Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan

2026-2027

School Name & Location Number:	*Palm Springs Middle School / 6681*
Principal:	*Heriberto Sanchez*
Phone Number:	*305/821/2460*
School Wellness/Healthy School Team Leader:	*Gabriel Cabrera*
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	*Cafeteria Manager: Kirenia Jaime* *PE Teacher: Sheryl Henderson* *PE Teacher: Todd Peterseil* *UTD Steward: Latoya Thomas*
Committee Meeting Dates (list at least 4):	*Faculty Meetings: November 4, 2026 & February 3, 2027* *EESAC Meetings: January 12, 2027 & March 2, 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: Implementing healthy eating programs and managing the food service process to ensure a clean, safe, and healthy eating environment.* *Physical Education: Pre/Post fitness gram data used for activity planning through Physical Education and Fitness elective classes. Adaptive Physical Education offered to ASD students.* *Physical Activity: Maintain Cheerleading Program, After School Sports Activity/Try-Outs for All Students, and Fitness Room available to faculty and staff before, during planning periods when Fitness Room is not in use by students and after school.*

	Health and Nutrition Literacy: Have students explore careers in nutrition, explore body systems and how proper nutrition or lack thereof affects the body. *Preventive Healthcare: Continue Code Blue Team, upload and post well wat calendars for all stakeholders around the school.*
Sustainability Practices:	*Posting educational flyers and information throughout the school and involvement of Garden (Earth Club) and Farm -La Finka (Agriculture Club/Class) around the school campus and community.*
Community Engagement:	*Increase business and community involvement in the local area and involvement of the school's business/community representatives through EESAC.*
Monitoring and Evaluation:	*Committee meeting sign-in sheets and school health fair attendance.*
Other Activities: *If applicable, attach supporting documentation (e.g. event flyer)*	*Monthly mental health wellness activities and resiliency lessons.*