

Miami-Dade County Public Schools
 School Wellness/Healthy School Team Committee Action Plan
 School Year: 2023-2024

School Name & Location Number	South Dade Senior High School - 7701
Principal:	Mr. J De Armas
Phone Number:	(305) 247-4244
School Wellness/Healthy School Team Leader	Ms. V Lugo
School Wellness/Healthy School Team Committee members	Matthew Mpogiatzis, Javonne McNeil, Shelli Cabrera, Vivian Lugo, Ivette Mendieta
Committee Meeting Dates	

ACTION PLAN

School Wellness/Healthy School Team Goal:	<input checked="" type="checkbox"/> Nutrition <input type="checkbox"/> Physical Education <input checked="" type="checkbox"/> Physical Activity <input type="checkbox"/> Health and Nutrition Literacy <input checked="" type="checkbox"/> Preventive Healthcare
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<p>Steps to achieve school wellness/healthy school team goal:</p>	<p>Nutrition: Mendietta will provide training during next faculty meeting for teachers to incorporate nutrition education into lesson plans. Teach students about the importance of balanced diets, food groups, portion sizes, and reading food labels.</p> <p>Physical activity: Cabrera will provide training during next faculty meeting for teachers to educate students about the benefits of regular physical activity and its impact on overall health and well-being.</p> <p>Preventative Healthcare:</p>
<p>Sustainability Practice</p>	<p>Dr. Calcano will provide information (to be shared by teachers in class, and via email) on preventative healthcare measures such as regular check-ups, vaccinations, and hygiene products. Nurse Pottinger will provide flyers from CHI for students to learn about services provided at free or reduced cost.</p>
<p>Community Engagement</p>	<p>Implement changes to the school environment to support healthy behaviors. "Water only" policy in classrooms to promote hydration and reduce consumption of sugary drinks. Ask journalism students create "healthy living" podcasts with student athletes to share via social media.</p> <p>Pacheco (CIS) will reach out to local nutritionists, fitness centers, and community centers to provide workshops, presentations, health fairs for students and families</p>
<p>Monitoring and Evaluation</p>	<p>Develop evaluation criteria and metrics to assess the impact of initiatives on student health outcomes, knowledge, and behaviors. Collect data through surveys, focus groups, and observation to measure progress and identify areas of improvement.</p>