



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

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| School Name & Location Number: | Everglades K-8 Center/1721 |
| Principal: | Daniel Diaz |
| Phone Number: | 305-264-4154 |
| School Wellness/Healthy School Team Leader: | Vicky Pestana-Rodriguez |
| School Wellness/Healthy School Team Committee Members: (please provide names for the following) | Daniel Diaz, Vicky Pestana-Rodriguez, Vilmaris Cruz, Rita Lugo, Manuel Martinez, Richard Praschnik, Felicita Salinas, Ellenny Rodriguez, Mabel Perez, Marisol San Roman, Ha Thien Nguyen, Jeannette Masella |
| Committee Meeting Dates: | |
| 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 type="checkbox"/> Health and Nutrition Literacy <input type="checkbox"/> Preventive Healthcare |
| Steps to Achieve School Wellness/Healthy School Team Goal: | <p>Nutrition:</p> <ul style="list-style-type: none"> Promote free breakfast and lunch through announcements and social media. Promote good eating habits throughout school <p>Physical Education:</p> <ul style="list-style-type: none"> Promote exercise and physical activity tips on social media <p>Physical Activity:</p> <ul style="list-style-type: none"> Conduct physical activity competitions between staff (# of daily steps) |

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| Sustainability Practices: | <ul style="list-style-type: none"> • Posting environmental advocacy and educational flyers (with a focus on energy conservation) • Encourage the use of re-usable items; such as water bottles |
| Community Engagement: | <ul style="list-style-type: none"> ▪ School health professionals to select fruit or vegetable to highlight during meetings ▪ Increase business partnerships in the local area |
| Monitoring and Evaluation: | <ul style="list-style-type: none"> • Committee Meeting sign-in sheets • Create meeting agendas and set times for the following year |
| <p>Other Activities:</p> <p>If applicable, attach supporting documentation (e.g. event flyer)</p> | <ul style="list-style-type: none"> • Afterschool activities: swimming, rowing club, golf, tennis |