

Freddie Woodson, Deputy Superintendent
District/School Operations

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

COMMITTEE: INNOVATION, EFFICIENCY & GOVERNMENTAL RELATIONS

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

The School Board of Miami-Dade County, Florida, announced on November 22, 2011, its intention to amend Board Policy 8510, *Wellness Policy*, at its meeting of January 18, 2012. The proposed amendment to this policy strengthens the District's commitment to the health and wellness of all the students and staff of Miami-Dade County Public Schools (M-DCPS) and reflects the rules on food and beverages sold on campus and in vending machines district-wide.

The Notice of Intended Action was published in the *Miami Daily Business Review* on November 29, 2011, 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 the adoption of this policy has elapsed.

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

Attached are the Notice of Attended Action and the policy proposed for amendment. 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 amended Board Policy 8510, *Wellness Policy*, and authorize the Superintendent to file the policy with The School Board of Miami-Dade County, Florida, to be effective on January 18, 2012.

FW:ayw

E-200

NOTICE OF INTENDED ACTION

THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA, announced on November 22, 2011, its intention to amend Board Policy 8510, Wellness Policy, at its meeting of January 18, 2012.

PURPOSE AND EFFECT: The changes reflect rules on food and beverages sold in vending machines district-wide 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 January 18, 2012, 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, or 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 December 20, 2011, 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 upon which 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 N.E. Second Avenue, Miami, Florida 33132.

Originator: Mr. Freddie Woodson.
Date: November 21, 2011

1

WELLNESS POLICY

Introduction

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

11 **Preamble**

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

16 **Students**

17 The District will focus on achieving the following five (5) goals:

18 A. Nutrition - ~~a~~All students and staff will have access to and be
19 encouraged to take advantage of high-nutrient food options served
20 at school and District/Region office cafeterias.

21 B. Physical Education - ~~a~~All students will engage be encouraged to
22 participate in the required and recommended levels of Pphysical
23 Eeducation.

24 C. Physical Activity - ~~a~~All students and staff will be encouraged to
25 engage in the daily physical activity recommended levels of physical
26 activity according to national guidelines.

27 D. Health and Nutrition Literacy - ~~a~~All students and staff will be
28 educated and encouraged to make develop healthy life-style choices
29 and learn how to develop healthy relationships habits.

30 E. School-based Preventive Healthcare - ~~a~~All students and staff will
31 have access to physical, mental, and be encouraged to participate in
32 preventive healthcare.

1 **Staff**

2 ~~The District will focus on one (1) goal for staff: to provide direct and/or indirect~~
3 ~~communication and resources to promote a healthy lifestyle through nutrition,~~
4 ~~physical activity and preventive healthcare.~~

5 **Students**

6 A. **Nutrition Goal:** ~~All students will have access to and be encouraged~~
7 ~~to take advantage of high nutrient food options served in school.~~

8 District M-DCPS Policy: ~~The District M-DCPS will provide make~~
9 ~~nutritious foods, available on campus during the school day, to~~
10 ~~promote student and staff health.~~

11 1. ~~The Department of Food and Nutrition will serve the~~
12 ~~following: food that is high in fiber, free of added trans fat,~~
13 ~~low in added fats, sugar, and sodium, respectful of cultural~~
14 ~~diversity and served in appropriate portion sizes consistent~~
15 ~~with United States Department of Agriculture standards, with~~
16 ~~adequate time allotted for meal consumption and in an~~
17 ~~environment conducive to making nutritional choices.~~

18 2. ~~The Department of Food and Nutrition will assist in the~~
19 ~~implementation of the District's Healthy Beverages and Food~~
20 ~~Guidelines. All food sold on campus up to one hour after~~
21 ~~dismissal of the final class of the day, must meet the Rule on~~
22 ~~Food and Beverages Sold on Campus and in Vending~~
23 ~~Machines District-Wide. (Appendix A).~~
24

25 3. ~~The Department of Food and Nutrition will pursue~~
26 ~~partnerships with local/regional farms to facilitate a Farm-to-~~
27 ~~School program.~~
28

