



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

School Name & Location Number:	Barbara Goleman Senior High School / 7751
Principal:	Dr. Manuel Sanchez III
Phone Number:	305-362-0676
School Wellness/Healthy School Team Leader:	Nicole Kentis
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Dr. Manuel Sanchez III Francisco Serio Nicole Kentis Sarahi Vazquez Mont Jessica Romero Mario Pinera Ryan Garcia Isabella Pinera
Committee Meeting Dates:	09/2023 (EESAC), 10/2023 (Faculty Meeting), 11/2023 (EESAC), 12/2023 (EESAC), 01/2024 (EESAC)
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 free breakfast and lunch via social media platforms and morning announcements • Conduct school-wide contests promoting meal participation Physical Education: <ul style="list-style-type: none"> • Fitnessgram Testing • Hands-only CPR student training • Faculty & Staff CPR training

	<p>Physical Activity:</p> <ul style="list-style-type: none"> • Weekly outdoor fitness activities • “Gator Olympics” in the Spring; students will be able to participate in various events to mirror Olympic events <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Implement in Personal Fitness class a unit of health and nutrition • Work closely with “Open Minds, Open Arms” club to promote healthy lifestyle habits during lunch time presentations <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Wellway Wellness Program • Participate in health screenings for students • Conduct monthly wellness events for faculty & staff
Sustainability Practices:	<ul style="list-style-type: none"> • Environmental Science Club will continue promoting recycling around the school • Science Club will continue to maintain school gardens • Educate student-body of positives that come from recycling
Community Engagement:	<ul style="list-style-type: none"> • Health Fair on campus • Increase business partnerships in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Committee meeting sign-in sheets • Designated teacher responsible for monitoring on-campus activities, such as recycling and garden beautifications

Other Activities:

If applicable, attach supporting documentation
(e.g. event flyer)

- Afternoon extracurricular athletic activities