



Miami-Dade County Public Schools
School Wellness/Healthy School Team Committee Action Plan
 2019-2020

School Name & Location Number:	South Dade Senior High/ 7701
Principal:	Mr. J.C. DeArmas
Phone Number:	(305)247-4244
School Wellness/Healthy School Team Leader:	Mr. Artis Miller
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Type text here Jeilyn Fernandez and Alaina Crosby Principal and Assistant Principals Ms. Donna Alexander Ms. Margie Castro Ms. Sharon Pottinger Ms. Jannelle Bergan-Graham Ms. Margie Catro
Committee Meeting Dates:	First Monday of each month during the school year.
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 checked="" type="checkbox"/> Health and Nutrition Literacy <input checked="" type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	Provide Bi-Weekly after school (one hour) workouts for staff and students by Ms. Bergan Graham. The goal is to help the participants maintain a healthy mind and a healthy physical lifestyle, which will transform into a successful working and learning environment.
Community Engagement:	Participation in the Superintendent's Challenge 5K Race.
Monitoring and Evaluation:	The instructor monitor and evaluate the participants by levels of hours and physical conditioning. During each session the instructor will try and increase or decrease the level of activities the group can perform at an acceptable level.