29 4. ~~Meals served within the federally reimbursable meal program~~
30 ~~will be designed to feature fresh fruits and vegetables from~~
31 ~~local sources to the greatest extent possible.~~

32 3.5. ~~The District will encourage parents and teachers to have~~
33 ~~healthy celebrations at school by providing recommendations~~
34 ~~and resources (Appendix B) ideas and suggestions which can~~
35 ~~be found at <http://nutrition.dadeschools.net/>.~~
36

37 6. ~~Fundraisers that occur on campus, up to one hour after~~
38 ~~dismissal of the final class of the day must comply with the~~
39 ~~Rule on Food and Beverages Sold on Campus and in Vending~~
40 ~~Machines District-Wide. The District will assist parents and~~

1 staff in planning healthy fundraisers by providing suggestions
2 which can be found at <http://nutrition.dadeschools.net/>.

3 B. **Physical Education** ~~Goal: All students will engage in required and~~
4 ~~recommended levels of physical activity.~~

5 ~~District M-DCPS Policy: The District M-DCPS will provide evidence-~~
6 ~~based physical education, programs to enable students to develop~~
7 ~~healthy lifetime habits conducive to cardiovascular conditioning,~~
8 ~~flexibility, coordination, balance, and strength.~~

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

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

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

22 4. Senior High School Physical Education, grades 9-12: A
23 minimum of one (1) credit of physical education in senior
24 high schools is required. One (1) semester must be Personal
25 Fitness ~~and while~~ the second semester ~~must~~ may be any
26 physical education course offered by ~~the District M-DCPS~~
27 with the approved ~~S~~state course codes. ~~Recommended 225~~
28 ~~minutes per week, preferably at least fifty (50) minutes daily.~~

29 If additional periods are added to the current six (6) period
30 day in senior high schools, then physical education
31 requirements may be increased.

32 Senior High Schools will have an opportunity to offer two
33 physical education elective courses immediately following the
34 end of the regular school day. These courses are in addition
35 to the one credit required for high school graduation.
36

37 5. Physical education will be taught by a certified specialist and
38 will be an essential part of every school's instructional
39 program, subject to the differing abilities of students. The
40 program will stress the importance of physical fitness, ~~and~~

- 1 encourage healthy life-styles, and fairness and respect for all
2 students.
- 3 6. Physical education ~~will include training in~~ skills needed for
4 enhancing health; ~~such as~~ will include:
- 5 a. ~~e~~Comprehension of concepts related to health
6 promotion, disease prevention, and reduction of health
7 risk;_i
- 8 b. ~~a~~Ability to access valid health information;_i
- 9 c. ~~a~~Ability to analyze the influences of culture and
10 technology on health;_i
- 11 d. ~~e~~Effective interpersonal communication skills;_i
- 12 e. ~~s~~Setting goals and making decisions;_i
- 13 f. ~~s~~Stress reduction;_i
- 14
15 g. ~~a~~Advocacy skills for personal, family and community
16 health;_i and
- 17 h. ~~i~~Instruction in CPR/AED; (middle and senior high
18 school only).
- 19 ~~C.~~ **Physical Activity Goal:** ~~All students will engage in recommended~~
20 ~~and required levels of physical activity.~~
- 21 ~~District M-DCPS Policy: All students and staff will engage be~~
22 ~~encouraged to participate in the nationally recommended levels of~~
23 ~~sixty (60) minutes per day of physical activity. These activities can~~
24 ~~be a combination of recess, before and after school activities.~~
- 25 1. Recess for students in grades PK-5 is required to take place
26 either three (3) times a week for fifteen (15) minutes each
27 time, or two (2) times a week for twenty (20) minutes each
28 time. Recess is defined as unstructured playtime that is
29 supervised by adults; but not directed by adults; it can
30 include activities directed by adults as outlined in the
31 District's *Recess Manual*. School policies and practices
32 support that physical activity should not be withheld as
33 punishment for students.

- 1 2. Students will be ~~provided~~ informed of the opportunity to
2 participate in physical activity in after-school programs and
3 school intramural programs.

