



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

School Name & Location Number:	Southwest Miami Senior High School
Principal:	Jorge Bulnes
Phone Number:	305-274-0181
School Wellness/Healthy School Team Leader:	Isamara Berrios
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> • Students: Angel Reyes and Gisette Cuevas • School Administrators: Ms. Isamara Berrios & Mr. Jose Gonzalez • School food service managers: Yamile Reyes and Miriela Jaime • Physical Education teachers: Mr. Armando Pelaez – Department Chair • PTSA: Maittee Diaz and Michelle Palau – President & VP
Committee Meeting Dates:	EESAC Meeting 11/12/24
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> <ul style="list-style-type: none"> • Ensuring all items sold are either free or reduced fat or low-calorie items. • Promote the free breakfast and good eating habits via social media <p>Physical Education:</p> <ul style="list-style-type: none"> • Offering physical education electives on the master schedule i.e weight training, dance etc. <p>Physical Activity:</p> <ul style="list-style-type: none"> • School Dance • Superintendent's 5K

	<p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Bring awareness to the importance of proper nutrition to achieve optimal wellness and health <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Implement after school fitness activities for staff
Sustainability Practices:	<ul style="list-style-type: none"> • Posting environmental advocacy and educational flyers and information throughout the school • Using Share Tables to teach students to redistribute food rather than discard it
Community Engagement:	<ul style="list-style-type: none"> • Increase business partnerships in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Start the EESAC and social media advertisements earlier in the following school year • Advertise through flyers and newsletters to increase future volunteers as we begin to project next school year
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> • After school activities: athletics programs, JROTC