



Miami-Dade County Public Schools  
**School Wellness/Healthy School Team Committee Action Plan**  
**2025-2026**

School Name & Location Number:	Gertrude K. Edelman Sabal Palm Elementary
Principal:	Emirce Guerra
Phone Number:	305-651-2411
School Wellness/Healthy School Team Leader:	Mrs. Vivian Pierre-louis, P.E. Coach
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none"> <li>• Verdell Sands-Hollis, Assistant Principal</li> <li>• Lourdes Napoles, Cafeteria Manager</li> <li>• Thenaise Lundy, PTA President</li> <li>• Redgina Cherestal, School Nurse</li> <li>• Kernante Jules, Ed Fund Food Forest Coordinator</li> </ul>
Committee Meeting Dates (list at least 4):	Opening of Schools (8/2025) / Open House (9/2025) / Food Forest Meeting (1/2026) / EESAC 3/2026
<b>ACTION PLAN</b>	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input checked="" type="checkbox"/> Nutrition <input checked="" type="checkbox"/> Physical Education <input checked="" 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:	<p><b>Nutrition:</b> Encourage non-food rewards for teachers and students. Provide healthier food options for student and staff celebrations. Use garden to teach students about growing and preparing food.</p> <p><b>Physical Education:</b> Implement a pre-post fitness assessment using Aspen Fitness Test. Provide structures P.E. Lessons focusing on cardiovascular, endurance, strength, flexibility, and agility.</p> <p><b>Physical Activity:</b> Offer a before school sports intramural program. Host a school wide Field Day event. Encourage staff participation in district health and fitness initiatives.</p> <p><b>Health and Nutrition Literacy:</b> Implement nutrition education in physical education and across classroom instruction to promote healthy eating habits. Display nutrition posters in the cafeteria.</p> <p><b>Preventive Healthcare:</b> Partner with local health providers to conduct health screenings for students and staff members.</p>

Sustainability Practices:	Meatless Thursdays at school.
Community Engagement:	Develop partnerships with community health providers (i.e. local health departments, hospitals, clinics, health professionals and other community organizations who can provide resources to support the school's wellness activities).
Monitoring and Evaluation:	<ul style="list-style-type: none"> <li>• School Survey</li> <li>• Committee Meeting Sign-in Sheets</li> <li>• Health Screening Attendance Sheets</li> <li>• Selected committee members to monitor completion of actions plans</li> </ul>
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	