- 4 3. Staff will be encouraged to participate in at least 2 hours and
5 30 minutes (150 minutes) of moderate-intensity aerobic activity
6 (e.g., brisk walking) every week.

- 7
8 4. Staff will be informed of the opportunity to participate in
9 physical activity in after-school programs and community events.

- 10
11 D. ~~**Health and Nutrition Literacy Goal:** All students will be educated~~
12 ~~and encouraged to make healthy life style choices and will learn how~~
13 ~~to develop healthy relationships.~~

- 14 ~~District M-DCPS Policy: In addition to health and fitness taught in~~
15 ~~physical education programs, a~~All students and staff will be
16 encouraged to learn about the taught comprehensive principles of
17 ~~nutrition and health implications, media literacy, an appreciation of~~
18 ~~healthy food~~ and other competencies essential to making health-
19 enhancing choices.

- 20 1. Health literacy education will be incorporated into classroom
21 instruction when applicable ~~including~~ to include the
22 following: comprehensive concepts on health-enhancing
23 behaviors, risk factor reduction for life-style disease
24 prevention, bullying and violence prevention, personal safety,
25 identifying and managing stress, and sexual health and body
26 image.

- 27 2. ~~Nutrition education will be provided at all grade levels.~~
28 Nutrition education will include lessons and experiential
29 learning opportunities, such as edible gardens, that enhance
30 health and take into account:
 - 31 a. ~~e~~Emphasizing the importance of goal-setting and
32 positive decision-making strategies that enhance
33 health including those related to food intake and
34 energy expenditure;

 - 35 b. ~~a~~Analyzing the influence of culture, media and other
36 factors on food choices and preferences in personal
37 health practices including food preparation methods
38 that enrich and challenge healthy living; and

 - 39 c. The development and care of edible gardens.
40

- 1 3. Students will be ~~trained~~ taught to differentiate between
2 marketing messages and substantive health information.
3
- 4 4. Health literacy resources will be available to staff focusing on
5 concepts of health enhancing behaviors, risk factor reduction
6 for disease prevention, personal safety, and managing stress.
- 7 5. Nutrition resources that include learning opportunities which
8 enhance health will be made available for staff.
9
- 10 4. 6. Healthy food choices and fresh food on school premises will
11 be promoted by making relevant nutrition information
12 available as close as possible to the point of choice.
- 13 E. ~~School-based **Preventive Healthcare** Goal: All students will have~~
14 ~~access to physical and mental healthcare.~~
- 15 ~~District M-DCPS Policy: All students have access to support~~
16 ~~systems and staff will be encouraged to participate in preventive~~
17 ~~healthcare that addresses physical, mental, social and emotional~~
18 ~~wellness.~~
- 19 1. Through *HealthConnect in our Schools*, a school-based health
20 team will be provided to ~~ensure that~~ offer a coordinated level
21 of healthcare to students that is consistently available at
22 select District M-DCPS schools, including but not limited to:
- 23 a. a A coordinated level of school-based healthcare;
24 b. ~~e~~Expanded health screenings and assessments with
25 access to follow-up care;
26 c. ~~m~~Mental and behavioral health services to identify and
27 solve student health and educational issues;
28 d. ~~b~~Better access to a regular primary care physician;
29 e. ~~a~~Assisting uninsured students, who have no other
30 options or access to healthcare, in gaining access to
31 primary health services; and
32 f. ~~e~~Chronic disease management.
- 33 2. The Miami-Dade County Health Department *School Health*
34 *Program* will provide school-based health services in primary
35 and satellite schools to support students' academic success
36 by providing specialized services. They will provide some level
37 of school health services in all District schools without access

