



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

School Name & Location Number:	David Fairchild Elementary	
Principal:	Lucy Amengual	
Phone Number:	306-665-5483	
School Wellness/Healthy School Team Leader:	Andrea Abrantes	
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Lucy Amengual Andrea Abrantes Rocio Bortolin Elvia Vazquez	Alexis Chin Ana Calero Asher Lodish
Committee Meeting Dates:	9/2024 Faculty Meeting, 10/2024 EESAC Meeting, 11/2024 Faculty Meeting, 1/2025 EESAC Meeting, 2/2025 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 type="checkbox"/> Health and Nutrition Literacy <input checked="" type="checkbox"/> Preventive Healthcare	
Steps to Achieve School Wellness/Healthy School Team Goal:	Nutrition: <ul style="list-style-type: none"> Promote free breakfast and good eating habits Provide healthy meals daily to students and staff Plant edible garden Physical Education: <ul style="list-style-type: none"> Fitnessgram Testing Physical Activity: <ul style="list-style-type: none"> Sound Bowl Mindful Kids Miami 	

	<ul style="list-style-type: none"> • Yoga Health and Nutrition Literacy: Preventive Healthcare: <ul style="list-style-type: none"> • Monthly Wellness Program (Mindfulness, Yoga, Meditation) • Hearing Screening • Vision Screening • BMI Screening
Sustainability Practices:	<ul style="list-style-type: none"> • Recycling Program • Using Share Table to teach students to redistribute food rather than discard it • Encourage the use of reusable items such as water bottles • Post District Wellness Policy on school website
Community Engagement:	<ul style="list-style-type: none"> • Increase business partnership in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none"> • Designate a teacher responsible for monitoring the recycle bins • Designate a teacher to set up Wellness Activities for teachers and students • Committee Meeting sign-in sheets • Have more organized meeting agenda and set times for the following year
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none"> • After school activities through YMCA • Botany Club