



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

School Name & Location Number:	Ruth K. Broad Bay Harbor K-8 Center
Principal:	Fatima R. Balderramos
Phone Number:	305-865-7912
School Wellness/Healthy School Team Leader:	Israel R. Sosa
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Student: Philip Goldberger Administrator: I. R. Sosa Food Service Manager: Ms. Jean-Simon Parent: Megan Saenz Health Professional: Nurse Patricia P. E. Teachers: L. Perez Volunteer: R. Pelayo
Committee Meeting Dates:	2/3/25 Mentally Heathy Team Meeting, 3/3/25 Mentally Heathy Team Meeting, 4/7/25 Mentally Heathy Team Meeting, 5/5/25 Mentally Heathy Team Meeting
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input type="checkbox"/> Nutrition <input checked="" type="checkbox"/> Physical Education <input 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:	Nutrition: Promote the free breakfast and provide healthy meals and snacks in the cafeteria. Physical Education: Fitness testing Physical Activity: Fun run, color run, rope jump contest, field day.

	<p>Health and Nutrition Literacy: Healthy eating is promoted through the culinary arts elective</p> <p>Preventive Healthcare: Provide access to blood pressure checks. Promote walking the track during breaks. Provide healthy foods at faculty meetings.</p>
Sustainability Practices:	<p>Provide shared table in both cafeterias.</p> <p>School gardening club promotes growing vegetables and fruits.</p>
Community Engagement:	<p>Maintain a partnership with local businesses.</p> <p>Promote local run/walks.</p> <p>Encourage safe use of bicycle and scooter rides to and from school.</p>
Monitoring and Evaluation:	<p>Committee meeting sign-in sheets.</p> <p>Meeting agendas.</p> <p>Start using social media to promote the wellness plan.</p>
<p>Other Activities:</p> <p>If applicable, attach supporting documentation (e.g. event flyer)</p>	<p>Four after school programs (School run program, Bay Harbor Island program, WMCA, and Surfside Community Center) offer tennis, basketball, soccer, ballet, kung fu, flag football.</p> <p>The school offers intermural cross country, track and field, and golf.</p>