



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

School Name & Location Number:	Dr. Henry E. Perrine Academy of the Arts # 4381
Principal:	Ms. Barbara Leveille-Brown
Phone Number:	305-235-2442
School Wellness/Healthy School Team Leader:	Ms. Sonia Cruz
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<u>School Administrators:</u> Ms. Barbara Leveille-Brown and Ms. Sonia Cruz <u>Teachers:</u> Ms. Nicole Lischner, Ms. Martha Mederos, Ms. Geraldine Gordon, Ms. Lidia Reyes, Ms. Mercedes Diaz, Mr. Christopher Croghan, Ms. Ana Arias, Ms. Idania Hjelm <u>School Food Service Manager:</u> Ms. Mathadai Persaud <u>School Counselor:</u> Ms. Karen Balfour <u>Student:</u> Jason Martinez <u>Parent:</u> Elena Gomez
Committee Meeting Dates:	October 2 <sup>nd</sup> , November 20 <sup>th</sup> , December 18 <sup>th</sup> , January 22 <sup>nd</sup> , February 26 <sup>th</sup> , March 19 <sup>th</sup> , April 23 <sup>rd</sup> , May 21 <sup>st</sup>
<b>ACTION PLAN</b>	
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:	<b>Nutrition:</b> <b>Promote free breakfast and good eating habits.</b> <b>Provide healthy meals and snacks daily to students and staff through the cafeteria</b> <b>Fresh Fruit and Vegetable Program</b> <b>Healthy Recipe Challenge for Staff</b>

	<p><b>Physical Education:</b>  <b>Fitness gram Testing</b>  <b>Weight Management Programs for Staff</b></p> <p><b>Physical Activity:</b>  <b>Daily Physical Education class (30 minutes)</b>  <b>Scheduled Recess time</b>  <b>Before/After School Staff Exercises</b></p> <p><b>Health and Nutrition Literacy</b>  <b>Fresh Fruit and Vegetable Program</b>  <b>Bring awareness to the value of nutrition by placing information on our social media sites/school webpage</b></p> <p><b>Preventive Healthcare</b>  <b>Violence and Suicide Prevention</b>  <b>Promote Well way Wellness Program</b>  <b>October Breast Cancer Awareness</b>  <b>February Women’s Heart Health Month</b>  <b>Anti-Bullying Curriculum</b></p>
Community Engagement:	<p>Include health professionals during career day to speak to students  Invite community partners to participate in the school butterfly garden project.</p>
Monitoring and Evaluation:	<p>Committee Meeting sign-in sheets  Designated teacher responsible for monitoring and distributing harvested school garden produce  Start the EESAC and social media advertisements regarding healthy wellness initiatives earlier in the school year.  Hold organized wellness meeting agendas and set times for the following year  Advertise more wellness initiatives to increase future volunteers and attendance as we begin to project next school year.</p>

Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	Afterschool activities through clubs (healthy cooking)
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