



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

School Name & Location Number:	Alonzo and Tracy Mourning Senior High
Principal:	Mr. Christopher J. Shinn
Phone Number:	305-919-2000
School Wellness/Healthy School Team Leader:	Gussie Sakowicz
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Administrators: Chrstopher Shinn, Gussie Sakowicz, Eddie Medina, Adalys Guerra Students: Julie Conrad Cafeteria Manager: Niurka Alvarez Parents: Rocio Lama Teacher: Wendy Goya PE Teacher: Joe Perez
Committee Meeting Dates:	1/22/25, 2/19/25, 3/19/25, 4/16/25, 5/21/25 (EESAC Meetings)
ACTION PLAN	
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>Nutrition:</p> <ul style="list-style-type: none"> • Promote the free breakfast and good eating habits, especially as testing approaches. • Provide healthy meals daily to students through the cafeteria <p>Physical Education:</p> <ul style="list-style-type: none"> • Fitnessgram Testing <p>Physical Activity:</p> <ul style="list-style-type: none"> • Addition of pickleball courts to school and student/staff activities • Robust athletic program with multiple competitive sports offered each season <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> • Bring awareness to the research around red dye

	<p>Preventive Healthcare:</p> <ul style="list-style-type: none"> • Wellway Wellness Program • Promote Wellway initiatives and other wellness topics on Wellness bulletin board in mail room. • Increased participation in the Superintendent's 5K
Sustainability Practices:	<ul style="list-style-type: none"> • Using Share Tables to teach students to redistribute food rather than discard it • The Environmental Club will host a recycling program to ensure plastic water bottles are recycled
Community Engagement:	<ul style="list-style-type: none"> • Shared research-based health information on social media • Share updates at monthly EESAC meetings • Provide health flyers in main office
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Committee Meeting sign-in sheets • Create meeting agendas and set times for the following year • Start the EESAC and social media advertisements earlier in the following school year • Advertise through PTSA newsletters and School Messenger service to increase future participation
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> • Promote afterschool athletics on announcements and social media to increase participation, awareness and attendance (support).