



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

School Name & Location Number:	Southwood Middle School & 6861
Principal:	Daniel Barreras
Phone Number:	(305) 253-5361
School Wellness/Healthy School Team Leader:	Daniel Alvarez & Tonya Williams
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> • Student Government – Leal Mattfield & Stella Sitzman • School administrator – Daniel Alvarez • School food service manager/supervisor – Tonya Williams • Parent – Ana Gomez • School health professional – Margarita Aranegui-Lindsey & Kimberly Guillot • Physical education teacher – Anthony Lopez • School volunteer – Analia Ladner
Committee Meeting Dates:	09/2024 (EESAC meeting), 10/2024 (Faculty meeting), 12/2024 (EESAC meeting), 05/2025 (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 type="checkbox"/> Health and Nutrition Literacy <input 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, facility, and staff through the cafeteria <p>Physical Education:</p> <ul style="list-style-type: none"> • Fitnessgram Testing <p>Physical Activity:</p> <ul style="list-style-type: none"> • Yoga/Cardio Zumba/Salsa Dancing <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Implementing a garden to table program

	<ul style="list-style-type: none"> • Bring awareness to the nutrition value of the school garden by putting more on our social media sites <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 available to students, families and neighboring schools • Bring in a few more teachers/employee into the school wellness activities
Sustainability Practices:	<ul style="list-style-type: none"> • Posting environmental advocacy and educational flyers and information throughout the school • Monthly recycling challenges • Encourage the use of re-usable items such as; water bottles • Incorporating education on composting at school gardens • 4 meetings a year to discuss our school’s wellness and health plan
Community Engagement:	<ul style="list-style-type: none"> • School health professional to select fruit or vegetable to highlight during meetings • Sending home harvested school garden produce • Health Fair on school campus: Including partnerships with local businesses • Increase business partnerships in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • School Health Fair attendance • Designated teacher responsible for monitoring and distributing harvested school garden produce • 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 project next school year
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> • Afterschool activities: cross country, wrestling, flag football, basketball, etc. • Quarterly Family Health and Literacy workshop