



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

School Name & Location Number:	Hialeah Middle School
Principal:	Mr. Nelson Gonzalez
Phone Number:	305-681-3527
School Wellness/Healthy School Team Leader:	Coach Natalie Perez
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> * Students * School Administrators * School Health Professionals * Physical Education Teachers
Committee Meeting Dates:	* Every Tuesday and Wednesday
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 checked="" type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p>Nutrition</p> <ul style="list-style-type: none"> * Promoting free breakfast. <p>Physical Education</p> <ul style="list-style-type: none"> * Teaching students about smart food options. * Teaching the importance of breakfast and its benefits for our bodies.

	<p>Physical Activity</p> <ul style="list-style-type: none"> * Afterschool team sports. * Afterschool staff workout sessions. <p>Health and Nutrition Literacy</p> <ul style="list-style-type: none"> * Circle groups regarding health, nutrition, and wellness. <p>Preventive Healthcare</p> <ul style="list-style-type: none"> * Host seminars, Q&A's, and flyers on health topics for faculty, students, and community.
Community Engagement:	<ul style="list-style-type: none"> * Send home flyers on topics about health/how to improve our health and fitness challenges.
Monitoring and Evaluation:	<ul style="list-style-type: none"> * Social Media announcements, polls, and posts regarding wellness and health.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> * Afterschool activities: running, exercise, and sports.