

Mrs. Valtena G. Brown, Chief Operating Officer  
School Operations

**SUBJECT: PROPOSED AMENDMENT OF BOARD POLICY: INITIAL  
READING: POLICY 8510, WELLNESS POLICY**

**COMMITTEE: INNOVATION, EFFICIENCY & GOVERNMENTAL RELATIONS**

**LINK TO DISTRICT  
FRAMEWORK: STUDENT, PARENT AND COMMUNITY ENGAGEMENT**

The *Healthy, Hunger-Free Kids Act of 2010* requires local educational agencies to adopt, review and revise a School Wellness Policy annually.

The Superintendent created a District Wellness Advisory Committee to develop and assist in the implementation and review of the District Wellness Policy. It is the responsibility of the District Wellness Advisory Committee to review the Wellness Policy each year and bring recommended revisions to the School Board for review and approval. This committee is comprised of one appointee from each School Board Member and one appointed representative from each of the following community organizations: The Children's Trust, The Health Council of South Florida, The Health Foundation of South Florida and Miami-Dade County Council of PTAs/PTSAs. This is an active committee that meets monthly to discuss, support and implement various wellness initiatives in Miami-Dade County Public Schools (M-DCPS). This committee is involved in many initiatives, among them are as follows:

- The Alliance for a Healthier Generation Healthy Schools Program
- Common Threads
- Plant a Thousand Gardens Collaborative Nutrition Initiative
- Fitness/Wellness Centers in high schools and middle schools
- HealthConnect in Our Schools
- Chef Partnership Program

The committee has reviewed the policy and made revisions based on changes in state and/or federal requirements, Superintendent initiatives, and input from community members and M-DCPS staff members.

Attached are the Notice of Intended Action and the proposed amended policy. Changes from the current policy are indicated by underscoring words to be added and ~~striking through~~ words to be deleted.

**E-201**

Authorization of the Board is requested for the Superintendent to initiate rulemaking proceedings in accordance with the Administrative Procedure Act to amend Board Policy 8510, *Wellness Policy*.

**RECOMMENDED:** That The School Board of Miami-Dade County, Florida, authorize the Superintendent to initiate rulemaking proceedings in accordance with the Administrative Procedure Act to amend Board Policy 8510, *Wellness Policy*.

## NOTICE OF INTENDED ACTION

THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA, announced on July 17, 2013, its intention to amend Board Policy 8510, *Wellness Policy*, at its meeting of September 3, 2013.

**PURPOSE AND EFFECT:** The changes reflect state and/or federal requirements, Superintendent initiatives and promotion of wellness and preventive healthcare for students and staff.

**SUMMARY:** To amend Board Policy 8510, *Wellness Policy*.

**SPECIFIC LEGAL AUTHORITY UNDER WHICH RULEMAKING IS AUTHORIZED:** 1001.41 (1), (2); 1001.42 (25); 1001.43 (10). F.S.

**LAW IMPLEMENTED, INTERPRETED, OR MADE SPECIFIC:** 2 U.S.C. 1751 et seq.; 42 U.S.C. 1771 et seq.; 1001.41, 1001.42, 1001.43, 1006.06, 1006.0605, 1006.0606; F.S.; 6A-7.0411, F.A.C.

IF REQUESTED, A HEARING WILL BE HELD DURING THE BOARD MEETING OF September 3, 2013, which begins at 11:45 a.m., in the School Board Auditorium, 1450 N.E. Second Avenue, Miami, Florida 33132. Persons requesting such a hearing or who wish to provide information regarding the statement of estimated regulatory costs, to provide a proposal for a lower cost regulatory alternative as provided by Section 120.541 (1), F.S., must do so in writing by August 14, 2013, to the Superintendent of Schools, Room 912, at the same address.

ANY PERSON WHO DECIDES TO APPEAL THE DECISION made by The School Board of Miami-Dade County, Florida, with respect to this action will need to ensure the preparation of a verbatim record of the proceedings, including the testimony and evidence which upon the appeal is to be based (Section 286.0105, Florida Statute).

A COPY OF THE PROPOSED AMENDED POLICY is available at cost to the public for inspection and copying, in the Citizen Information Center, Room 158, 1450, 1450 N.E. Second Avenue, Miami, Florida 33132.

