



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

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| School Name & Location Number: | Miami Beach Senior High School - 7201 |
| Principal: | Alfred Torossian |
| Phone Number: | 305-532-4515 |
| 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 – Joanne Santos, Liv Slater • School administrators – Alfred Torossian, Constantino Hernandez, Itita Finch • School food service manager/supervisor – Kimberley Baily • Parent(s) – Mrs. Karen Latham • School health professionals – Liz Cernone, NP-C • Physical education teacher(s) – Latoya Jackson-Yeargin, Judd Hayes, Wilkie Perez |
| Committee Meeting Dates: | <ul style="list-style-type: none"> • September 16, 2025 • November 19, 2025 • February 18, 2026 • April 22, 2026 |
| 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. |

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| | <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. |

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| | <ul style="list-style-type: none"> • Participating 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. |