



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

School Name & Location Number:	Dr. Toni Bilbao Preparatory Academy - 4011
Principal:	Gloria Vega
Phone Number:	305-863-5750
School Wellness/Healthy School Team Leader:	Yesenia Santos-Urena
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Gloria Vega, Principal Yesenia Santos-Urena, Assistant Principal Bianca Bolanos, Counselor Anthony Vega, PE Teacher Marina Nunez, EESAC Chair Sonia Rivera, Food Service Manager Cynthia Gago, PTA President/Parent
Committee Meeting Dates:	8/14/24, 9/4/24, 10/2/24, 11/6/24, 12/1/24, 1/8/25
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:	Nutrition: Provide the free breakfast and healthy food choices to ensure students are able to perform at maximum effort. Physical Education: Fitness-gram Testing and Fitness Log Physical Activity: Daily exercise routine

	<p>Health and Nutrition Literacy: Collaborate with teachers to integrate health and nutrition topics into different subjects throughout the curriculum. For example, adding nutrition lessons and promoting healthy eating habits in science class.</p> <p>Preventive Healthcare: Provide students with wellness activities. For example, beginning the day with mindfulness activities.</p>
Sustainability Practices:	<ul style="list-style-type: none"> • Using share table to teach students to redistribute food rather than discard it. • Incorporating lessons in the school garden.
Community Engagement:	<ul style="list-style-type: none"> • School health professional will provide healthy nutrition tips during grade level and collaborative meetings for teachers to share with students. • Highlight healthy food habits on morning announcements. • Provide resources for parents to enhance their understanding of health and nutrition.
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Incorporate the EESAC Committee and social media advertisements to promote healthy student eating. • Committee meeting agendas and sign in sheets • Utilize school wide calendar to ensure consistency and fidelity with targeted dates to promote school wellness.
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<ul style="list-style-type: none"> • Quarterly daily health and literacy workshops • Promote Arbor Day and Earth Day that includes tree planting and aligned curriculum.