Miami-Dade County Public Schools

School Wellness/Healthy School Team Committee Action Plan
2026-2027

School Name & Location Number:	International Studies Preparatory Academy/7571
Principal:	Dr. Alina Diaz-Blanco
Phone Number:	305-663-7200
School Wellness/Healthy School Team Leader:	Anna Navarro
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	Anna Navarro, Clarence Davis, Yalemil Zuniga, Marisol Restrepo, Lianett Hechavarria, Ivette Dominguez, Student Government Members
Committee Meeting Dates (list at least 4):	October 16, 2026, January 14, 2027, March 19, 2027, May 20, 2027
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 goal of the Wellness Committee is to maintain the science classes currently participating in the maintenance of the School Garden and to continue to provide nutrition instruction and literacy to the students. The Committee will also promote free breakfast and good eating habits. **Physical Education:** **Physical Activity:** The goal of the Wellness Committee is to ensure students and staff are aware of the benefits of physical activity for both physical and mental health. **Health and Nutrition Literacy:**

	Preventive Healthcare:
Sustainability Practices:	Wellness Committee will meet quarterly to discuss and share best practices for healthy eating and exercise options. Fitness Club will also assist with these endeavors, by posting educational flyers throughout the school.
Community Engagement:	Community engagement will involve students harvesting the produce and send the produce home to the parents so that they can utilize it in their kitchens. There will also be a Wellness and Health Fair.
Monitoring and Evaluation:	The Wellness Committee will maintain the science classes currently participating in the maintenance of the School Garden and will continue to provide nutrition instruction and literacy to the students.
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	Weekly Fitness Club meetings with Coach Davis.