Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan 2026-2027

School Name & Location Number:	M.A. Milam K-8 Center (3421)
Principal:	Mileydis Torrens
Phone Number:	(305)822-0301
School Wellness/Healthy School Team Leader:	Christina Herrera
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	C. Herrera- School Administrator M. Boutros- Food Service Manager C. Avila- Parent C. Sosa- PE Teacher A. Iturbe- School Health Professional D. Rodriguez- Student L. Guasch- Student
Committee Meeting Dates (list at least 4):	October 2026, December 2026, February 2027, April 2027
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	☒Nutrition ☒Physical Education ☒Physical Activity ☒Health and Nutrition Literacy ☒Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	**Nutrition:** • Reinforce nutrition and healthy eating concepts through existing classroom instruction and schoolwide wellness initiatives. • Promote healthy food choices through existing school nutrition and cafeteria programs. **Physical Education:** • Administer FitnessGram assessments as required. • Implement the M-DCPS Physical Education curriculum with fidelity. • Encourage student participation in regularly scheduled physical education activities. **Physical Activity:**

	• Provide opportunities for physical activity through existing school events, including Field Day and other schoolwide activities. • Promote physical activity during PE, recess, extracurricular activities, and school events as part of a healthy lifestyle. **Health and Nutrition Literacy:** • Incorporate health, wellness, and nutrition concepts through existing curriculum and instructional activities. • Share age-appropriate wellness information with students and families through existing school communication platforms. **Preventive Healthcare:** • Promote available school and district wellness resources and preventive health initiatives. • Collaborate with existing school health personnel and programs to support student wellness.
Sustainability Practices:	• Encourage students and staff to reduce food waste and make responsible choices in the cafeteria. • Utilize existing outdoor activities and instructional opportunities to promote physical activity and wellness. • Reinforce healthy habits and wellness practices throughout the school year.
Community Engagement:	• Share wellness-related information, resources, and school activities with families through existing communication platforms such as ClassDojo, social media, flyers, and school messaging. • Utilize existing community partnerships, when applicable, to support health and wellness initiatives.
Monitoring and Evaluation:	• Maintain committee meeting agendas and sign-in sheets. • Review implementation of wellness activities during scheduled committee meetings. • Maintain available documentation of schoolwide wellness activities, communications, and events.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	• Promote existing school wellness activities and initiatives through social media and other school communication platforms. • Incorporate wellness promotion into existing school events and activities when appropriate.