



Miami-Dade County Public Schools
School Wellness/Healthy School Team Committee Action Plan
School Year: 2024-2025

School Name & Location Number:	Miami Springs Senior High School - 7511
Principal:	Alfred Torossian
Phone Number:	305-885-3585
School Wellness/Healthy School Team Leader:	Constantino Hernandez
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> • Students – Sabrina Dryfoos, Simon Wieselberg • School administrators – Alfred Torossian, Constantino Hernandez, Itita Finch • School food service manager/supervisor – Kimberley Baily • Parent(s) – Mrs. Faiza Liban • School health professionals – Aurianna McNear, Maureen Williams • Physical education teacher(s) – Latoya Jackson-Yeargin, Judd Hayes, Wilkie Perez
Committee Meeting Dates:	<ul style="list-style-type: none"> • September 15, 2024 • November 20, 2024 • February 10, 2025 • April 25, 2025
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</p> <ol style="list-style-type: none"> 1. Implement a healthy breakfast program. 2. Organize monthly nutrition workshops for students and parents. 3. Collaborate with local farms to provide fresh produce for school meals. <p>Physical Education</p> <ol style="list-style-type: none"> 1. Introduce new sports and fitness activities in the curriculum.

	<ol style="list-style-type: none"> 2. Provide professional development for PE teachers on innovative teaching methods. 3. Organize inter-school sports competitions. <p>Physical Activity</p> <ol style="list-style-type: none"> 1. Establish a daily physical activity break for all students. 2. Create after-school fitness clubs. 3. Promote walking or biking to school initiatives. <p>Health and Nutrition Literacy</p> <ol style="list-style-type: none"> 1. Integrate health and nutrition topics into the science curriculum. 2. Host guest speakers from the healthcare industry. 3. Develop educational materials and distribute them to students and parents. <p>Preventive Healthcare</p> <ol style="list-style-type: none"> 1. Conduct regular health screenings for students. 2. Provide vaccination clinics at school. 3. Offer mental health support and counseling services.
Sustainability Practices:	<ul style="list-style-type: none"> • Implement a recycling program in the school. • Reduce food waste by partnering with local food banks. • Promote the use of reusable water bottles and containers.
Community Engagement:	<ul style="list-style-type: none"> • Conduct regular health screenings for students. • Provide vaccination clinics at school. • Offer mental health support and counseling services.

	<ul style="list-style-type: none"> • Participate in the Superintendent’s Challenge 5K Race • Through CBI, our IND students learn about healthy eating habits by visiting local farms and food markets • Increase business partnerships in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Conduct quarterly surveys to assess the effectiveness of wellness programs. • Review and analyze the health and fitness data of students. • Adjust the action plan based on feedback and results.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> • Celebrate National Nutrition Month with special events. • Organize a school-wide wellness day. • Create a wellness newsletter to keep the school community informed.