



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

School Name & Location Number:	Silver Bluff Elementary, #5041
Principal:	Mayra Barreira
Phone Number:	(305) 856-5197
School Wellness/Healthy School Team Leader:	Christina Garcia
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Christina Garcia, Assistant Principal Alba Morales, Food Service Manager Sonia Eiding, PTA Teacher Liaison Greice Murillo, PTA President Yenni Espinosa, Teacher John Caldwell, Teacher Trent Rolle, Coach Isabella Gonzalez, Student Gianluca Garcia, Student
Committee Meeting Dates:	10/12/23, 12/20/23, 2/8/24, 4/3/24
<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 type="checkbox"/> Health and Nutrition Literacy <input checked="" type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	<p><b>Nutrition: Promote the free breakfast and lunch.</b></p> <p><b>Physical Education: Fitnessgram Testing</b></p> <p><b>Physical Activity: Fit to Achieve Annual Event</b></p>

	<p><b>Health and Nutrition Literacy:</b></p> <p><b>Preventive Healthcare: Wellway Wellness Program; Nurse-led discussions at Faculty Meetings</b></p>
Sustainability Practices:	<ul style="list-style-type: none"> <li>• <b>Share Table in the cafeteria to decrease food waste</b></li> <li>• <b>Bike Safe Program</b></li> <li>• <b>STEAM projects</b></li> <li>• <b>Dream in Green Initiative</b></li> </ul>
Community Engagement:	<ul style="list-style-type: none"> <li>• Increase business partnerships in the area</li> <li>• Grow a vegetable garden</li> </ul>
Monitoring and Evaluation:	<ul style="list-style-type: none"> <li>• Meeting sign-in sheets</li> <li>• Committee agendas</li> </ul>
<p>Other Activities:</p> <p>If applicable, attach supporting documentation (e.g. event flyer)</p>	<ul style="list-style-type: none"> <li>• Mental Wellness Club</li> <li>• Celebrate Breast Cancer Awareness Month (Staff annual picture)</li> <li>• Celebrate Family Engagement Month</li> <li>• Parent Workshops-How to instill healthy eating habits.</li> </ul>