



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

School Name & Location Number:	Rockway Elementary School - 4721
Principal:	Shante N. Thompson
Phone Number:	305-221-1192
School Wellness/Healthy School Team Leader:	Laura Smythers, Assistant Principal
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Sergio Martins, PE Coach Isabel Nuñez, Cafeteria Manager Joseph Smythers, Parent Rhonda Smith, Community Member Susanna Interian, School Counselor Sophie Delgado, Student Gemma Arenas, Student
Committee Meeting Dates:	10/2024 (EESAC Meeting); 11/2024 (Zumba Family Night); 01/2025 (EESAC Meeting); 02/2025 (Zumba Family Night); 03/2025 (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 type="checkbox"/> Health and Nutrition Literacy <input 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 through Morning Announcements and social media. • Provide healthy meals and snacks to students, faculty and staff through the cafeteria. • Promote healthy snacks at extra-curricular activities.

	<p>Physical Education:</p> <ul style="list-style-type: none"> • Fitnessgram Testing <p>Physical Activity:</p> <ul style="list-style-type: none"> • Two Zumba Family Night events for the school year for students, parents and faculty
Sustainability Practices:	<ul style="list-style-type: none"> • Share nutrition and health information on social media and Class Dojo • Incorporate lessons through physical education classes
Community Engagement:	<ul style="list-style-type: none"> • Include Community Members at our Family Zumba Nights to share healthy habits • Promote community businesses that promote health and wellness
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • Agendas • Family Zumba Night flyers & sign-in sheets
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	