Miami-Dade County Public Schools

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

School Name & Location Number:	Paul W. Bell Middle School, 6041
Principal:	Rico Jones
Phone Number:	305-220-2075
School Wellness/Healthy School Team Leader:	Sofia DaSilva
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Student – Eduardo Gonzalez School Administrators – Rico Jones and Sofia DaSilva School Food Service Manager/Supervisor – Ayme Quintana School Health Professional – Andrea Murillo Physical Education Teacher – Timothy Cornelius School Volunteer – Maria Gonzalez
Committee Meeting Dates (list at least 4):	10/7/2026, 11/4/2026, 12/9/2026, 1/2027, 2/2027, 3/2027, 4/2027, 5/2027
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:** • **Encourage Positive Messaging** – Display posters and share announcements that promote good nutrition choices. This includes the "And Justice for All" poster in prominent display for all stakeholders to view. • **Provide Healthy School Meals** – Serve balanced meals with fruits, vegetables, whole grains, and lean proteins. • **Promote Breakfast Programs** – Ensure students start the day with a healthy breakfast, especially those from food-insecure homes. **Physical Education:**

	• **Regular Physical Activity** – Engaging in consistent movement improves cardiovascular health, strength, and endurance. • **Managing Stress** – Physical activity in PE helps reduce stress and boosts mental health. • **Learning About Fitness and Health** – Understanding how the body works encourages lifelong healthy habits. • **Building Teamwork and Social Skills** – Participating in group activities improves emotional health and cooperation. **Physical Activity:** **Health and Nutrition Literacy:** **Preventive Healthcare:** • **Host Regular Health Screenings** – Offer vision and hearing screenings to catch issues early. • **Promote Hygiene Education** – Teach proper handwashing, personal hygiene, and sanitation practices to prevent illness. • **Provide Mental Health Resources** – Offer counseling services and mental health education to support emotional well-being.
Sustainability Practices:	• Incorporate physical activity and sustainability themes into school events, assemblies, and celebrations. • Recognize and reward students and staff who actively participate in and promote these initiatives. • Offer regular workshops and training sessions for teachers on integrating physical activity and sustainability into their curriculum. • Organize guest speakers and experts to talk about the benefits of physical activity and sustainable living. • Ensure milk waste is reduced by informing all stakeholders that milk is a choice, not mandatory.
Community Engagement:	• Partner with local businesses and organizations to sponsor events and provide resources. • Create volunteer opportunities for parents, alumni, and local residents to assist with physical activity programs and sustainability projects.

Monitoring and Evaluation:	• Utilize apps and software to track physical activity levels, such as pedometer apps or fitness trackers. • Encourage open communication and feedback from all stakeholders, including students, staff, parents, and community members. • Highlight success stories and positive outcomes to inspire continued participation and support. • A member will attend meetings on food and nutrition provided by the district and report back to the committee any updates for the current school year. A member of the committee will ensure all production records for student meals are reviewed to meet federal, state, or internal audits.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	