



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

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| 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:<br>(please provide names for the following) | Christina Garcia, Assistant Principal<br>Alba Morales, Food Service Manager<br>Sonia Eiding, PTA Teacher Liaison<br>Isabel Aragon, PTA President<br>Yenni Espinosa, Teacher<br>John Caldwell, Teacher<br>Trent Rolle, Coach<br>Elizabeth Davila, Student<br>Geomar Godinez, Student                |
| Committee Meeting Dates:   | 10/30/24, 12/19/24, 2/6/25, 4/10/25  |
| <b>ACTION PLAN</b>   |  |
| School Wellness/Healthy School Team Goal:<br>(Select all that apply)                               | <input checked="" type="checkbox"/> Nutrition<br><input checked="" type="checkbox"/> Physical Education<br><input checked="" type="checkbox"/> Physical Activity<br><input checked="" type="checkbox"/> Health and Nutrition Literacy<br><input checked="" type="checkbox"/> Preventive Healthcare |
| Steps to Achieve School Wellness/Healthy School Team Goal:   | <b>Nutrition: Promote the free healthy breakfast and lunch in the cafeteria.</b><br><br><b>Physical Education: Fitness gram Testing</b><br><br><b>Physical Activity: Fit to Achieve Annual Event</b>   |

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|                            | <p><b>Health and Nutrition Literacy: National School Lunch Week literacy activities during lunch.</b></p> <p><b>Preventive Healthcare: Well Way 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>• STEAM quarterly showcases</li> </ul>   |
| Monitoring and Evaluation: | <ul style="list-style-type: none"> <li>• Meeting sign-in sheets</li> <li>• Committee agendas</li> </ul>   |
| Other Activities:          | <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> |