Originator: Mrs. Valtena G. Brown  
Date: July 2, 2013

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WELLNESS POLICY

2 **Introduction**

3 In November, 2005, the District, as a result of the 2004 Child Nutrition and WIC  
4 Reauthorization Act, was tasked with developing a District Wellness Policy. On  
5 May 10, 2006, by School Board action, the Wellness Policy for the District was  
6 established. The *Healthy, Hunger-Free Kids Act of 2010* continues to require that  
7 the District Wellness Policy be reviewed by the District Wellness Advisory  
8 Committee, and if necessary, be revised annually. Its focus is to promote wellness  
9 and address current health issues facing our students and staff.

10 **Preamble**

11 The District is committed to providing a healthy environment for students and staff  
12 within the school environment, recognizing that individuals must be physically,  
13 mentally and socially healthy in order to promote wellness and academic  
14 performance.

15 The District will focus on achieving five (5) goals:

- 16           A 1. Nutrition – All students and staff will have access to and be  
17           encouraged to take advantage of high-nutrient food options served  
18           at school and District/Region office cafeterias.
- 19           B 2. Physical Education – All students will be encouraged to participate  
20           in the recommended levels of physical education.
- 21           C 3. Physical Activity – All students and staff will be encouraged to  
22           engage in daily physical activity according to national guidelines.
- 23           D 4. Health and Nutrition Literacy – All students and staff will be  
24           encouraged to develop healthy life-style habits.
- 25           E 5. Preventive Healthcare – All students and staff will be encouraged  
26           to participate in preventive healthcare.

1 **Nutrition**

2 District Policy: The District will make nutritious foods available on campus during  
3 the school day to promote student and staff health.

4 A. The Department of Food and Nutrition will serve the following:  
5 food high in fiber, free of added trans fat, low in added fats, sugar,  
6 and sodium, respectful of cultural diversity and served in  
7 appropriate portion sizes consistent with United States  
8 Department of Agriculture standards.

9 B. All food sold on campus ~~up to~~ beginning one (1) hour before the  
10 start of the school day and up until one (1) hour after dismissal of  
11 the final class of the day must meet the Rule on Food and  
12 Beverages Sold on Campus and in Vending Machines District-Wide.  
13 (Appendix A)

14 C. The Department of Food and Nutrition will pursue partnerships  
15 with local/regional farms to facilitate a Farm-to-School program.

16 D. Meals served within the Federally reimbursable meal program will  
17 be designed to feature fresh fruits and vegetables from local  
18 sources to the greatest extent possible.

19 E. The District will encourage parents and teachers to have healthy  
20 celebrations at school, ~~by providing ideas~~ and suggestions which  
21 can be found at <http://nutrition.dadeschools.net>. When a list is  
22 sent home requesting donations for a celebration, it should  
23 include water and at least one healthy option.

24 F. Fundraisers that occur on campus, ~~up to~~ beginning one (1) hour  
25 before the start of the school day and up until one (1) hour after  
26 dismissal of the final class of the day must comply with the *Rule*  
27 *on Food and Beverages Sold on Campus and in Vending Machines*  
28 *District-Wide*. The District will assist parents and staff in planning  
29 healthy fundraisers by providing suggestions which can be found  
30 at <http://nutrition.dadeschools.net>.

31 **Physical Education**

32 District Policy: The District will provide evidence-based physical education  
33 programs to enable students to develop healthy lifetime habits conducive to  
34 cardiovascular conditioning, flexibility, coordination, balance, and strength.