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

OPERATIONS
8510/page 7 of 24

- 1 ~~to a health team. Primary school staff will include nurses,~~
2 ~~social workers and health support technicians. Satellite~~
3 ~~school services will be provided by nurses to students in~~
4 ~~accordance with a local School Health Services Plan.~~
- 5 School Health Services provided by assigned staff at primary
6 schools will include, but are not limited to:
- 7 a. ~~nursing and mental health assessments, counseling,~~
8 ~~referrals and follow up, Health appraisal;~~
 - 9
 - 10 b. Records review;
 - 11
 - 12 c. Nurse assessment;
 - 13
 - 14 d. Nutrition assessment;
 - 15
 - 16 e. ~~mandated s~~Screenings; Vision, Hearing, Scoliosis, and
17 Growth and Development (BMI Assessment) referral
18 and/or follow-up;
 - 19 e. ~~vaccine administration and immunization compliance,~~
 - 20
 - 21 f. Health and psychosocial counseling;
 - 22
 - 23 g. Referral and follow-up of suspected or confirmed
24 health problems;
 - 25
 - 26 h. Emergency health needs;
 - 27
 - 28 i. Referral of students to appropriate health treatment;
 - 29 d.j. ~~Consultation with a student's parent consultations, or~~
30 ~~guardian regarding the need for health attention by the~~
31 ~~family physician, dentist, or other specialist when~~
32 ~~definitive diagnosis or treatment is indicated;~~
 - 33 e.k ~~referrals and follow up~~ Maintenance of records on
34 incidents of health problems, corrective measures
35 taken, and such other information as may be needed to
36 plan and evaluate health programs;
 - 37 f. ~~educational classes on a variety of health topics,~~
 - 38 l. Health information regarding the placement of
39 students in exceptional student programs and the
40 reevaluation at periodic intervals of students placed in
41 such programs;

- 1 g. ~~chronic disease management with care plans and child~~
2 ~~specific training.~~
3
4 m. Education classes on a variety of health topics; and
5 ~~h.n. m~~ Medication administration quality assurance and
6 improvement.
7
8 3. Healthcare provider will offer wellness resources that address
9 physical, mental, social and emotional wellness to support
10 staff healthy habits.

11 **Staff**

12 ~~Staff Wellness Goal: Provide direct and/or indirect communication and resources to~~
13 ~~promote a healthy life style through good nutrition, physical activity and preventive~~
14 ~~healthcare.~~

15 **Monitoring and Evaluation**

16 The Superintendent's **District Wellness Advisory Committee** is responsible for
17 reviewing and monitoring the District's Wellness Policy in accordance with the
18 District's ~~goals and initiatives~~ policies to ensure ~~high academic achievement through~~
19 ~~enhanced wellness curriculum and programs to improve the health and wellness of~~
20 all students and staff.

21 School sites are also ~~authorized and encouraged~~ required to convene **School**
22 **Wellness eCommittees** to ensure the implementation of this policy and related
23 activities. Schools will annually conduct the School Health Index and the Healthy
24 Schools Builder as self-assessments.

25 The goals, objectives, and guidelines of the ~~District M-DCPS~~ Wellness Policy will be
26 reviewed annually. Recommendations to the Superintendent by the Wellness
27 Advisory Committee will address the following: ~~responses to~~ changing conditions,
28 ~~more effective~~ new techniques and proven strategies, ~~incorporate~~ new objectives, if
29 needed, and ~~ensure that the guidelines which~~ reflect emerging scientific knowledge
30 relevant to the health of students and staff.

31 To view the ~~District M-DCPS~~ Wellness Policy Agenda Items please go to:

- 32 A. <http://www.dadeschools.net/schoolboard/agenda/e36.pdf>
33 <http://pdfs.dadeschools.net/Bdarch/2010/bd112410/agenda/E36r>
34 [ev.pdf](http://pdfs.dadeschools.net/Bdarch/2010/bd112410/agenda/E36r)
35
36 B. [http://pdfs.dadeschools.net/Bdarch/2009/bd111709/agenda/e36.](http://pdfs.dadeschools.net/Bdarch/2009/bd111709/agenda/e36.pdf)
37 [pdf](http://pdfs.dadeschools.net/Bdarch/2009/bd111709/agenda/e36.pdf)

