



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

School Name & Location Number:	Homestead Senior High School
Principal:	Samuel J. Louis
Phone Number:	(305) 245- 7000
School Wellness/Healthy School Team Leader:	Justin Bess
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Arties. A. Knight Khristopher Martinez Leroy Axem Ronnie Thornton Jr. Reina Valverde
Committee Meeting Dates:	08/12/24, 09/03/24, 10/01/24, 11/12/24, 01/07/25, 02/04/25, 03/04/25,04/01/25, 05/06/25, 06/06/25
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:	<p>Nutrition: *Provide lessons on healthy eating, choices, and lifestyle. *Promote free breakfast on school announcements to promote healthy eating habits.</p> <p>Physical Education: Encourage Organized Sports and ensure students are completing various fitness assessments.</p> <p>Physical Activity: Incorporate mile runs, pull-ups, cross-training, weight training, cardio, and various active sports.</p> <p>Health and Nutrition Literacy: *Personal Fitness Textbook lesson and providing mental health resources and materials.</p>

	<p>*Mobile Food truck will provide students and parents with free fruits, vegetables, and information on healthy eating.</p> <p>Preventive Healthcare: Provide free health screenings and wellness events. Physical Education teachers teach and certify students in C.P.R.</p>
<p>Sustainability Practices:</p>	<p>*Incorporate environmental education: Teach about the benefits of outdoor activities and the importance of preserving natural spaces.</p> <p>*Utilize outdoor spaces: Incorporate activities like nature walks, outdoor fitness challenges, and green field days.</p> <p>*Choose sustainable equipment: Maintain equipment regularly to extend its lifespan</p> <p>*Promote active commuting: Encourage students to walk, bike, or use public transportation to get to school.</p> <p>*Integrate sustainability into lesson plans: Discuss the connection between physical health and environmental health</p>
<p>Community Engagement:</p>	<p>*Allow health professionals to come in and speak with students about health and nutrition.</p> <p>*Participate in the CPR Day and the Superintendent’s Challenge 5K Race.</p> <p>*Students will visit local farms and food markets to learn about healthy eating habits.</p> <p>*Provide food for families with the support of the Farm share program and mobile food truck.</p> <p>*Provide a health and wellness fair on campus with different agencies.</p>
<p>Monitoring and Evaluation:</p>	<p>*Sign in sheets and photos for meetings or fairs.</p> <p>*Faculty Meeting Agendas</p> <p>*Feedback and surveys will be recorded and then utilized in order to create new goals for the following schools.</p>

<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Encourage students to join clubs and sports to support health and mental wellness.</p>
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