Miami-Dade County Public Schools

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

School Name & Location Number:	Palm Springs North Elementary K-8
Principal:	Dr. Christina Ravelo
Phone Number:	(305) 821-4631
School Wellness/Healthy School Team Leader:	Jennifer Diaz
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Dr. Christina Ravelo (School Principal/Administrator), Jennifer Salisbury (Guidance), Jennifer Diaz (Guidance), Amerys Morell (Physical Education), William Manley (Physical Education), Maria Neyra (Cafeteria Manager), Zady Costa (PLC Cafeteria), Amanda Rubines (ESE), and Rebecca Diaz (PSN Runners Club).
Committee Meeting Dates:	Monthly faculty meetings on Wednesdays
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	X Nutrition X Physical Education X Physical Activity X Health and Nutrition Literacy X Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	**Nutrition:** Promote free breakfast, encourage healthy eating habits on campus, and provide well-balanced meals daily to students, faculty, and staff at the school cafeteria. **Physical Education:** Physical Education Teachers will promote the following healthy activities on campus: daily exercise, FitnessGram testing, and promoting after-school sports programs. **Physical Activity:** Physical Education classes, PSN Runners Club for students and staff members, and middle school sports program.

	Health and Nutrition Literacy: Two school gardens (main courtyard & outside building 1) and a sensory garden by the PLC for staff and student use. **Preventive Healthcare:** Staff running team will participate in local 5K road races, including the Superintendent's 5K.
Sustainability Practices:	All faculty members will be trained in multiple facets of the School Wellness Plan so that any given school employee can exercise the duty of fellow committee members to ensure that the action plan is carried out consistently throughout the year in the event of any staff absences.
Community Engagement:	Administration will provide healthy snacks at monthly faculty meetings, school will foster increased business partnerships in the local school community, and the school will invite healthcare workers such as doctors, nurses, and dieticians to participate in the annual career day at school.
Monitoring and Evaluation:	Committee meeting sign-in sheets, more organized meetings during the school year, and an increased social media presence online.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	PSN Runners Club for staff members biweekly after school, school vegetable garden cultivation for students and staff members, and monthly Friday Socials for increased camaraderie for school staff members.