

Dr. Martin Karp, Vice-Chair

SUBJECT: REQUEST THAT THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA, APPROVE RESOLUTION NO. 07-39 PROMOTING THE SCHOOL BREAKFAST PROGRAM IN CONJUNCTION WITH "WALK OUR CHILDREN TO SCHOOL DAY"

COMMITTEE: INNOVATION, EFFICIENCY & GOVERNMENTAL RELATIONS

**LINK TO DISTRICT
STRATEGIC PLAN: IMPROVE STUDENT HEALTH**

At its June 13, 2007 meeting, the School Board approved Item H-3, proffered by Ms. Perla Tabares Hantman, which directed the Superintendent to encourage all Miami-Dade County Public Schools to participate in the International "Walk Our Children to School Day" on October 3, 2007.

A unique opportunity exists to promote the District's School Breakfast Program on this day by inviting all parents and guardians who walk to school, to remain at the site and enjoy breakfast with their children. In addition, parental involvement is promoted, which ultimately benefits students.

The Miami-Dade County Public School's Breakfast Program was enacted to ensure that school children are being served a nutritious breakfast daily. The meal provides one-fourth the Recommended Dietary Allowances for school age children over a week period and complies with the Dietary Guidelines for Americans. Studies conclude that students who have breakfast at school eat more fruit, drink more milk and consume less saturated fat than those who don't eat breakfast. Miami-Dade County School breakfast menus include whole-grain pancakes, muffins, eggs and grits and low-fat milk, yogurt, fresh fruit, cereal and toast are offered daily. Menus are selected from student responses to surveys and taste-testing.

Many children do not eat a nutritious breakfast every morning. Often, families are living on very tight budgets and cannot afford to provide good breakfasts at home. In other instances, time is more of an issue rather than income. Families today live busy lives that often make it difficult to sit down long enough in the morning to eat a nutritious breakfast. Children with unhealthy eating patterns tend to maintain those unhealthy habits into adulthood. Schools can influence students' eating patterns. Providing healthy food choices in a positive school environment can lead to success.

National studies indicate that students who eat school breakfast have improved math grades and reading scores, increased attention, reduced absence and tardy rates, and improved psycho-social behavior. With many adults participating in "Walk Our Children to School Day" on October 3, 2007, efforts should be made to encourage them to stay at the school and have breakfast with their children that same day. School breakfast is available at no charge to all Miami-Dade County Public School students and is \$2.00 for adults.

**ACTION PROPOSED BY
DR. MARTIN KARP:**

That The School Board of Miami-Dade County, Florida, approve Resolution No. 07-39, promoting the School Breakfast Program on October 3, 2007 in conjunction with the International "Walk Our Children to School Day," and directing the Superintendent to encourage participation in the School Breakfast Program at all Miami-Dade County Public Schools.

**RESOLUTION NO. 07-39
OF THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA,
PROMOTING THE SCHOOL BREAKFAST PROGRAM
IN CONJUNCTION WITH "WALK OUR CHILDREN TO SCHOOL DAY"
ON WEDNESDAY, OCTOBER 3, 2007.**

WHEREAS, The School Board of Miami-Dade County, Florida, promotes and encourages the School Breakfast Program in all Miami-Dade County Public Schools, and;

WHEREAS, for over 40 years, the School Breakfast Program has contributed to the healthy and educational development of our Nation's children by making nutritious morning meals available in schools, and;

WHEREAS, national studies indicate that students who eat breakfast have improved math grades and reading scores, increased attention, reduced absence and tardy rates, and improved psycho-social behavior, and;

WHEREAS, a school breakfast is often the only morning meal available to many children and, therefore, represents a vital part of the initiative to improve the education skills of young children and prepare them for life, and;

WHEREAS, the Miami-Dade County Public Schools now offers breakfast at no charge to all Miami-Dade County Public Schools students, and;

WHEREAS, the Florida and American School Food Service Associations collaborate with other organizations dedicated to the educational success of America's children by creating public awareness of the impact of hunger on a child's ability to learn, and;

WHEREAS, inviting all parents and guardians who walk to school to remain at the site promotes parental involvement that ultimately benefits students;

NOW, THEREFORE, BE IT RESOLVED THAT:

The School Board of Miami-Dade County, Florida, approves Resolution 07-39 promoting the School Breakfast Program in conjunction with the International "Walk Our Children to School Day" on Wednesday, October 3, 2007.

A copy of this resolution is placed in the permanent records of this Board.

Presented this eleventh day of July, 2007

THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA

Chair

ATTEST:

Secretary