



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

School Name & Location Number:	South Miami Heights Elementary 5281
Principal:	Dr. Yolanda Green-Samuel
Phone Number:	305-238-6610
School Wellness/Healthy School Team Leader:	Denise Alfonso-Community Liaison
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Jocelyn Herndon-Counselor Maria Valerio-Assistant Principal Carmen Schladant- PTO coordinator Xavier Rodriguez-PE Teacher Lidia Delgado-Cafeteria Satellite Manager Xiomara Fonseca- Nurse Technician
Committee Meeting Dates:	10/11/23 (Faculty Meeting), 10/19 (EESAC meeting), 1/27 (EESAC 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 checked="" type="checkbox"/> Health and Nutrition Literacy <input checked="" type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p>Nutrition: Ensure that snacks provided to students and staff meet the Healthy School guidelines; offer Farm Share fruits and vegetables to students in need; Promote the free breakfast and good eating habits, especially as testing approaches; Provide healthy meals and snacks daily to students, facility, and staff through the cafeteria</p> <p>Physical Education: Fitness Gram assessments</p> <p>Physical Activity: Offer an after school dance program via the Children’s Trust and Armour Dance Theater; ensure students participate in recess daily.</p>

	<p>Health and Nutrition Literacy: Parent Academy workshops</p> <p>Preventive Healthcare: Wellway Wellness Program</p>
Sustainability Practices:	<ol style="list-style-type: none"> 1. Encourage the use of re-usable items such as water bottles 2. Ongoing partnership with after school dance program, ADT 3. PTO will only sell healthy, approved snacks 4. Ongoing partnership with Farm Share
Community Engagement:	<ol style="list-style-type: none"> 1. Increase business partnerships in the local area 2. Farm Share partnership 3. Utilize Baptist Health to promote healthy habits.
Monitoring and Evaluation:	<ol style="list-style-type: none"> 1. Committee Meeting sign-in sheets 2. Fruit/Vegetable distribution logs 3. Partnership documentation
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ol style="list-style-type: none"> 1. Afterschool activities: dance 2. Family Health and Literacy workshops