Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan 2026-2027

School Name & Location Number:	Miami Beach Senior High - 7201
Principal:	Al Torossian
Phone Number:	305-532-4515
School Wellness/Healthy School Team Leader:	I'Tita N. Finch
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	• Students – Melanie Toledo and Emily Torres • School Administrators – Alfred Torossian, I'Tita Finch and Sof • School food service manager/supervisor – Kimberley Baily • Parent(s) – Mrs. Karen Latham • School health professionals – Margarette Lamy, NP-C • Physical education teacher(s) – Latoya Jackson-Yeargin, Judd Hayes, Wilkie Perez
Committee Meeting Dates (list at least 4):	1. September 29, 2026 2. November 19, 2026 3. February 18, 2027 4. April 22, 2027
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	☒Nutrition ☒Physical Education ☒Physical Activity ☒Health and Nutrition Literacy ☒Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	**Nutrition:** 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 **Physical Education:** 1. Introduce new sports and fitness activities in the curriculum.

	2. Provide professional development for PE teachers on innovative teaching methods. 3. Organize inter-school sports competitions. **Physical Activity:** 1. Establish a daily physical activity break for all students. 2. Create after-school fitness clubs. 3. Promote walking or biking to school initiatives. **Health and Nutrition Literacy:** 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. **Preventive Healthcare:** 1. Conduct regular health screenings for students. 2. Provide vaccination clinics at school. 3. Offer mental health support and counseling services
Sustainability Practices:	• 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:	• Conduct regular health screenings for students. • Provide vaccination clinics at school. • Offer mental health support and counseling services. • 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:	• 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)	• Celebrate National Nutrition Month with special events. • Organize a school-wide wellness day. • Create a wellness newsletter to keep the school community informed