- 1           A.    Elementary Physical Education, grades K-1: 150 minutes of weekly  
2           instruction in physical education provided by the homeroom  
3           teacher is required.
- 4           B.    Elementary Physical Education, grades 2-5: 150 minutes of weekly  
5           instruction in physical education by a physical education teacher is  
6           required.
- 7           C.    Middle School Physical Education, grades 6 - 8: A minimum of  
8           one (1) semester of physical education in each of the three (3) years  
9           is required for all students, unless a waiver is submitted at the time  
10          of subject selection each year. Students will be encouraged to take  
11          physical education for the entire year ~~through the provision of an~~  
12          ~~annual course~~ in order to develop and maintain maximum health  
13          benefits.
- 14          D.    Senior High School Physical Education, grades 9-12: A minimum  
15          of one (1) credit of physical education in senior high school is  
16          required. One (1) semester must be Personal Fitness while the  
17          second semester may be any physical education course offered by  
18          the District with the approved State course codes.
- 19                    If additional periods are added to the current six (6) period day in  
20                    senior high schools, then physical education requirements may be  
21                    increased.
- 22                    ~~Senior high schools will have an opportunity to offer two (2)~~  
23                    ~~physical education elective courses immediately following the end~~  
24                    ~~of the regular school day. These courses are in addition to the one~~  
25                    ~~(1) credit required for high school graduation.~~
- 26          E.    Physical education will be taught by a certified physical education  
27          specialist and will be an essential part of every school's  
28          instructional program, subject to the differing abilities of students.  
29          The program will stress the importance of physical fitness, healthy  
30          life-styles, and fairness and respect for all students.
- 31          F.    Nutrition education is required to be taught through physical  
32          education in grades K - 12.
- 33          F.G.   Physical education skills needed for enhancing health will include:
- 34                    1.    comprehension of concepts related to health promotion,  
35                    disease prevention, and reduction of health risk;
- 36                    2.    ability to access valid health information;

- 1 3. ability to analyze the influences of culture and technology on  
2 health;
- 3 4. effective interpersonal communication skills;
- 4 5. setting goals and making decisions;
- 5 6. stress reduction;
- 6 7. advocacy skills for personal, family and community health;  
7 and
- 8 8. instruction in CPR/AED (middle and senior high school only).

9 **Physical Activity**

10 District Policy: All students and staff will be encouraged to participate in the  
11 nationally recommended levels of a minimum of sixty (60) minutes or more per day  
12 of physical activity.

- 13 A. Recess for students in grades PK-5 is required to take place either  
14 three (3) times a week for fifteen (15) minutes each time or two (2)  
15 times a week for twenty (20) minutes each time. Recess is defined  
16 as unstructured playtime that is supervised by adults, but not  
17 directed by adults; it can include activities directed by adults as  
18 outlined in the District's *Recess Manual*. School policies and  
19 practices support that physical activity should not be withheld as  
20 punishment for students.
- 21 B. Students will be informed of the opportunity to participate in  
22 physical activity in after-school programs and school intramural  
23 programs.
- 24 C. Staff will be encouraged to participate in at least two (2) hours and  
25 thirty (30) minutes (150 minutes) of moderate intensity aerobic  
26 activity (e.g., brisk walking) every week 30 minutes of physical  
27 activity daily. This will include a combination of cardiorespiratory  
28 activity, flexibility, and muscular strength and endurance.
- 29 D. Staff will be informed of the opportunity to participate in physical  
30 activity in after-school programs and community events.

1 **Health and Nutrition**

2 District Policy: All students and staff will be encouraged to learn about the  
3 principles of nutrition and other competencies essential to making health-enhancing  
4 choices.

5 A. Health literacy education will be incorporated into classroom  
6 instruction when applicable to include the following:  
7 comprehensive concepts on health-enhancing behaviors, risk  
8 factor reduction for life-style disease prevention, bullying and  
9 violence prevention, personal safety, identifying and managing  
10 stress, and sexual health and body image.

11 B. Nutrition education will include lessons and experiential  
12 learning opportunities, such as edible gardens, that enhance  
13 health and take into account:

14 1. emphasizing the importance of goal-setting and positive  
15 decision-making strategies that enhance health  
16 including those related to food intake and energy  
17 expenditure;

18 2. analyzing the influence of culture, media and other  
19 factors on food choices and preferences in personal  
20 health practices including food preparation methods  
21 that enrich and challenge healthy living; and

22 3. the development and care of edible gardens.

23 C. Students will be taught to differentiate between marketing  
24 messages and substantive health information.

25 D. Health literacy resources will be available to staff focusing on  
26 concepts of health enhancing behaviors, risk factor reduction  
27 for disease prevention, personal safety, and managing stress.

28 E. Nutrition resources that include learning opportunities which  
29 enhance health will be made available for staff.

30 F. Healthy food choices and fresh food on school premises will  
31 be promoted by making relevant nutrition information  
32 available as close as possible to the point of choice.

1 **Preventive Healthcare**

2 District Policy: All students and staff will be encouraged to participate in preventive  
3 healthcare that addresses physical, mental, social and emotional wellness.

