

Mercedes Toural, Chief Education Officer  
and Deputy Superintendent of Schools

**SUBJECT:           REQUEST AUTHORIZATION TO ACCEPT THE REPORT  
STRATEGIES, INITIATIVES, AND ACTIONS NECESSARY TO  
CREATE A HEALTHIER SCHOOL ENVIRONMENT IN  
NUTRITION AND PHYSICAL ACTIVITY**

**COMMITTEE:       EDUCATION AND SCHOOL OPERATIONS**

At the October 22, 2003, School Board meeting, Dr. Michael M. Krop, Chair, requested that staff of the Division of Life Skills and Special Projects and the Department of Nutrition address the health of students. Combating obesity and Type II Diabetes as well as reinforcing the need for physical activity and positive attitudes toward lifelong wellness were prime concerns.

The report *Strategies, Initiatives, and Actions Necessary to Create a Healthier School Environment in Nutrition and Physical Activity* was developed based on the recommendations of the Surgeon General and the Centers for Disease Control and Prevention (CDC). This plan also includes mandates from the United States Department of Agriculture to emphasize nutrition and physical education programs in order to ensure that a variety of healthy foods are available to students and to monitor competitive food sales at all school sites.

Authorization is requested to accept the report developed and reviewed by the Food and Nutrition Advisory Committee, the Ad Hoc Committee on Physical Activity, and a specially convened committee including representatives from the ACCESS Centers; selected principals from elementary, middle, and senior high schools; athletic and activities directors; United Teachers of Dade; and health and nutrition community agencies.

Creating a healthy environment for students with a focus on the present and the future is the goal for all stakeholders. The plan offers actions such as disseminating information available from local, state, and federal agencies that can be taken immediately. Many concerns plainly need to be explored and will involve planning, staff and student involvement, and changes in eating and physical activity habits. For these reasons it is requested that strategies, initiatives, and actions delineated in the report be implemented during the 2004-2005 school year.

A report on the findings and the updated implementation timeline will be transmitted to the Board prior to the School Board meeting of July 2005.

**RECOMMENDED:** That The School Board of Miami-Dade County, Florida, accept the report *Strategies, Initiatives, and Actions Necessary to Create a Healthier School Environment in Nutrition and Physical Activity*, for implementation during the 2004-2005 school year.

GMK/LG:sc

**STRATEGIES, INITIATIVES, AND ACTIONS NECESSARY TO CREATE A HEALTHIER SCHOOL ENVIRONMENT IN THE AREAS OF NUTRITION AND PHYSICAL ACTIVITY**

**GOAL 1: PROVIDE ADEQUATE TIME IN THE CURRICULUM FOR NUTRITION EDUCATION AND PHYSICAL EDUCATION AND STAFF DEVELOPMENT OPPORTUNITIES TO ENHANCE INSTRUCTION.**

STRATEGY	ACTIVITIES	TIMELINE	COST
<p>1.a Inform administrators, educators, students and parents about the role of sound nutrition and physical activity in academic achievement. This action will take place in collaboration with the district's Food and Nutrition Advisory Committee and Physical Activity Ad Hoc Committee.</p>	<ul style="list-style-type: none"> <li>- Information will be added to the specially created Web site.</li> <li>- Materials disseminated</li> <li>- Newsletters</li> <li>- WLRN Teacher Choice</li> </ul>	2004- 2005	NO COST
<p>1.b Provide for nutrition education classes as part of the Teacher Education Center (TEC) offerings for continuing education credits for teachers, athletic personnel, and administrators as part of the Professional Development Program for Master Plan Points. Provide for Nutrition Education workshops as part of the Management Academy workshop series.</p>	<ul style="list-style-type: none"> <li>- Schedule series of TEC workshops on nutrition which will provide re-certification credit.</li> </ul>	2004- 2005	Grand Funded
<p>1.c Provide for physical fitness education classes as part of the Teacher Education Center (TEC) offerings for continuing education credits for teachers and administrators as part of the Professional Development Plan for teachers and for Master Plan Points as part of the Management Academy to promote employee wellness.</p>	<ul style="list-style-type: none"> <li>- Schedule series of TEC workshops on physical fitness which will provide re-certification credit.</li> </ul>	2004- 2005	Grant Funded
<p>1.d Develop Nutrition and Physical Activity Advisory Committees at each senior high school to ensure opportunities for decision making regarding nutrition and physical fitness at the school site are available to students, school personnel, and community members.</p>	<ul style="list-style-type: none"> <li>- Coordinate school site committees through the physical education teacher and food service manager.</li> </ul>	2004-2005	NO COST

**GOAL 2: PROMOTE LIFETIME FITNESS AND CARDIOVASCULAR HEALTH FOR ALL STUDENTS THROUGH DAILY PHYSICAL EDUCATION AND HEALTH AND NUTRITION EDUCATION BY FOCUSING ON SKILL DEVELOPMENT FOR ADOPTING HEALTHY EATING AND PHYSICAL ACTIVITY BEHAVIORS.**

