

Valtena G. Brown, Deputy Superintendent/Chief Operating Officer
School Operations

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

**COMMITTEE: PERSONNEL, STUDENT, SCHOOL AND COMMUNITY
SUPPORT**

LINK TO STRATEGIC

BLUEPRINT: SAFE, HEALTHY AND SUPPORTIVE LEARNING ENVIRONMENT

At its Board meeting of June 20, 2018, the School Board approved Agenda Item D-68 (Wellness Policy Revision) authorizing the Superintendent initiate rulemaking to amend Board Policy 8510, *Wellness Policy*, at its meeting of August 15, 2018. The proposed revisions to this policy reflect changes in state and/or federal requirements, Superintendent initiatives, and input from the District Wellness Advisory Committee, community members and M-DCPS staff members.

The Notice of Intended Action was published in the *Miami Daily Business Review* on June 25, 2018, posted in various places for public information, and mailed to various organizations representing persons affected by the amended policy and to individuals requesting notification. The time to request a hearing or protest adoption of this policy has elapsed.

In accordance with the provisions of the Administrative Procedure Act, this amended policy is presented to The School Board of Miami-Dade County, Florida, for the adoption and authorization to file in the official records of The School Board of Miami-Dade County, Florida.

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.

RECOMMENDED: That The School Board of Miami-Dade County, Florida, adopt the amendments to Board Policy 8510, *Wellness Policy*, and authorize the Superintendent to file the amended policy with The School Board of Miami-Dade County, Florida, to be effective on August 15, 2018.

D-68

NOTICE OF INTENDED ACTION

THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA, announced on June 20, 2018, its intention to amend Board Policy 8510, *Wellness Policy*, at its meeting of August 15, 2018.

PURPOSE AND EFFECT: The proposed policy changes reflect new the new statutory requirement that recess for PK-5 students take place five (5) times per week for twenty (20) consecutive minutes each time. The policy is also proposed to be amended to clarify that meals served through the National School Breakfast and Lunch Programs will include plant-based food options and a vegetarian choice daily. The changes reflect Florida legislative changes, changes to wellness recommendations for children, recommendations from the District Wellness Advisory Committee, and Superintendent initiatives that serve to promote wellness and preventive healthcare for students and staff.

SUMMARY: The proposed amendments to Board Policy 8510, *Wellness Policy* reflect the Board's commitment to providing a healthy environment for students and staff and reflect the new statutory requirement to provide recess for students in grades PK-5 to take place five (5) times a week for twenty (20) consecutive minutes each time. In addition, the proposed changes incorporate District initiatives to include plant-based food options and a vegetarian choice daily on school menus.

SPECIFIC LEGAL AUTHORITY UNDER WHICH RULEMAKING IS AUTHORIZED: 1001.41 (1), (2); 1001.43 (3); 1003.455 (6). F.S.

LAW IMPLEMENTED, INTERPRETED, OR MADE SPECIFIC: 1003.455 (6), F.S.

IF REQUESTED, A HEARING WILL BE HELD DURING THE BOARD MEETING OF August 15, 2018, which begins at 1:00 p.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 July 16, 2018, 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 102, 1450 N.E. Second Avenue, Miami, Florida 33132.

Originator: Mr. Steffond L. Cone
Supervisor: Mrs. Valtena G. Brown
Date: May 3, 2018

policy

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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 May 10,
5 2006, by School Board action, the Wellness Policy for the District was established. The
6 *Healthy, Hunger-Free Kids Act of 2010* continues to require that the District Wellness Policy
7 be reviewed by the District Wellness Advisory Committee, and if necessary, be revised
8 annually. Its focus is to promote wellness and address current health issues facing our
9 students and staff.

10 **Preamble**

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

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

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

policy

THE SCHOOL BOARD OF
MIAMI-DADE COUNTY

OPERATIONS
8510/page 2 of 13

- 1 E. Preventive Healthcare – All students and staff will be encouraged to
2 participate in preventive healthcare.

3 Nutrition

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

- 6 A. The Department of Food and Nutrition will serve the following: foods that
7 are a good source of ~~high in~~ fiber, free of added trans fat, low in added fats,
8 sugar, and sodium, respectful of cultural diversity, and served in appropriate
9 portion sizes consistent with United States Department of Agriculture
10 standards. Meals will include plant-based food options and a vegetarian
11 choice daily.

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

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

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

- 21 E. The District will encourage parents and teachers to have healthy
22 celebrations at school. Ideas and suggestions can be found at
23 <http://nutrition.dadeschools.net>. When a list is sent home requesting
24 donations for a celebration, it should include plain water and at least one (1)
25 healthy option.

policy

THE SCHOOL BOARD OF
MIAMI-DADE COUNTY

OPERATIONS
8510/page 3 of 13

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

7 Physical Education

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

11 A. Elementary Physical Education, grades K-1: 150 minutes of weekly
12 instruction in physical education provided by the homeroom teacher is
13 required.