4 A. Through *HealthConnect in our Schools*, a school-based health  
5 team will be provided to offer a coordinated level of healthcare  
6 to students that is consistently available at select District  
7 schools, including but not limited to:

- 8 1. a coordinated level of school-based healthcare;
- 9 2. expanded health screenings and assessments with  
10 access to follow-up care;
- 11 3. mental and behavioral health services to identify and  
12 solve student health and educational issues;
- 13 4. better access to a regular primary care physician;
- 14 5. assisting uninsured students, who have no other  
15 options or access to healthcare, in gaining access to  
16 primary health services; and
- 17 6. chronic disease management.

18 B. ~~The Miami Dade County Health Department~~ The Florida  
19 Department of Health in Miami-Dade County School Health  
20 Program will provide health services to students in  
21 accordance with ~~with a~~ Florida Statutes, Rules, Regulations  
22 and the local School Health Services Plan.

23 School health services provided will includes, but are not  
24 limited to:

- 25 1. health appraisal;
- 26 2. records review;
- 27 3. nurse assessment;
- 28 4. nutrition assessment;
- 29 5. screenings: vision, hearing, scoliosis, and growth and  
30 development ~~(BMI assessment)~~ including Body Mass  
31 Index (BMI), referral and/or follow-up;

- 1 6. ~~health and psychosocial~~ and behavioral/mental health  
2 counseling;
- 3 7. referral and follow-up of suspected or confirmed health  
4 problems;
- 5 8. emergency health needs;
- 6 9. referral of students to appropriate health treatment;
- 7 10. consultation with a student's parent or guardian  
8 regarding the need for health attention by the family  
9 physician, dentist, or other specialist when definitive  
10 diagnosis or treatment is indicated;
- 11 11. maintenance of records on incidents of health  
12 problems, corrective measures taken, and such other  
13 information as may be needed to plan and evaluate  
14 health programs;
- 15 12. health information regarding the placement of students  
16 in exceptional student programs and the reevaluation  
17 at periodic intervals of students placed in such  
18 programs;
- 19 13. education classes on a variety of health topics; and
- 20 14. medication administration quality assurance and  
21 improvement.
- 22 C. Healthcare provider will offer wellness resources that address  
23 physical, mental, social, and emotional wellness to support  
24 staff healthy habits.

25 **Monitoring and Evaluation**

26 The Superintendent's District Wellness Advisory Committee is responsible for  
27 reviewing and monitoring the District's Wellness Policy in accordance with the  
28 District's policies to improve the health and wellness of all students and staff.

29 School sites are required to convene School Wellness Committees to implement this  
30 policy and related activities. Schools will annually ~~conduct~~ complete the School  
31 Health Index, and the Healthy Schools Builder Inventory and Action Plan and the  
32 Principal's Wellness Checklist as self-assessments.

1 The goals, objectives, and guidelines of the District Wellness Policy will be reviewed  
2 annually. Recommendations to the Superintendent by the Wellness Advisory  
3 Committee will address the following: changing conditions; new techniques and  
4 proven strategies; new objectives, if needed; and guidelines which reflect emerging  
5 scientific knowledge relevant to the health of students and staff.

6 To view the District Wellness Policy Agenda Items please go to:

- 7        A.     <http://pdfs.dadeschools.net/Bdarch/2011/Bd112211/agenda/E36rev>  
8             .pdf
- 9        B.     <http://pdfs.dadeschools.net/Bdarch/2012/Bd011812/agenda/e200.p>  
10            df
- 11        A-C.   [http://pdfs.dadeschools.net/Bdarch/2010/bd112410/agenda/E36rev.](http://pdfs.dadeschools.net/Bdarch/2010/bd112410/agenda/E36rev.pdf)  
12            pdf
- 13        B-D.   <http://pdfs.dadeschools.net/Bdarch/2009/bd111709/agenda/e36.pdf>
- 14        C-E.   <http://pdfs.dadeschools.net/Bdarch/2007/Bd101707/agenda/e36.pdf>
- 15        D-F.   <http://pdfs.dadeschools.net/Bdarch/2006/Bd051006/agenda/e37.pdf>
- 16        E-G.   [http://pdfs.dadeschools.net/Bdarch/2005/Bd111605/agenda/A3rev2.](http://pdfs.dadeschools.net/Bdarch/2005/Bd111605/agenda/A3rev2.pdf)  
17            pdf