STRATEGY	ACTIVITIES	TIMELINE	COST
<p>2.a Ensure that all elementary school students in grades 2-5 be provided 30 minutes per day of physical education time, or 150 minutes per week, taught by a certified physical education teacher, as allocated by the district office. Elementary schools implementing a block schedule will provide physical education between 120 and 150 minutes per week.</p>	<ul style="list-style-type: none"> <li>- Review elementary physical education schedules to ascertain compliance.</li> </ul>	2004- 2005	NO COST
<p>2.b Encourage students enrolled in grades 6-8 to take daily physical education taught by a certified physical education teacher.</p>	<ul style="list-style-type: none"> <li>- Implement an articulation plan for elementary and middle schools in physical education.</li> </ul>	2004-2005	NO COST
<p>2.c Explore the possibility of phasing in a required semester of physical education in the middle school and review impact to other disciplines.</p>	<ul style="list-style-type: none"> <li>- Develop a committee of all stakeholders to review and recommend new requirements.</li> <li>- Review budget implications.</li> </ul>	2004-2005	NO COST
<p>2.d Explore extending the length of the school day for students enrolled in Kindergarten and grade 1 so that physical education can be taught by a certified physical education teacher. This action will allow for common planning time for the kindergarten teachers while ensuring that students in grades K and 1 receive their daily physical education, art, and music.</p>	<ul style="list-style-type: none"> <li>- Meet with Student Progression Plan and budget committees to ascertain feasibility.</li> </ul>	2004-2005	NO COST
<p>2.e Provide physical education workshops and inservice opportunities for classroom teachers enabling them to teach physical education and nutrition to students in grades Pre-K, K, and grade 1.</p>	<ul style="list-style-type: none"> <li>- Coordinate CBC/physical education workshops for teachers teaching grades Pre-K, K, and 1.</li> </ul>	2004- 2005	Grant Funded

<p>2.f Explore alternatives of removing low-achieving students from physical education classes for "double dosing" purposes.</p>	<ul style="list-style-type: none"> <li>- Provide principals and teachers with content-area reading materials.</li> <li>- Review alternative strategies for low-achieving students.</li> </ul>	<p>2004- 2005</p>	<p>NO COST</p>
<p>2.g Explore the feasibility of assigning reading for home learning for students in grades 6-12, instead of the required 30 minutes reading, enabling students to participate in physical education for the duration of class time.</p>	<ul style="list-style-type: none"> <li>- Assist physical education teachers in developing a series of home learning activities.</li> </ul>	<p>2004- 2005</p>	<p>NO COST</p>
<p>2.h Encourage students to participate in after school programming, such as, Parks and Recreation, Intramurals, Boys and Girls Clubs, and YMCA.</p>	<ul style="list-style-type: none"> <li>- Assist in developing physical fitness programs with appropriate community-based organizations.</li> <li>- Advertise opportunities through web site, newsletters, and e-mail.</li> </ul>	<p>2004-2005</p>	<p>NO COST</p>

**GOAL 3: PROVIDE REASONABLY PRICED, COST EFFECTIVE, NUTRITIOUS AND APPEALING MEALS THAT MEET THE UNITED STATES DEPARTMENT OF AGRICULTURE (USDA) GUIDELINES FOR HEALTHY AMERICANS AT ALL SCHOOLS.**

STRATEGY	ACTIVITIES	TIMELINE	COST
3.a Revise food item specifications to limit content of saturated, trans-fat, and high fructose corn syrup to meet the district standards and the dietary recommendations already set by the federal government as part of the National School Lunch and Breakfast programs.	- Revise food item specifications as new bids are reviewed.	2004-2005	NO COST
3.b Revise the specifications of fruit juices sold in school cafeterias to contain 100% real fruit juice.	- Revise food item specifications as new bids are reviewed.	2004-2005	NO COST
3.c Explore the possibility of substituting healthy alternatives for carbonated beverages on school grounds.	- Work with Physical Activity Ad Hoc Committee/Food and Nutrition Advisory Committee, and Athletic Advisory Committee.	2004-2005	NO COST
3.d Promote an increase of low-fat milk consumption to achieve the Recommended Dietary Guidelines for school-aged children for calcium consumption by limiting beverage choices at breakfast and lunch.	- Review and promote Dairy Council recommendations.	2004-2005	NO COST
3.e Explore policies that ensure that all food and beverages available on school campuses during the school day contribute to healthy eating patterns that are consistent with USDA Dietary Guidelines for Healthy Americans, including foods available in vending machines.	- Work with Physical Activity Ad Hoc Committee/Food and Nutrition Advisory Committee, and PT/PTSA.	2004-2005	NO COST
3.f Explore and adopt policies that ensure that food items sold in vending machines meet the recommendations of the district's Department of Food and Nutrition to ensure compliance with Federal USDA Dietary Guidelines and local district food specifications.	- Work with purchasing on vending/access fee contract language.	2004-2005	NO COST

