

Ms. Antoinette Dunbar, Deputy Superintendent  
Curriculum and Instruction

**SUBJECT:           RECEIVE THE REPORT OF THE REVIEW OF THE UNINTENDED  
IMPACT OF THE WELLNESS PROGRAM REQUIREMENTS ON  
THE ABILITY OF STUDENTS TO TAKE MUSIC, ART, AND OTHER  
ELECTIVE COURSES**

**COMMITTEE:   INSTRUCTIONAL EXCELLENCE AND COMMUNITY ENGAGEMENT**

At the Board Meeting of November 21, 2006, The School Board of Miami-Dade County, Florida approved Agenda Item B-9, proffered by Ms. Evelyn Langlieb Greer, Board Member, to address the physical education mandate as stated in the District's Wellness Policy, and the unintended impact on music, art and other electives.

Subsequent to the Schools Board's approval of the Wellness Policy, the 2006 legislative session approved House Bill 7087 (A++) which added two new requirements that impact students in grades 6-8: one semester of a career and technical education course and the successful completion of 12 core academic courses before promotion to the ninth grade.

Staff has analyzed the impact of the approved Wellness Policy and legislative changes on middle grade students. The attached report addresses three areas: (1) introduction and analysis of data; (2) the intent of Child Nutrition and WIC Reauthorization Act of 2004; and (3) proposed modifications to the currently approved Wellness Policy.

**RECOMMENDED:**   That The School Board of Miami-Dade County, Florida:

1. receive the analysis of data of the unintended impact of the District's Wellness Policy requirements on the ability of students in grades 6-8 to take music, art, and other electives; and
2. implement the recommended revisions as outlined in the attached report.

**IMPACT OF THE WELLNESS PROGRAM REQUIREMENTS  
ON THE ABILITY OF STUDENTS TO TAKE  
MUSIC, ART, AND OTHER ELECTIVE COURSES IN GRADES 6-8**

**INTRODUCTION AND ANALYSIS OF THE DATA**

At the Board Meeting of November 21, 2006, The School Board of Miami-Dade County, Florida approved Agenda Item B-9, proffered by Ms. Evelyn Langlieb Greer, Board Member, to address the physical education mandate as stated in the District's Wellness Policy, and the unintended impact on music, art and other electives.

The School Board originally approved the District's Wellness Policy at the Board meeting of May 10, 2006. This Policy addresses the issue of wellness in the areas of nutrition, physical education and physical activity, health literacy, and school-based healthcare. The physical education policy for students in grades 6-8 requires:

- 225 minutes per week, preferably at least 50 minutes daily, except for students whose academic program does not provide adequate time in the schedule.

Subsequent to the Board's approval of the Wellness Policy requirement, on June 6, 2006, House Bill 7087, better known as the A++ legislation was signed into law by Governor Jeb Bush. The A++ plan includes two new requirements that impact students in grades 6-8:

- 1 semester of a career and education planning course taken in either grades 7 or 8, and
- the successful completion of twelve annual academic courses (3 each in language arts, mathematics, social science, and science) before promotion to the ninth grade.

Additional State and District requirements and/or recommendations that impact a student's ability to enroll in elective courses include:

- intensive reading for all students scoring Level 1 or 2 on the FCAT in reading; and
- intensive mathematics for all students scoring Level 1 on the FCAT in mathematics.

Attachment A illustrates students' schedules based on the current physical education requirement of the Wellness Plan and the additional intensive courses required for low performing students. Students in magnet or other special programs (e.g., dual language) have additional course requirements that impact their ability to take physical education and other elective courses.

Attachment B illustrates a projection of the number and percentage of students in each

of the four groupings described in Attachment A based on current enrollment. Based on this projection the impact of the physical education requirement for each grade level is as follows:

- Grade 6: 41% of students cannot take an elective
- Grade 7: 44% of students cannot take an elective
- Grade 8: 50% of students cannot take an elective

### **INTENT OF CHILD NUTRITION AND WIC REAUTHORIZATION ACT OF 2004**

The Child Nutrition and WIC Reauthorization Act of 2004 mandates that all local educational agencies adopt a School Wellness Policy that at a minimum: includes goals for nutrition education, physical activity, and other school based activities designed to promote student wellness. Section 1003.453, Florida Statutes, requires each school district to have a wellness policy as required by the Child Nutrition and WIC Reauthorization Act of 2004. Included in the statutory requirement is an annual review of its wellness policy.

### **PROPOSED MODIFICATIONS TO WELLNESS POLICY**

Today more than ever, physical activity and fitness are essential to a student's lifelong health and wellness. While Miami-Dade County Public Schools recognizes the need to provide physical activity for all of its students, it is not always possible to do so through the requirement of an annual physical education course.

In order to create pathways for students to remain physically active and maintain a healthy lifestyle, the following recommendations are proposed for students in grades 6-8:

- the equivalent of one annual course of physical education taken at any of the middle school grades;
- a minimum of 150 hours of documented physical activity; and
- the development of an Individual Wellness Plan (IWP) in consultation with school personnel. The IWP is initiated by the student based on personal fitness needs and preferences.

