



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

School Name & Location Number:	Palmetto Middle - 6701
Principal:	Alina Valero
Phone Number:	305-238-3911
School Wellness/Healthy School Team Leader:	Deanne Boyd
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Alina Valero, Principal Deanne Boyd, Assistant Principal Barbara Mitchell, Cafeteria Manager Miguel Concepcion, PE Teacher Carolina Ballas, Parent Allison Cohen, Teacher
Committee Meeting Dates:	9/2024 (EESAC Meeting), 11/2024 (EESAC Meeting), 1/2025 (Faculty Meeting), 2/2025 (Faculty 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 free breakfast and good eating habits, especially as testing approaches Provide healthy meals and snacks daily to students through the cafeteria <p>Physical Education:</p> <ul style="list-style-type: none"> Fitness Testing by our PE instructors <p>Physical Activity:</p>

	<ul style="list-style-type: none"> All students and staff will be encouraged to engage in daily physical activity. <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> Bringing awareness to the nutritional value by promoting farm to table on our social media <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> Sharing the District's wellness initiatives Healthcare screenings for students
Sustainability Practices:	<ul style="list-style-type: none"> Weekly recycling challenges. Encouraging the use of re-usable items such as water bottles.
Community Engagement:	<ul style="list-style-type: none"> Increase and maintain business partnerships with local stakeholders.
Monitoring and Evaluation:	<ul style="list-style-type: none"> Committee meeting sign-in sheets Start the EESAC and social media advertisements earlier in the following school year Have more organized meeting agendas and set times for the following year Advertise more to increase future volunteers as we begin to plan for next year
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> Family health and literacy pamphlets Continue with a variety of afterschool activities/sports