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**APPENDIX A**

2 **Rule on Food and Beverages Sold on Campus and in Vending Machines**  
3 **District-Wide**

4 The District is committed to providing an environment in which all students and  
5 staff can make healthy food choices for lifelong health. As such, the following Rule  
6 on Food and Beverages Sold on Campus and in Vending Machines District-Wide will  
7 be implemented for all sites, for all food sales up to beginning one (1) hour before  
8 the start of the school day and up until one (1) hour after dismissal of the final class  
9 of the day. This rule shall be applicable to all food and beverages sold in vending  
10 machines twenty-four (24) hours a day.

11 A. Permissible Beverages

12 1. Elementary School

13 a. Water.

14 b. Up to eight (8) ounce servings of milk and 100% juice.

15 1) Fat-free or low-fat regular and flavored milk and  
16 nutritionally equivalent (per USDA) milk  
17 alternatives with up to 150 calories/eight (8)  
18 ounces.

19 2) 100% juice with no added sweeteners, up to 120  
20 calories/eight (8) ounces, and with at least ten  
21 percent (10%) of the recommended daily value of  
22 three (3) or more vitamins and minerals.

23 (As a practical matter, if elementary and middle school  
24 students have shared access to areas on a common campus  
25 or in common buildings, then the school community has the  
26 option to adopt the middle school standard.)

27 2. Middle School

28 Same as elementary school, except juice and milk may be  
29 sold in ten (10) ounce servings.

- 1                   3.     High School
- 2                   a.     Water.
- 3                   b.     All beverages must be non-carbonated and caffeine
- 4                   free.
- 5                   c.     No- or low-calorie beverages with up to ten (10)
- 6                   calories/eight (8) ounces.
- 7                   d.     Up to twelve (12) ounce servings of milk, 100% juice
- 8                   and certain other drinks.
- 9                   1)     Fat-free or low-fat regular and flavored milk and
- 10                  nutritionally equivalent (per USDA) milk
- 11                  alternatives with up to 150 calories/eight (8)
- 12                  ounces.
- 13                  2)     100% juice with no added sweeteners, up to 120
- 14                  calories/eight (8) ounces, and with at least ten
- 15                  percent (10%) of the recommended daily value of
- 16                  three (3) or more vitamins and minerals.
- 17                  3)     Other drinks with no more than sixty-six (66)
- 18                  calories/eight (8) ounces.
- 19                  e.     At least twenty-five percent (25%) of non-milk
- 20                  beverages must be water and no more than twenty-five
- 21                  percent (25%) of beverages may be no- or low-calories
- 22                  options.
- 23                B.     Permissible Food
- 24                  1.     No more than thirty-five percent (35%) of total calories from
- 25                  fat.
- 26                  2.     No more than ten percent (10%) of total calories from
- 27                  saturated fat.
- 28                  3.     No more than thirty-five percent (35%) added sugar by
- 29                  weight.
- 30                  4.     No added trans fat.

- 1           C.           Portion Guidelines
- 2                   1.       Snacks (including but not limited to chips, popcorn, trail mix,  
3                               nuts/seeds and dried fruit) no more than 1.5 oz.
- 4                   2.       Cookies no more than 2 oz.
- 5                   3.       Bakery items (e.g., pastries, muffins) no more than 3 oz.
- 6                   4.       Frozen desserts and ice cream no more than 3 fluid oz.

7   The District encourages healthy food and beverages at school related events.  
8   However, when school-related events occur at least one (1) hour after dismissal of  
9   the final class of the day and where parents and other adults are part of an audience  
10  or are selling food and beverages as boosters during intermission, as well as  
11  immediately before or after an event, these rules do not apply. Examples of these  
12  events include school plays and band concerts.

13  Foods used in Culinary Arts and Training Programs for instructional purposes are  
14  also exempt from these rules.

15  Non-compliance with this rule will be addressed at the administrative level by  
16  School/District Operations.

17  2 U.S.C. 1751 et seq.

18  42 U.S.C. 1771 et seq.

19  F.S. 1001.41, 1001.42, 1001.43, 1006.06, 1006.0605, 1006.0606

20  F.A.C. 6A-7.0411

21  Revised 1/18/12