



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

School Name & Location Number:	North Miami Senior High & 7591
Principal:	Mrs. Stewart
Phone Number:	(305)891-6590
School Wellness/Healthy School Team Leader:	Mr. Merius
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> • Marsha Solomon (student) • Ms. Morgan-Rose, Mr. Alouidor Ms. Gaskin (School administrators) • Ms. Williams (School food service manager/supervisor) • Ashley Williams (Parent(s)) • Ms. Moreno (School health professionals) • Coach Knowles. Coach Chester, Coach Lester-Morel (Physical education teacher(s)) • Mr. Dumelle (School volunteer)
Committee Meeting Dates:	<ul style="list-style-type: none"> • EESAC meeting April 3rd, 2024-March 6th 2024 • Faculty meeting 2/20/2024 • Plan garden date 08/19/23.
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

	☒ Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p>Nutrition:</p> <ul style="list-style-type: none"> • Promote the free breakfast and good eating habits, especially as testing approaches • Provide healthy meals and snacks daily to students, facility, and staff through the cafeteria <p>Physical Education:</p> <ul style="list-style-type: none"> • Physical Education online <p>Physical Activity:</p> <ul style="list-style-type: none"> • Yoga/Cardio • Breathing Exercises <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Wellway Program (school visit) • Mental Health Club • Presentation <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Wellway Wellness Program • Organize a health fair on campus that will provide free health screenings, free eye exams, and free blood pressure readings available to all students. • Mental Health Club (HIP Club)
Sustainability Practices:	<p>Create Green Spaces: Develop school gardens or outdoor learning spaces where students can grow fruits, vegetables, herbs, and native plants. Incorporate lessons on gardening, nutrition, and environmental sustainability into the curriculum. Use composting to recycle organic waste from the cafeteria and garden.</p>

<p>Community Engagement:</p>	<ul style="list-style-type: none"> • HIP Club/Organization Support • School health professional to select students for presentations. • Advertise more to increase future volunteers as we begin planning for 24-25 • EESAC and social media advertisings in Twitter and Instagram
<p>Monitoring and Evaluation:</p>	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • School Presentation Attendance • AP Walkthroughs
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Clubs and sports have various activities. Garden Club raise awareness that promote action for sustainability goals through collaboration.</p>