14 B. Elementary Physical Education, grades 2-5: 150 minutes of weekly
15 instruction in physical education by a physical education teacher is required.

16 C. Middle School Physical Education, grades 6 – 8: A minimum of one (1)
17 semester of physical education in each of the three (3) years is required for
18 all students, unless a waiver is submitted at the time of subject selection
19 each year. Students will be encouraged to take physical education for the
20 entire year in order to develop and maintain maximum health benefits.

21 D. Senior High School Physical Education, grades 9-12: A minimum of one
22 (1) credit of physical education in senior high school is required. One (1)
23 semester must be Personal Fitness while the second semester may be any
24 physical education course offered by the District with the approved State
25 course codes.

policy

**THE SCHOOL BOARD OF
MIAMI-DADE COUNTY**

OPERATIONS
8510/page 4 of 13

- 1 If additional periods are added to the current six (6) period day in senior
2 high schools, then physical education requirements may be increased.
- 3 E. Physical education will be taught by a certified physical education specialist
4 and will be an essential part of every school's instructional program, subject
5 to the differing abilities of students. The program will stress the importance
6 of physical fitness, healthy life-styles, and fairness and respect for all
7 students.
- 8 F. Nutrition education is required to be taught through physical education in
9 grades K-12.
- 10 G. Physical education skills needed for enhancing health will include:
- 11 1. comprehension of concepts related to health promotion, disease
12 prevention, and reduction of health risk;
- 13 2. ability to access valid health information;
- 14 3. effective interpersonal communication skills;
- 15 4. setting goals and making decisions;
- 16 5. stress reduction;
- 17 6. advocacy skills for personal, family and community health; and
- 18 7. instruction will include the psychomotor skills used in hands-on
19 CPR/AED training (middle and senior high school only).

policy

1 **Physical Activity**

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

4 A. Recess for students in grades PK-5 is required to take place either three ~~(3)~~
5 five (5) times a week for ~~fifteen (15)~~ twenty (20) consecutive minutes each
6 time or ~~two (2) times a week for twenty (20) minutes each time~~. Recess is
7 defined as unstructured ~~playtime~~ free play that is supervised by adults, but
8 not directed by adults; it can include activities directed by adults as outlined
9 in the District's *Recess Manual* available at <http://pe.dadeschools.net/>. For
10 PK-5 students, an additional ~~fifteen (15) to twenty (20) minutes per day of~~
11 ~~recess may be provided as a "brain break" on days that recess is not~~
12 ~~scheduled. Ideas and suggestions for "brain break" activities can be~~
13 ~~found at <http://nutrition.dadeschools.net>.~~

14 B. School policies and practices support that physical activity, and recess, and
15 ~~brain breaks~~ should not be withheld as punishment for students.
16

17 C.B. Students will be informed of the opportunity to participate in physical activity
18 in after-school programs and school intramural programs.

19 D.C. Staff will be encouraged to participate in at least thirty (30) minutes of
20 physical activity daily. This will include a combination of cardiorespiratory
21 activity, flexibility, and muscular strength and endurance.

22 E.D. Staff will be informed of the opportunity to participate in physical activity in
23 after-school programs and community events.

policy

**THE SCHOOL BOARD OF
MIAMI-DADE COUNTY**

OPERATIONS
8510/page 6 of 13

1 **Health and Nutrition**

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

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

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

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

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

18 3. the development and care of edible gardens.

19 C. Students will be taught to differentiate between marketing messages and
20 substantive health information.

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

policy

**THE SCHOOL BOARD OF
MIAMI-DADE COUNTY**

OPERATIONS
8510/page 7 of 13

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

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

6 **Preventive Healthcare**

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

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

12 1. coordinated professionally supervised school-based healthcare;

13 2. expanded health screenings and assessments with access to follow-
14 up care;

15 3. mental and behavioral health services to identify and solve student
16 health and educational issues;

17 4. improved access to a regular primary care physician;

18 5. assisting uninsured students in gaining access to primary health
19 services;

20 6. chronic disease management; and

21 7. provision of school-specific health education classes.

