



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

School Name & Location Number:	Glades Middle School / 6211
Principal:	Cynthia Valdes-Garcia
Phone Number:	305-271-3342
School Wellness/Healthy School Team Leader:	Elieser Siles
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Cynthia Valdes-Garcia, Principal Elieser Siles, Assistant Principal Zulema Clausell, Cafeteria Manager Lysander Alonso, Physical Education Teacher Yanet Perez, Parent Bryan Mauri, Student Representative
Committee Meeting Dates:	9/2024 Faculty Meeting, 9/2024 Leadership Meeting, 8/2024,9/2024, 11/2024, 1/2025)
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 students and staff with complete nutritional meal choices daily through our cafeteria.</p> <p>Physical Education: Incorporate the District's Fitness gram Program Testing, Physical Education Curriculum</p> <p>Physical Activity: Provide students with the opportunity to actively engage in a variety of sporting events after school, including a pickleball club for students and staff.</p>

	<p>Health and Nutrition Literacy: Incorporate nutritional literacy through the science curriculum and signage posted in the cafeteria.</p> <p>Preventive Healthcare: Encourage fitness through exercise by participating in extracurricular events such as Field Day, Blue and Gold Day, Pickleball Club.</p>
Sustainability Practices:	<p>Displaying nutritional literacy signage throughout the school, cafeteria, and kitchen areas.</p> <p>Encouraging the use of share table to place items that may be redistributed to students.</p> <p>Promote healthy lifestyle through information presented through public announcement system.</p>
Community Engagement:	<p>Increase Business partnerships in the local area.</p> <p>Include health professionals to instruct staff on healthcare and emergency response protocols.</p> <p>Include community through the PTSA to provide nutritional snacks during school events to include Dances and sporting events.</p>
Monitoring and Evaluation:	<p>Monitored through monthly meetings.</p> <p>Continuous advertising through flyers, posters, social media, and public announcements.</p>
<p>Other Activities: If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Afterschool events to promote physical activity including sporting events, dances and pickleball.</p>