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

OPERATIONS
8510/page 9 of 24

- 1 ~~B.C.~~ <http://pdfs.dadeschools.net/Bdarch/2007/Bd101707/agenda/e36.pdf>
- 2 ~~C.D.~~ <http://pdfs.dadeschools.net/Bdarch/2006/Bd051006/agenda/e37.pdf>
- 3 ~~D.E.~~ <http://pdfs.dadeschools.net/Bdarch/2005/Bd111605/agenda/A3rev2.pdf>

1 **APPENDIX A**

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

4 The District Miami-Dade County Public Schools (M-DCPS) is committed to providing
5 an environment in which all students and staff can make ~~healthful~~ healthy food
6 choices for lifelong health. As such, the following ~~Healthy Rule on Food and~~
7 ~~Beverages and Food Guidelines~~ Sold on Campus and in Vending Machines District-
8 Wide will be implemented ~~effective August 11, 2008~~ for all food sales ~~before, during~~
9 ~~and up to one (1) hour after school dismissal of the final class of the day.~~ This rule
10 shall be applicable to all food and beverages sold in vending machines twenty-four
11 (24) hours a day.
12

13 A. ~~Beverage Guidelines~~ Permissible Beverages
14

15 1. Elementary School

16 a. ~~bottled w~~Water

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

18 1) ~~f~~Fat-free or low-fat regular and flavored milk
19 and nutritionally equivalent (per USDA) milk
20 alternatives with up to 150 calories/eight (8)
21 ounces

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

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

30 2. Middle School

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

- 1 3. High School
- 2 a. ~~bottled w~~Water
- 3 b. ~~a~~All beverages must be non-carbonated and caffeine
- 4 free.
- 5 c. ~~n~~No- or low-calorie beverages with up to ten (10)
- 6 calories/eight (8) ounces.
- 7 d. ~~u~~Up to twelve (12) ounce servings of milk, 100% juice
- 8 and certain other drinks.
- 9 1) ~~f~~Fat-free or low-fat regular and flavored milk
- 10 and 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
- 16 ~~for~~ of three (3) or more vitamins and minerals
- 17 3) ~~e~~Other drinks with no more than sixty-six (66)
- 18 calories/eight (8) ounces
- 19 e. ~~a~~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. ~~Food Guidelines~~ 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.

1 4. No added trans fat-

2
3 C. Portion Guidelines

4
5 1. Snacks (including but not limited to chips, popcorn, trail mix,
6 nuts/seeds and dried fruit) no more than 1.5 oz.

7
8 2. Cookies no more than 2 oz.

9
10 3. Bakery items (e.g., pastries, muffins) no more than 3 oz.

11
12 4. Frozen desserts and ice cream no more than 3 fluid oz.

13 The district encourages healthy food and beverages at school related events.
14 However, These guidelines do not apply when to school related events occur at least
15 one hour after dismissal of the final class of the day and where parents and other
16 adults are part of an audience or are selling food and beverages as boosters during
17 intermission, as well as immediately before or after an event, these rules do not
18 apply. Examples of these events include school plays and band concerts.

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

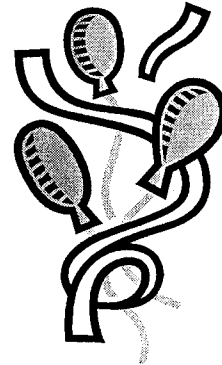
22
23 Non-compliance with this rule will be addressed at the administrative level by
24 School/District Operations.

1

Appendix B

2 **Recommendations for Healthy Celebrations at School**

3 We all love to celebrate birthdays in class, especially our own
4 children's; however, we have to remember that our goal is to
5 provide our children with foods of Maximum Nutritional
6 Value on a regular basis. Although birthdays come only
7 once a year, there may be twenty five (25) or more
8 "celebrations" in class during the school year, plus
9 celebrations of Valentines Day, Halloween, and other
10 holidays. Typically, foods for school celebrations include
11 cupcakes, candy, cookies, and soda. So what is the harm?
12 There is nothing wrong with an occasional treat, but
13 unhealthy choices have become the norm rather than the
14 exception. Parties and treats used as classroom rewards, food fundraisers and
15 snacks constantly expose children to high fat, high sugar, low nutrient choices.



