



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

School Name & Location Number:	J.C. Bermudez Doral Senior High School
Principal:	Edward Smith
Phone Number:	305-715-3600
School Wellness/Healthy School Team Leader:	Lori Bailey
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Lori Bailey, Assistant Principal Sandra Santiesteban, Cafeteria Manager Richard Ruiz, Physical Education Department Chair Amy Robaina, Activities Director Caroline Plimmer, Parent
Committee Meeting Dates:	01-09-25; 02; 02-13-25; 05-09-25 (Faculty Meetings) 03-11-25; 06-03-25 (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 checked="" type="checkbox"/> Health and Nutrition Literacy <input checked="" type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	Nutrition: <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, faculty, and staff through the cafeteria Physical Education: <ul style="list-style-type: none"> • Fitness Testing Physical Activity:

	<ul style="list-style-type: none"> • Relay Races <p>Health and Nutrition Literacy:</p> <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 • Using Share Tables to teach students to redistribute food rather than discard it.
Community Engagement:	<ul style="list-style-type: none"> • Health Fair on school campus: Including partnerships with Baptist Health, Keiser University, Miami-Dade Fire Rescue, West Coast University, Miami Dade Medical, FIU, Miami Dade College and Mercy Hospital • Increase business partnerships in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • Create meeting agendas and set times for the following year • Designated teacher responsible for monitoring and distributing harvested school garden produce • Start the EESAC and social media advertisements earlier in the following school year • Advertise through flyers and newsletters to increase future volunteers as we begin to project next school year

<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	
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