



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

School Name & Location Number:	Hialeah Middle School 6231
Principal:	Lucy Trillas
Phone Number:	(305) 681-3527
School Wellness/Healthy School Team Leader:	Anthony Velazquez
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<p>Lucy Trillas, Principal</p> <p>Natalie Charlot, Assistant Principal</p> <p>Marlene Ramos, School Food Service Manager</p> <p>Leonor Valencia, School Health Professional</p> <p>Miguel Rasch, Physical Education Teacher</p> <p>Zoe Prieto, Parent/ School Volunteer</p> <p>Zaida Perez, Student</p> <p>Liliana Arca, Student</p> <p>Jusitn Silverwright, Student</p>
Committee Meeting Dates:	01/23/2025, 02/20/2025, 04/17/2025, 05/22/ 2025 ESSAC Meeting 03/18/2025Faculty 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:

Nutrition: Foster healthier food choices and improve overall school nutrition standards.

1. **Assess Current Nutrition Environment:**
 - Conduct a review of school meal programs, vending machines, and snack options.
2. **Set Standards for Healthy Eating:**
 - Establish goals for increasing the availability of fruits, vegetables, whole grains, and low-fat dairy options.
3. **Collaborate with Food Service Providers:**
 - Work with cafeteria staff to enhance the nutritional quality of meals.
4. **Encourage Healthy Choices:**
 - Provide healthy meals and snacks daily to students, faculty, and staff through the cafeteria.

Physical Education: Increase opportunities for students to engage in daily physical activity.

1. **Promote physical activities and assessment in Physical Education classes:**
 - Conduct Fitness gram Testing.

Activity: Increase opportunities for students to engage in daily physical activity.

1. **Promote Active Time Beyond PE:**
 - Introduce programs such as walking/running clubs, intramural sports, or after-school physical activities.
 - Encourage classroom movement breaks and integrate physical activities into lessons.

Health and Nutrition Literacy: Educate students and staff on the importance of healthy living.

1. **Integrate Health Education into the Curriculum:**
 - Align with national health education standards to include topics like balanced nutrition, hydration, and food label reading.
 - Develop age-appropriate lesson plans with engaging materials.
2. **Utilize Cross-Curricular Opportunities:**
 - Collaborate with other subjects (e.g., science or math) to teach health-related topics.
 - Introduce cooking or gardening classes as hands-on learning opportunities.

	<p>Preventive Healthcare: Ensure students have access to preventative health measures and screenings.</p> <ol style="list-style-type: none"> 1. Assess Current Health Services: <ul style="list-style-type: none"> ○ Evaluate the availability of school nurses, counselors, and health screenings. ○ Identify gaps in services or areas for improvement. 2. Promote Vaccination and Health Screenings: <ul style="list-style-type: none"> ○ Coordinate with local health departments to offer on-site flu shots, vision/hearing tests, or dental check-ups. ○ Provide families with information on recommended vaccinations and preventive care schedules. 3. Engage Stakeholders: <ul style="list-style-type: none"> ○ Collaborate with parents and healthcare providers to conduct screenings. ○ Offer workshops for families on preventative health topics.
<p>Sustainability Practices:</p>	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • Create meeting agendas • School Health Fair attendance • Advertise through flyers and newsletters to increase future volunteers as we begin to project next school year
<p>Community Engagement:</p>	<ul style="list-style-type: none"> • Partner with local businesses, healthcare providers, and organizations for resources and sponsorships. • Organize community-wide events, such as health fairs, fitness challenges, or nutrition expos. • Offer family-focused programs like cooking workshops, fitness nights, and educational seminars.
<p>Monitoring and Evaluation:</p>	<ul style="list-style-type: none"> • Set measurable goals for each initiative and establish clear timelines for implementation. • Use surveys, participation data, and feedback from stakeholders to evaluate progress. • Adjust programs and strategies based on findings to ensure continuous improvement.
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<ul style="list-style-type: none"> • Afterschool activities: flag football, cross county, volleyball, soccer, softball, boys & girls’ basketball