • A focus on hydration <p>Physical Education:</p> <ul style="list-style-type: none"> • Fitness Gram testing <p>Physical Activity:</p> <ul style="list-style-type: none"> • Flamenco Course offering • Athletic Teams

	<ul style="list-style-type: none"> • Athletic geared clubs <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Have health awareness and nutrition related topics on the school's Morning telecast. <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Vision, Hearing and BMI screening for 6th graders • Free EKG screening for all students
Sustainability Practices:	<ul style="list-style-type: none"> • Club offering that focuses on recycling and sustainability. • Recycling bins throughout the building • Composting by the kitchen staff • Solar panel installation
Community Engagement:	<ul style="list-style-type: none"> • Increase business partnerships in the local area. • Fruit and/or vegetable offerings for community events or parent gatherings at the school
Monitoring and Evaluation:	<ul style="list-style-type: none"> • EESAC Sign in sheets • Social Media Post
<p>Other Activities:</p> <p>If applicable, attach supporting documentation (e.g. event flyer)</p>	<ul style="list-style-type: none"> • Afterschool Activities/Teams: Golf, Swimming, Cross Country, Tennis, Basketball, Water Polo, Volleyball