



Miami-Dade County Public Schools
School Wellness/Healthy School Team Committee Action Plan
 School Year: 2021-2022

School Name & Location Number:	Young Men's Preparatory Academy
Principal:	Pierre Edouard
Phone Number:	(305) 571-1111
School Wellness/Healthy School Team Leader:	Valerie Gilchrist
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Valerie Gilchrist – Assistant Principal Ileana Rodriguez – Community Involvement Specialist Ninoska Gonzalez - Cafeteria Manager Cesar Santiago – Physical Education Teacher Rosa Sierra – Activities Director Student – Steven Taveras
Committee Meeting Dates:	01/11/2022 (Faculty meeting); 02/16/2022 (EESAC meeting); 03/14/2022 (EESAC meeting); 04/11/2022 (EESAC 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 healthy eating habits through morning and/or afternoon announcements - Encourage students and staff to limit junk food Physical Education <ul style="list-style-type: none"> - Fitnessgram Testing - Promote daily exercise

	<p>Physical Activity</p> <ul style="list-style-type: none"> - Daily warm-up activities before physical education classes - Provide monthly Wellness Calendar for staff and students - Include daily suggested activity for staff and students during morning and/or afternoon announcements <p>Health and Nutrition Literacy</p> <p>Preventive Healthcare</p>
Community Engagement:	<ul style="list-style-type: none"> - Post School Wellness/Healthy School Team Committee and Action Plan on School Website - Send Wellness Calendar home with students - Post Wellness Calendar on the School Website
Monitoring and Evaluation:	<ul style="list-style-type: none"> - Pre/Post Wellness Survey
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	