



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

School Name & Location Number:	Palmetto Elementary School
Principal:	Eric Torres
Phone Number:	305-238-4306
School Wellness/Healthy School Team Leader:	Eric Torres
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Eric Torres – Admin Eneyda Diaz – Café Manager Keith Tanner – PE Kari Vidal – Volunteer Autumn Sanchez – Student Entire Faculty
Committee Meeting Dates:	Sept 4, Oct 2, Nov 6, Dec 4
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: School Wellness- No sweets available during the school day. Celebrations consist of other rewards. Promote free breakfast, lunch, and good eating habits. Physical Education: Daily PE 30 minutes and fitness gram testing. Physical Activity: Daily recess 20 minutes. Health and Nutrition Literacy: Garden Committee provide education on garden and healthy choices. Continuing our garden to table program. Preventive Healthcare: Promote our Wellness program. Continue to provide health screenings and fitness testing.

Sustainability Practices:	<p>Advertising the use of the Share Table.</p> <p>Provide lesson in our garden through our Garden Club for all grades.</p> <p>Continue the practices of our Wellness program throughout the school.</p>
Community Engagement:	<p>Send home, distribute to staff, and/or sell fruits, vegetables, herbes, grown in the garden to the community during special events.</p> <p>Increase business partnerships in the local area like our Pinecrest Gardens partnership.</p>
Monitoring and Evaluation:	<p>Event sign in sheets.</p> <p>Create agendas and set times for future events.</p> <p>Designated Garden Club Sponsor for monitoring and distributing harvested garden produce.</p> <p>Continue to promote and welcome our large base of school volunteers.</p>
<p>Other Activities:</p> <p>If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Garden Club, Running Club, tennis, flag football, basketball, soccer, yoga, karate, Acrobatics. Family PE night.</p>