Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan 2025-2026

School Name & Location Number:	Young Women's Preparatory
Principal:	Marbiel Rivera
Phone Number:	575-1200
School Wellness/Healthy School Team Leader:	Ms. Monica Ruiz
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Mr. Paul Pfeiffer, Assistant Principal Ms. Maritza Perez, Food Service Manager Ms. Leo Shama, Trust Counselor Ms. Andrea Cabrera-Elguez, Student
Committee Meeting Dates (list at least 4):	First Wednesday of the quarter at 2:35
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	☒ Nutrition ☒ Physical Education ☒ Physical Activity ☒ Health and Nutrition Literacy ☒ Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	**Nutrition:** The cafeteria manager collaborates with Mr. Pfeiffer to inform students about healthy lunch options on morning and afternoon annoucements every week. Free breakfast and lunch are promoted via school **Physical Education:** Physical education is scheduled in grades 6th - HS. Students in MS are scheduled into a PE elective, while HS students elect Fitness Lifestyle Design or Aerobic and Personal Training/Fitness. **Physical Activity:** Teaachers are encouraged to participate in the after-school Yoga/Pilates every fourth Wednesday led by Ms. Ruiz. They are also given the opportunity to participate in The Green Club and Food and Nutrition **Health and Nutrition Literacy:** Students are exposed to health and nutrition instruction in Science and Physical **Preventive Healthcare:**

	Throughout the year, different activities are scheduled and promoted to raise awareness on staying physically and mentally safe and healthy -October - Cancer Awareness month - wear pink on designated days - Mindf-Up activities take place every week during our Leadership/Homeroom. - Monthly Mental Health Videos are shown to all students during Language Arts classes, followed up with collaborative conversation with the Trust and Guidance Counselors.
Sustainability Practices:	Identifying school needs Identifying school resources Write a school action plan Using Share Tables to teach students to redistribute food rather than discard it On-going progress monitoring of action plan
Community Engagement:	Participation in the Superintendent's 5K Challenge Professional women from the community participate in the annual Women's Symposium sharing mental, nutrional, and physical fitness advice.
Monitoring and Evaluation:	Committee Meeting Sign-In
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	M-DCPS, Your Best Choice Quarterly field day activities to include all students