

School Name & Location Number:	Arcola Lake Elementary School
Principal:	Ms. Yolanda Ellis
Phone Number:	305-836-3820
School Wellness/Healthy School Team Leader:	Ms. Stanley
School Wellness/Healthy School Team Committee Members:	<ul style="list-style-type: none"> <li>• Leasha Hill</li> <li>• Rewel Castellon (PE Teacher)</li> <li>• Rubin Hart (PE Teacher)</li> <li>• Ms. Clarke (Counselor)</li> <li>• Nyla Theodore (student)</li> <li>• Nicolette Write (PTA President)</li> </ul>
Committee Meeting Dates:	9/2024 (EESAC Meeting), 9/2024 (Faculty Meeting), 10/2024 (Saturday School Meeting), 11/2024 (Faculty Meeting), 11/2024 (EESAC Meeting), 12/2024 (Faculty Meeting), 1/2025 (Faculty Meeting), 2/2025 (EESAC Meeting)
<b>ACTION PLAN</b>	
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><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Promote free breakfast and good eating habits, especially as testing approaches.</li> <li>• Provide healthy meals and snacks daily to students, faculty, and staff through the cafeteria.</li> </ul> <p><b>Physical Education:</b></p> <ul style="list-style-type: none"> <li>• Fitness Testing</li> </ul> <p><b>Physical Activity:</b></p> <ul style="list-style-type: none"> <li>• Walking (steps challenge)</li> <li>• Field Day</li> </ul> <p><b>Health and Nutrition Literacy:</b></p> <ul style="list-style-type: none"> <li>• Bring awareness to the value of healthy nutrition by putting more on our social media sites.</li> </ul> <p><b>Preventive Healthcare:</b></p>

	<ul style="list-style-type: none"> <li>• Student and Teacher school wellness activities</li> <li>• Wellway Wellness Program</li> </ul>
Sustainability Practices:	<ul style="list-style-type: none"> <li>• Encourage the use of re-usable items such as water bottles.</li> <li>• Posting environmental advocacy and educational flyers and information throughout the school.</li> </ul>
Community Engagement:	<ul style="list-style-type: none"> <li>• School health professional to select fruit or vegetable to highlight during meetings.</li> <li>• Increase business partnerships in the local area.</li> <li>• Health Fair on school campus</li> </ul>
Monitoring and Evaluation:	<ul style="list-style-type: none"> <li>• Committee Meeting sign-in sheets</li> <li>• School Health Fair attendance</li> </ul>
Other Activities: If applicable, attach supporting documentation (e.g., event flyer)	<ul style="list-style-type: none"> <li>• Quarterly Family Health and Literacy workshops with CIS.</li> </ul>