



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

School Name & Location Number:	Felix Varela Senior High School 7781
Principal:	Adrian Sanchez
Phone Number:	305-752-7900
School Wellness/Healthy School Team Leader:	Lazaro Leal
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Adrian Sanchez, Principal Lazaro Leal, Assistant Principal Ericka Simpson, Cafeteria Manager Ryan Schneider, Athletic Director Monica Babich, Teacher Yolivette Garcia, student Juan Monge, P.E. Teacher Carlos Escobar, Parent
Committee Meeting Dates:	8/12/24 Opening of Schools, 9/4/24 Faculty Meeting, 9/11/24 EESAC Meeting, 10/2/24 Faculty Meeting, 11/6/24 Faculty Meeting, 12/4/24 Faculty Meeting
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:	Nutrition: -Promotion of free breakfast through daily morning and afternoon school-wide announcements -Provide healthy balanced meals to all students and interested staff members Physical Education:

	<ul style="list-style-type: none"> -Fitness testing -Practice healthy exercise in all courses -Promote healthy eating habits and provide education on benefits <p>Physical Activity:</p> <ul style="list-style-type: none"> -Participate in healthy exercise/stretching routines -Provide exposure to exercises that promote a healthy balance <p>Health and Nutrition Literacy:</p> <ul style="list-style-type: none"> -Educating students through P.E. on how to monitor/track exercise routines and eating habits -Educate students through Science courses on chemistry involved in healthy eating habits -Create a school garden to emphasize healthy eating habits <p>Preventive Healthcare:</p> <ul style="list-style-type: none"> -Wellway Wellness Program exposure -Create opportunities for staff and students to exercise together and promote on social media
Sustainability Practices:	<ul style="list-style-type: none"> -Lessons using school garden on healthy eating habits -Use the school website to promote healthy exercise habits and eating routines -Advertise and promote school athletic teams as a healthy option for exercise
Community Engagement:	<ul style="list-style-type: none"> -Use social media to promote athletic teams and the benefits of exercise -Sending home educational flyers on healthy exercise routines and eating habits -Promote the school garden and other healthy projects through social media

Monitoring and Evaluation:	<ul style="list-style-type: none">-Sign-in sheets at all meetings and include the wellness program at all leadership meetings-Assigned teacher to the school garden and the education of healthy food production through the teacher's courses
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none">-Afterschool athletic teams all educate on proper exercise and eating habits-Dance and cheerleading teams educate on proper exercise and eating habits-Title I meetings discuss health and nutrition