<p>3.g Involve students in the selection, tasting, and marketing of healthy foods and beverages that appeal to students in school.</p>	<ul style="list-style-type: none"> <li>- Develop school site Student Food and Nutrition Advisory Councils and allied student groups in testing and new sampling.</li> </ul>	<p>2004-2005</p>	<p>NO COST</p>
<p>3.h Employ well-trained food service professionals who reinforce students' adoption of healthy eating habits.</p>	<ul style="list-style-type: none"> <li>- Enhance training opportunities on nutrition and health for food service employees.</li> </ul>	<p>2004-2005</p>	<p>NO COST</p>
<p>3.i Encourage students to purchase healthier snack items that will enhance nutritional intake.</p>	<ul style="list-style-type: none"> <li>- Promote nutrition guidelines for students through materials placed in the cafeteria.</li> </ul>	<p>2004-2005</p>	<p>NO COST</p>
<p>3.j Explore the feasibility of providing limited healthy food vending machines on campuses of a pilot group of elementary/K-8 schools.</p>	<ul style="list-style-type: none"> <li>- Work with principals, Ad Hoc Committee, School Operations, PTA/PTSA, and ACCESS Centers to determine feasibility.</li> </ul>	<p>2004-2005</p>	<p>NO COST</p>
<p>3.h Explore the feasibility of providing healthy food vending machines at middle schools.</p>	<ul style="list-style-type: none"> <li>- Work with principals, Ad Hoc Committee, School Operations, PTA/PTSA, and ACCESS Centers to determine feasibility.</li> </ul>	<p>2004-2005</p>	<p>NO COST</p>

**GOAL 4: PROMOTE THE SALE OF NON-FOOD FUND RAISING ITEMS FOR ALL SCHOOL CLUBS AND ACTIVITIES.**

STRATEGY	ACTIVITIES	TIMELINE	COST
4.a Promote the sale of non-food fund raising items, such as candles, wrapping paper, T-shirts, etc., to be consistent with the recommendations being made to foster proper nutritional habits in the schools and at all school-related activities.	- Provide outreach to PTA/PTSA and other school allied groups.	2004-2005	NO COST
4.b Encourage non-food alternatives (e.g., stickers, pencils, erasers, etc.) as an incentive or reward in the classroom.	- Include proposed items in TEC workshops and teacher outreach activities.	2004- 2005	NO COST
4.c Increase access to healthy food and beverages on campus while reducing access to high-calorie, low-nutrient options.	- Work with food service managers on snack selections.	2004-2005	NO COST
4.d Encourage the promotion and advertising of healthy foods and beverages on school property and at school-sponsored events.	<ul style="list-style-type: none"> <li>- Work with food vendors to encourage advertising of healthier choices.</li> <li>- Work with Principals, Ad Hoc Committee, School Operations, PTA/PTSA, and ACCESS Centers to determine consensus.</li> </ul>	2005-2006	NO COST
4.e. Explore alternative sources of revenue, i.e., Nike or Adidas, or other sponsorship opportunities.	- Work with School Operations on developing sponsorship opportunities.	2004-2005	NO COST
4.f. Explore alternative venues for fund raising.	- Work with School Operations on developing sponsorship opportunities.	2004-2005	NO COST



**GOAL 5: PROVIDE FOR ADEQUATE TIME AND SPACE FOR STUDENTS TO EAT SCHOOL MEALS AND SCHEDULE LUNCH PERIODS AT REASONABLE HOURS.**

STRATEGY	ACTIVITIES	TIMELINE	COST
5.a Explore alternatives at the elementary level in the development of the Master Schedule in order to schedule students' lunch periods between the hours of 10:00 a.m. and 1:30 p.m.	- Work with School Operations to alleviate this problem.	2004- 2005	NO COST
5.b Explore alternatives at the middle school level in the development of the Master Schedule in order to schedule students' lunch periods between the hours of 10:00 a.m. and 1:30 p.m.	- Work with School Operations to alleviate this problem.	2004-2005	NO COST
5.c Explore alternatives at the senior high level in the development of the Master Schedule in order to schedule students' lunch periods between the hours of 10:00 a.m. and 1:30 p.m.	- Work with School Operations to alleviate this problem.	2004-2005	NO COST

**GOAL 6: PROMOTE AND ENHANCE INTERSCHOLASTIC ATHLETICS AND ACTIVITIES AS PART OF STUDENTS' DAILY LIVES AS A VEHICLE TO ENCOURAGE LIFETIME PHYSICAL AND MENTAL WELL BEING.**

STRATEGY	ACTIVITIES	TIMELINE	COST
6.a Ensure that all senior high schools have the opportunity to maintain or expand the interscholastic athletic program currently in place.	- Investigate alternative options in funding athletic and scholarship activities that foster student participation in athletics.	2004-2005	NO COST
6.b Ensure that all middle schools have the opportunity to maintain or expand the athletic and intramural programs currently in place.	- Investigate alternative options in funding activities that foster student participation in athletic and intramural programs.	2004-2005	NO COST
6.c Provide opportunities for all students to receive information and workshops on nutritional guidelines and healthy nutritional choices.	- Use specially designed Web site and school newsletters.	2004-2005	NO COST
6.d Ensure that all senior high schools have the opportunity to maintain the activities program currently in place.	- Investigate alternative options in funding that foster student participation in at activities.	2004-2005	NO COST