



Miami-Dade County Public Schools  
**School Wellness/Healthy School Team Committee Action Plan**  
**2025-2026**

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| School Name & Location Number:                                                                     | Laura C. Saunders Elementary 2941                                                                                                                                                                                                                                                                                                                                                                                                     |
| Principal:                                                                                         | Dr. Kamila Lillie-Johnson                                                                                                                                                                                                                                                                                                                                                                                                             |
| Phone Number:                                                                                      | 305-247-3933                                                                                                                                                                                                                                                                                                                                                                                                                          |
| School Wellness/Healthy School Team Leader:                                                        | Raquel Reinoso Ortega                                                                                                                                                                                                                                                                                                                                                                                                                 |
| School Wellness/Healthy School Team Committee Members:<br>(please provide names for the following) | <ul style="list-style-type: none"> <li>• Raquel Reinoso Ortega-Administrator</li> <li>• Gretza Adorno-Cafeteria Manager</li> <li>• Oscar Rizo-PE Coach</li> <li>• Lucia Herrera-Counselor</li> <li>• Sandra Lindner-Teacher</li> </ul>                                                                                                                                                                                                |
| Committee Meeting Dates:                                                                           | 10/15/2025, 1/14/2026, 4/15/2026                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>ACTION PLAN</b>                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| School Wellness/Healthy School Team Goal:<br>(Select all that apply)                               | <input checked="" type="checkbox"/> Nutrition<br><input checked="" type="checkbox"/> Physical Education<br><input type="checkbox"/> Physical Activity<br><input type="checkbox"/> Health and Nutrition Literacy<br><input type="checkbox"/> Preventive Healthcare                                                                                                                                                                     |
| Steps to Achieve School Wellness/Healthy School Team Goal:                                         | <p><b>Nutrition:</b><br/>Promote the free breakfast and good eating habits.</p> <p><b>Physical Education:</b><br/>Promote exercise for health through our physical education classes.</p> <p><b>Physical Activity:</b><br/>Promote physical activity through our school dances.</p> <p><b>Health and Nutrition Literacy:</b><br/>Offer after school activities that focus on healthy living.</p> <p><b>Preventive Healthcare:</b></p> |

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|                                                                                           | Provide vision, hearing, and BMI screening.                                                                              |
| Sustainability Practices:                                                                 | -Routinely promoting free breakfast through our morning announcements.                                                   |
| Community Engagement:                                                                     | -Increase staff participation in Superintendent's 5k.<br>-Increase business partnerships in the local area.              |
| Monitoring and Evaluation:                                                                | -Meetings throughout the year to monitor effectiveness of action plan.<br>-Complete School Health Index self-assessment. |
| Other Activities:<br>If applicable, attach supporting documentation<br>(e.g. event flyer) |                                                                                                                          |