Miami-Dade County Public Schools

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

School Name & Location Number:	West Hialeah Gardens Elementary
Principal:	Hector Guerra
Phone Number:	305-818-4000
School Wellness/Healthy School Team Leader:	Enrique Canut
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Jenel Romero Susan Fernandez Karina Bullitt Danay Gonzalez Triana Mitjans-Rosario Christy Arterburn Frontela Tamera
Committee Meeting Dates (list at least 4):	
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:** Advance and promote dietary guidance according to the U.S. Department Agriculture, USDA My Plate guidelines and recommendations. Provide students with free daily breakfast. **Physical Education:** Introduce and complete programs related to safety issues as Walk Safe, Bicycle Safe, etc. Instruct students of safety rules and procedures to follow while participating in physical activities and sports. **Physical Activity:** Promotion and participation in events related to sports and recreational activities organized by MDCPS and local communities.

	Health and Nutrition Literacy: Conduct a school wide professional development workshop on Social Emotional Learning. Present teachers with ideas on how to promote mindfulness in their classrooms and incorporate it in their lesson plans. At faculty meetings conduct Mindfulness Practice activity with the faculty and staff. **Preventive Healthcare:** Will participate in Student Mental Health Awareness month in October. School has been appointed a mental health specialist to meet with students needing additional counseling.
Sustainability Practices:	Our mental health coordinator along with the counselors and administration will ensure that activities are done and continue throughout the school year. Physical education teachers will implement in their lesson plans activities that promote a healthy lifestyle.
Community Engagement:	Working with MDC police department to share DARE program with our 5th grade students. Counselors will work with students to complete community projects. We also have Healthy Me sponsored by Citrus, that works with our students.
Monitoring and Evaluation:	Meet with teachers monthly to share in class SEL activities that have been conducted in individual classes. Administration will look for SEL activities being done in classes while conducting walkthroughs. Counselors will monitor students and programs offered on site for students. Physical education teachers will implement and monitor health, safety, physical activity and nutrition aspects of the wellness plan.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	