16 **But it's Only a Cupcake.....**



17 Childhood obesity is one (1) of our nation's leading threats. There
18 are over 12 million children who are already at risk of becoming
19 overweight or are overweight. More children than ever before are
20 developing medical conditions that you would normally see in
adults, such as type 2 diabetes, high cholesterol, and high blood
pressure. Constant exposure to low nutrient foods makes it
difficult for children to learn how to make healthy food choices.

24 **Benefits of Healthy Celebrations**

25 A. Healthy Children Learn Better: Research clearly demonstrates that
26 good nutrition is linked to better behavior and academic
27 performance. To provide the best possible learning environment for
28 children, parents should assist schools in providing an environment
29 that supports healthy behaviors.

30 B. Provides Consistent Messages: Providing healthy classroom
31 celebrations demonstrates a school commitment to promoting
32 healthy behaviors. It supports the classroom lessons students are
33 learning about health, instead of contradicting them. Healthy
34 celebrations promote positive lifestyle choices to reduce student
35 health risks and improve learning.

- 1 C. ~~Creates Excitement About Nutrition: Children are excited about~~
2 ~~new and different things, including fun party activities and healthy~~
3 ~~snacks. School staff and parents need not worry that children will~~
4 ~~be disappointed if typical party foods are not served in the~~
5 ~~classroom.~~
- 6 D. ~~Protects Children with Food Allergies: When parents send in food, it~~
7 ~~is difficult to ensure the safety of children with food allergies. You~~
8 ~~can help protect children with food allergies by providing non food~~
9 ~~celebrations.~~
- 10 E. ~~Puts Food in Its Proper Place: Refreshments should complement the~~
11 ~~fun, not become the “main event.”~~

12 **What Parents Can Do**

- 13 Parents can help schools promote a healthy learning environment by providing
14 healthy celebrations that shift the focus from the food to the child.
15 Send in a game or craft that the children can make. If you are sending
16 in food, make it count with healthy choices! You can even incorporate
a fun nutrition lesson by involving your child when planning and
preparing the healthy snacks. On the next page you will find some
ideas for fun activities and healthy foods for school parties and other
celebrations. For more ideas and links to information visit
21 <http://nutrition.dadeschools.net>.



22 **Healthy Food Ideas**

- 23 A. ~~Fruit smoothies (blend berries, bananas, and pineapple)~~
- 24 B. ~~Fresh fruit assortment (e.g., fruit and cheese kabobs, fruit salad,~~
25 ~~or fruit with low fat whipped topping)~~
- 26 C. ~~Dried fruit (e.g., raisins, cranberries, apricots, banana chips),~~
27 ~~100% fruit snacks~~
- 28 D. ~~Low fat or nonfat plain or flavored milk, 100% juice and water~~
- 29 E. ~~Vegetable trays with low fat dip, celery, and carrots with peanut~~
30 ~~butter and raisins~~
- 31 F. ~~Whole grain crackers with low fat cheese cubes or low fat string~~
32 ~~cheese~~



1 G. ~~— Pretzels, low fat or air popped popcorn, rice cakes~~



2 H. ~~— Angel food cake, plain or topped with fresh fruit~~

3 I. ~~— Low fat pudding, low fat yogurt, low fat yogurt parfaits or banana~~
4 ~~splits (e.g., yogurt and fruit topped with~~
5 ~~cereal, granola, or crushed graham crackers)~~



6 J. ~~— Baked tortilla chips with salsa or bean dip~~

7 K. ~~— Trail/cereal mix (e.g., whole grain, low sugar~~
8 ~~cereals mixed with dried fruits, pretzels) — See the recipe below~~

9 L. ~~— Fresh fruit with low fat yogurt dipping sauce — See the recipe~~
10 ~~below~~

11 M. ~~— Hummus with whole grain crackers or pretzels~~

12 **Activities to Celebrate the Child**

13 A. ~~— Plan special party games and activities. Provide game supplies,~~
14 ~~pencils, erasers, stickers, and other small school supplies instead~~
15 ~~of food.~~