policy

**THE SCHOOL BOARD OF
MIAMI-DADE COUNTY**

OPERATIONS
8510/page 8 of 13

- 1 B. The Florida Department of Health in Miami-Dade County *School Health*
2 *Program* will provide health services to students in accordance with Florida
3 statutes, rules, regulations, and the local School Health Services Plan.
- 4 School health services provided will include, but are not limited to:
- 5 1. health appraisal;
- 6 2. records review;
- 7 3. nurse assessment;
- 8 4. nutrition assessment;
- 9 5. screenings: vision, hearing, scoliosis, and growth and development
10 including Body Mass Index (BMI) referral and/or follow-up;
- 11 6. health and behavioral/mental health counseling;
- 12 7. referral and follow-up of suspected or confirmed health problems;
- 13 8. emergency health needs;
- 14 9. referral of students to appropriate health treatment;
- 15 10. consultation with a student's parent or guardian regarding the need
16 for health attention by the family physician, dentist, or other
17 specialist when definitive diagnosis or treatment is indicated;

policy

**THE SCHOOL BOARD OF
MIAMI-DADE COUNTY**

OPERATIONS
8510/page 9 of 13

- 1 11. maintenance of records on incidents of health problems, corrective
2 measures taken, and such other information as may be needed to
3 plan and evaluate health programs;
- 4 12. health information regarding the placement of students in
5 exceptional student programs and the reevaluation at periodic
6 intervals of students placed in such programs;
- 7 13. education classes on a variety of health topics; and
- 8 14. medication administration quality assurance and improvement.
- 9 C. Healthcare provider will offer wellness resources that address physical,
10 mental, social, and emotional wellness to support staff healthy habits.

11 **Monitoring and Evaluation**

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

15 School sites are required to convene School Wellness Committees to implement this policy
16 and related activities. Schools will annually complete the School Health Index, the Healthy
17 Schools Inventory and Action Plan, and the Principal's Wellness Checklist as self-
18 assessments.

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

policy

THE SCHOOL BOARD OF
MIAMI-DADE COUNTY

OPERATIONS
8510/page 10 of 13

1

APPENDIX A

2

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

3

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

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A. Beverages

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All beverages must be non-carbonated and have no added caffeine.

11

1. Elementary School

12

a. Plain water.

13

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

14

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

15

16

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

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2. Middle School

22

Same as elementary school, except juice and milk may be sold in twelve (12) ounce servings.

23

policy

- 1 3. High School
- 2 a. Plain water.
- 3 b. No- or low-calorie beverages with up to ten (10)
- 4 calories/eight (8) ounces.
- 5 c. Up to twelve (12) ounce servings of milk, 100% juice and
- 6 certain other drinks.
- 7 1) Fat-free or low-fat regular and flavored milk and
- 8 nutritionally equivalent (per USDA) milk alternatives
- 9 with up to 150 calories/eight (8) ounces.
- 10 2) 100% juice with no added sweeteners, up to 120
- 11 calories/eight (8) ounces, and with at least ten
- 12 percent (10%) of the recommended daily value of
- 13 three (3) or more vitamins and minerals.
- 14 3) Other drinks with no more than forty (40)
- 15 calories/eight (8) ounces.
- 16 d. At least twenty-five percent (25%) of non-milk beverages
- 17 must be water and no more than twenty-five percent (25%) of
- 18 beverages may be no- or low-calories options.
- 19 B. Food and Snacks
- 20 All food and snacks sold in school must meet the following:
- 21 1. No more than thirty-five percent (35%) of total calories from fat.
- 22 2. No more than ten percent (10%) of total calories from saturated fat.

policy

**THE SCHOOL BOARD OF
MIAMI-DADE COUNTY**

OPERATIONS
8510/page 12 of 13

- 1 3. No more than thirty-five percent (35%) added sugar by weight.
- 2 4. No added trans fat.
- 3 5. Be a "whole grain-rich" product;
- 4 6. Be a fruit, vegetable, dairy, protein food; or
- 5 7. Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or
- 6 vegetable.

7 Snacks sold separately from meal times and as approved fundraisers on
8 campus one (1) hour before the start of the school day and up until one (1)
9 hour after dismissal of the final class of the day, must:

- 10 1. have no more than 200 calories;
- 11 2. have no more than 230 mg. of sodium.

12 The District encourages healthy food and beverages at school-related events. Ideas and
13 suggestions can be found at <http://nutrition.dadeschools.net>. However, when school-related
14 events occur at least one (1) hour after dismissal of the final class of the day and where
15 parents and other adults are part of an audience or are selling food and beverages as
16 boosters during intermission, as well as immediately before or after an event, these rules do
17 not apply. Examples of these events include school plays and band concerts.

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

policy

**THE SCHOOL BOARD OF
MIAMI-DADE COUNTY**

OPERATIONS
8510/page 13 of 13

1 School administrators will be responsible for the implementation of the District Wellness
2 Policy at their school site. Non-compliance with this policy will be addressed at the
3 administrative level by School Operations.

4 2 U.S.C. 1751 et seq.
5 42 U.S.C. 1771 et seq.
6 F.S. 595.405, 595.407, 1001.41, 1001.42, 1001.43, 1003.455(6)
7 F.A.C. 6A-7.0411

8 Revised 1/18/12
9 Revised 9/3/13
10 Revised 1/14/15
11 Revised 6/22/16

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