



Miami-Dade County Public Schools
School Wellness/Healthy School Team Committee Action Plan
School Year: 2021-2022

School Name & Location Number:	Miami Springs Senior High School - 7511
Principal:	Alfred Torossian
Phone Number:	305-885-3585
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 – Alexa Camejo, Ethan Alves • School administrators – Alfred Torossian, Constantino Hernandez, Felicia Robinson • School food service manager/supervisor – Rosa Saavedra • Parent(s) – Ellie Diaz, Yvette Hernandez • School health professionals – Andrea Elmore • Physical education teacher(s) – Wilfredo Perez, David Fanshawe
Committee Meeting Dates:	After every EESAC Meeting
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"> • Promote the free breakfast and good eating habits especially as testing approaches • Provide healthy meals and snacks daily to students, faculty, and staff through the cafeteria <p>Physical Education</p> <ul style="list-style-type: none"> • Fitnessgram Testing – Pre-Test and Post-Test <p>Physical Activity</p> <ul style="list-style-type: none"> • Weight Training • Dance <p>Health and Nutrition Literacy</p> <ul style="list-style-type: none"> • Implementing a garden to table program.

	<ul style="list-style-type: none"> • Healthy eating habits posters posted throughout the school as well as social media platforms • Health Care Professional Guest Speakers <p>Preventive Healthcare</p> <ul style="list-style-type: none"> • Wellway Wellness Program • Physical Education teachers teach and certify students in C.P.R. • Students learn about healthy eating habits through the presentations provided through the HIP Program
Community Engagement:	<ul style="list-style-type: none"> • MDC Medical Advisory Board Member provides guest speakers from the medical community • Participate 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"> • Committee Meeting sign-in sheets
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	N/A