16 B. ~~— Work with the teacher to see if children can be given extra recess~~
17 ~~time instead of a class party. See if the birthday child can choose~~
18 ~~and lead an active game for everyone.~~

19 C. ~~— Instead of food, purchase a book for the classroom or school~~
20 ~~library in your child's name. Go to school with your child and~~
21 ~~read the book to the class.~~

22 D. ~~— Instead of a party, organize a special community service project,~~
23 ~~e.g., invite Senior Citizens to eat in the cafeteria with your child's~~
24 ~~class, make "curechiefs" for chemotherapy patients and blankets~~
25 ~~for rescue dogs.~~

26 E. ~~— Bring in materials and ask the class to create a "Celebrate Me"~~
27 ~~book. Have the celebrant's classmates write stories or poems and~~
28 ~~draw pictures to describe what is special about the birthday~~
29 ~~child.~~

- 1 ~~When bringing any food into the school environment make sure to ascertain if any of~~
2 ~~the children have food allergies.~~
- 3 ~~Adapted with permission from *Healthy Celebrations*, Connecticut State Department of~~
4 ~~Education, May 2005 (Revised February 2007).~~
5 ~~<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>~~

1 **Healthy Holidays**

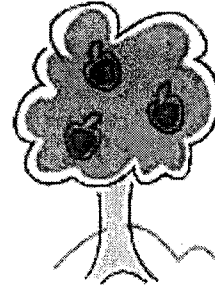
2 A. ~~September~~

3 ~~Set the right tone for this year's parties. Keep in~~
4 ~~mind these healthy party tips:~~

5 1. ~~Celebrate without food; shift the focus~~
6 ~~from food to fun.~~

7 2. ~~Limit each party to include no more than~~
8 ~~one (1) junk food item.~~

9 3. ~~Create a healthy snack list and have parents sign up to bring~~
10 ~~in an item from the list: see~~
11 ~~http://cspinet.org/new/pdf/school_snacks.pdf.~~



12 B. ~~October~~

13 1. ~~Halloween~~

14 ~~Kids will get plenty of candy trick or treating. Try to keep the~~
15 ~~focus on fun at school.~~

16 a. ~~Focus on the costumes! Have a parade or costume~~
17 ~~contest.~~

18 b. ~~Instead of candy, try small toys: (e.g., temporary~~
19 ~~tattoos, stickers, small plastic spiders or ghosts,~~
20 ~~spooky plastic rings, or false teeth).~~

21 c. ~~Decorate pillowcases or bags for trick or treating.~~

22 2. ~~Health Party Snacks~~

23 a. ~~Serve kiwi (cut in half and serve with a spoon).~~

24 b. ~~Apple Cider.~~

25 c. ~~Apples with caramel or yogurt dip.~~

26 d. ~~Pumpkin dip and graham crackers (see recipe below).~~



- 1 e. ~~Snack cups of canned peaches or mandarin oranges~~
2 ~~(canned in juice or light syrup).~~
- 3 f. ~~Oranges, cantaloupe, tangerines, mangos, or dried~~
4 ~~peaches.~~
- 5 g. ~~Carrots with low fat ranch dressing.~~
- 6 ~~Use Halloween cookie cutters to make sandwiches or fruit~~
7 ~~look frightfully delicious!~~
- 8 C. ~~November~~
- 9 1. ~~Thanksgiving~~
- 10 a. ~~Have students write or draw a picture about what they~~
11 ~~are thankful for and share it with the class.~~
- 12 b. ~~Create a garland of gratitude. Cut leaf shapes out of~~
13 ~~construction paper and then crinkle them up to create~~
14 ~~the lines in a leaf. Flatten them out and have children~~
15 ~~write what they are grateful for. Use a piece of string~~
16 ~~and tape the stem of the leave over the string. Display~~
17 ~~the garland in class.~~
- 18 c. ~~Do a service project as a class field trip.~~
- 19 2. ~~Health Party Snacks~~
- 20 a. ~~Turkey roll ups.~~
- 21 b. ~~Spread apple butter on whole grain English muffins or~~
22 ~~graham crackers.~~
- 23 c. ~~Serve warm apple cider.~~
- 24 d. ~~Pumpkin dip (see recipe below).~~