Completion of the physical education course and the minimum 150 hours of documented physical activity in an IWP is a requirement for promotion to the ninth grade. Details of the implementation of this recommendation will be developed in consultation with district, regional, and school site personnel as well as community leaders.

## Sample Students' Schedules Based on Current Requirements

## Students who are Reading Level 1 or 2 and Mathematics Level 1 (Shown in red on Attachment B)

Period 1	Period 2	Period 3	Period 4	Period 5	Period 6
Language Arts/ESOL*	Mathematics*	Science*	Social Studies*	Intensive Reading*	Intensive Math*

Note: No time in the schedule for the State required Career and Technical Education course nor the Wellness Policy requirement of Physical Education

## Students who are Reading Level 1 or Level 2 (Shown in blue on Attachment B)

Period 1	Period 2	Period 3	Period 4	Period 5	Period 6
Language Arts/ESOL*	Mathematics*	Science*	Social Studies*	Intensive Reading*	Physical Education**

Note: No time in the schedule for the State required Career and Technical Education course

## Students who are Mathematics Level 1 (Shown in green on Attachment B)

Period 1	Period 2	Period 3	Period 4	Period 5	Period 6
Language Arts/ESOL*	Mathematics*	Science*	Social Studies*	Intensive Math*	Physical Education**

Note: No time in the schedule for the State required Career and Technical Education course

## Students who do not require an intensive course (Shown in yellow on Attachment B)

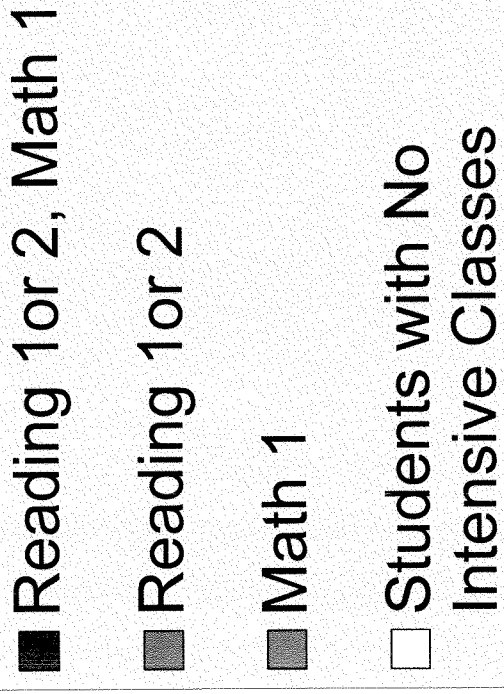
Period 1	Period 2	Period 3	Period 4	Period 5	Period 6
Language Arts/ESOL*	Mathematics*	Science*	Social Studies*	Physical Education**	.5 Career & Technical Education* (taken in either grades 7 or 8) .5 Elective course

\* Required course based on State or District mandate

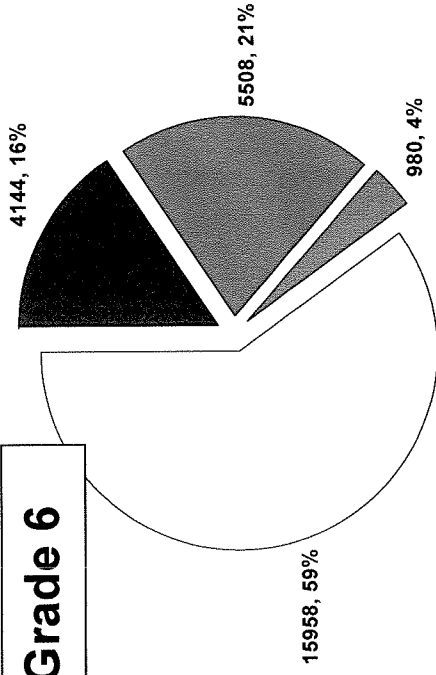
\*\* Required by the current Wellness Policy

Students classified as limited English proficient (LEP) are required to take a second ESOL course. Additionally students who fail any core academic course(s) need to enroll in a credit recovery class before being promoted to grade 9.

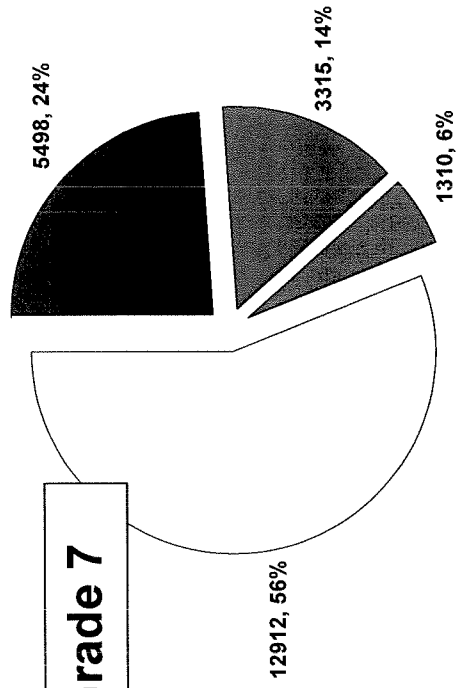
# Impact of PE Requirement on Middle Schools



**Grade 6**



**Grade 7**



**Grade 8**

