



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

School Name & Location Number:	Miami Springs Middle School 6521
Principal:	Christian Saavedra
Phone Number:	305-888-6457
School Wellness/Healthy School Team Leader:	Eric Gonzalez, Assistant Principal
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	School Administrator: Christian Saavedra (Principal) / Eric Gonzalez (Assistant Principal) Food Service Manager: Nelly Carrillo Physical Education Teacher: Ana Ferrer / Francisco Fernandez-Quevedo School Health Professional: N/A Students: Kaleigh Burse, Kaitlyn Burse, Julia Aldana, Daniel Rodriguez Parents: Cristy Leyva
Committee Meeting Dates:	10/10/23 (Faculty Meeting), 10/24/23 (Faculty Meeting), EESAC Meetings
<b>ACTION PLAN</b>	
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><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>- Promote the free breakfast and lunch program via the morning and afternoon announcements.</li> <li>- Promote good eating habits via the morning and afternoon announcements.</li> <li>- Provide healthy meals and snacks daily to students and faculty through the cafeteria.</li> </ul> <p><b>Physical Education:</b></p> <ul style="list-style-type: none"> <li>- Fitnessgram Testing – monitors student progress and level of physical fitness assessed by a series of exercise activities.</li> <li>- Students engage in various physical activities aligned to lesson objectives/goals.</li> </ul> <p><b>Physical Activity:</b></p> <ul style="list-style-type: none"> <li>- Morning spill out areas allow students to exercise (basketball, soccer, football, etc.)</li> </ul> <p><b>Health and Nutrition Literacy:</b></p>

	<ul style="list-style-type: none"> <li>- Bring awareness to the nutrition value of the school garden by putting more on our social media sites.</li> <li>- Students learn about health and nutrition through physical education classes.</li> </ul> <p><b>Preventive Healthcare:</b></p> <ul style="list-style-type: none"> <li>- Wellway Wellness Program</li> <li>- Bring in a few more teachers/employees into the school wellness activities.</li> <li>- Provide parents with information on district and community health resources.</li> </ul>
Sustainability Practices:	<ul style="list-style-type: none"> <li>- Monthly recycling challenges</li> <li>- Encourage the use of re-usable items such as water bottles</li> <li>- Incorporating education on composting at school gardens (via agriscience elective)</li> <li>- Posting environmental advocacy and educational flyers and information throughout the school.</li> </ul>
Community Engagement:	<ul style="list-style-type: none"> <li>- Increase business partnerships in the local area.</li> <li>- Develop partnerships to support our school garden and explore grant options for developing a garden to table program via our gardening elective.</li> <li>- Partnerships with Fairchild Challenge and Dream in Green on environmental topics.</li> </ul>
Monitoring and Evaluation:	<ul style="list-style-type: none"> <li>- Committee Meeting sign-in sheets</li> <li>- Designated teacher responsible for monitoring and distributing harvested school garden produce.</li> <li>- Bring updates through EESAC and social media advertisements.</li> <li>- Create more organized meetings and set times.</li> <li>- Advertise more to increase future volunteers for next year's projects.</li> </ul>
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> <li>- Gardening/environmental awareness elective</li> </ul>