Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan 2026-2027

School Name & Location Number:	Southwood Middle / 6861
Principal:	Daniel Barreras
Phone Number:	305-251-5361
School Wellness/Healthy School Team Leader:	Daniel Alvarez / Tanya Williams
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	• Student Government – Emma Rodriguez & Camila Urraca • School administrator – Daniel Alvarez • School food service manager/supervisor – Tanya Williams • Parent – Ashley Jones • School health professional – Margarita Aranegui-Lindsey & Stepanie Arristide • Physical education teacher – Anthony Lopez • School volunteer – Jennifer Barreto
Committee Meeting Dates (list at least 4):	Bi-monthly
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	☒Nutrition ☒Physical Education ☒Physical Activity ☐Health and Nutrition Literacy ☐Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	**Nutrition:** • 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 **Physical Education:** • Fitnessgram Testing **Physical Activity:** • Yoga/Cardio Zumba/Salsa Dancing **Health and Nutrition Literacy:** • Implementing a garden to table program

	• Bring awareness to the nutrition value of the school garden by putting more on our social media sites **Preventive Healthcare:** • 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/employees into the school wellness activities
Sustainability Practices:	• 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
Community Engagement:	• School health professional to select fruit or vegetables 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:	• 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)	• Afterschool activities: cross country, wrestling, soccer, salsa dancing, flag football, basketball, etc. • Quarterly Family Health and Literacy workshop