



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

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| School Name & Location Number:   | Everglades K-8 Center   |
| Principal:   | Deborah G. Riera  |
| Phone Number:  | 305-264-4154  |
| School Wellness/Healthy School Team Leader:  | David J. Lengomin   |
| School Wellness/Healthy School Team Committee Members:<br>(please provide names for the following) | Deborah Riera, David Lengomin, Vicky Pestana-Rodriguez, Vilmaris Cruz, Rita Lugo, Manuel Martinez, Richard Praschnik, Luz Guerrero, Ellenny Rodriguez, Mabel Perez, Nidia Saisbhan Lashley, Arletti Rosales, & Isabel Tamayo.   |
| Committee Meeting Dates:   | 11/13/24, 12/04/24, 01/08/25, 02/05/25, 03/05/25, 04/02/25, & 05/07/25  |
| <b>ACTION PLAN</b>   |   |
| School Wellness/Healthy School Team Goal:<br>(Select all that apply)                               | <input checked="" type="checkbox"/> Nutrition<br><input checked="" type="checkbox"/> Physical Education<br><input checked="" type="checkbox"/> Physical Activity<br><input type="checkbox"/> Health and Nutrition Literacy<br><input type="checkbox"/> Preventive Healthcare  |
| Steps to Achieve School Wellness/Healthy School Team Goal:   | <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Promote free breakfast and lunch through morning announcements and social media.</li> <li>Promote good eating habits throughout school.</li> </ul> <p><b>Physical Education:</b></p> <ul style="list-style-type: none"> <li>Promote exercise and physical activity tips on morning announcements.</li> </ul> <p><b>Physical Activity:</b></p> <ul style="list-style-type: none"> <li>Conduct physical activity competitions between faculty and staff (# of daily steps)</li> </ul> |

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| Sustainability Practices:  | <ul style="list-style-type: none"> <li>• Posting environmental advocacy and educational flyers (with a focus on energy conservation).</li> <li>• Encourage the use of re-usable items; such as water bottles.</li> </ul>   |
| Community Engagement:  | <ul style="list-style-type: none"> <li>• School health professional to select fruit or vegetable to highlight during meetings.</li> <li>• School health professional to discuss health myths and misconceptions during meetings.</li> <li>• Increase business partnerships in the local area.</li> </ul> |
| Monitoring and Evaluation:   | <ul style="list-style-type: none"> <li>• Committee Meeting sign-in sheets</li> <li>• Advertise more to increase future volunteers for next school year.</li> </ul>   |
| <p>Other Activities:<br/>If applicable, attach supporting documentation (e.g. event flyer)</p> | <ul style="list-style-type: none"> <li>• Afterschool activities: Basketball</li> <li>• Daily Steps Competition (monthly)</li> </ul>  |