1 D. — December/January



2 1. — Winter Holidays

3 a. — ~~Have students make holidays cards for nursing home~~
4 ~~residents or decorate pillowcases to give to a homeless~~
5 ~~shelter.~~

6 b. — ~~Go caroling and sign for other classes or at a senior~~
7 ~~center.~~

8 c. — ~~Decorate the classroom with a winter theme (e.g.,~~
9 ~~snowflakes, snowmen, or snow angels).~~

10 d. — ~~Collect personal care products and prepare kits for a~~
11 ~~homeless shelter or take a service project field trip to~~
12 ~~visit a nursing home, homeless shelter, or a food bank.~~

13 e. — ~~Make snow globes out of baby food jars and white~~
14 ~~flitter or plastic snowflakes. Fill them with water until~~
15 ~~a half inch is left at the top (use a hot glue gun to seal~~
16 ~~the lid).~~

17 2. — Healthy Party Snacks

18 a. — ~~Hollow out red and green peppers and fill them with a~~
19 ~~dip such as low fat ranch, hummus, or guacamole and~~
20 ~~serve with vegetables.~~

21 b. — ~~Make fruit kabobs and alternate red and green grapes~~
22 ~~or red/green apples.~~

23 c. — ~~Serve green beans, broccoli, and tomatoes with a low~~
24 ~~fat dip.~~


25 E. — Pumpkin Dip

26 — (from the Dannon Institute)

27 1. — Mix the following ingredients:

28 a. — 3 T canned pumpkin

29 b. — 1 c low fat vanilla yogurt

- 1 c. — 1 T orange juice concentrate (use 100% juice)
- 2 d. — 1/2 tsp. of cinnamon (optional)
- 3 e. — 1 T maple syrup (optional)
- 4 2. — Dip in with graham crackers.
- 5 F. — Tasty Trail Mix
- 6 1. — Mix the following ingredients:
- 7 a. — 1 c dried fruit
- 8 b. — 1/2 c raisins
- 9 c. — 1 c Wheat Chex cereal
- 10 d. — 1 c Cheerios
- 11 e. — 2 c of pretzel sticks
- 12 2. — Serve in individual containers or let children scoop their own
- 13 from a bowl.
- 14 G. — February 
- 15 1. — Valentine's Day
- 16 a. — Have students write down one (1) positive comment
- 17 about each classmate, (e.g., "You're a good friend."
- 18 "You have a nice smile." Or "You are fun."); pass them
- 19 out.
- 20 b. — Create a Valentine's Day card holder. (Cut a paper
- 21 plate in half, have children paint or color the plate and
- 22 write their name on it. Use a hole punch to cut holes
- 23 around the bottom curve of the plate. Stitch the two
- 24 halves together with colorful ribbon or string. Make a
- 25 handle with the string so children can hang them at
- 26 their desk).

- 1 2. ~~Healthy Party Snacks~~
- 2 a. ~~Serve cherry tomatoes and red peppers with hummus~~
- 3 ~~or ranch dressing.~~
- 4 b. ~~Serve strawberries, raspberries, dried cranberries, red~~
- 5 ~~grapes, pomegranate, or apple slices.~~
- 6 c. ~~Make very berry pink smoothies (see smoothie recipe~~
- 7 ~~below and use strawberries for the fruit).~~

8 H. ~~March~~



- 9 1. ~~St. Patrick's Day~~
- 10 a. ~~Teach an Irish step dance.~~
- 11 b. ~~Decorate the room with shamrocks made from~~
- 12 ~~construction paper.~~
- 13 c. ~~Plan a St. Patrick's Day scavenger hunt that leads to a~~
- 14 ~~pot of gold filled with treasures (e.g., markers, pens,~~
- 15 ~~pencils, and/or erasers).~~
- 16 d. ~~Read about Irish history or a story about St. Patrick.~~

17 2. ~~Healthy Party Snacks~~

18 ~~Make it a "Green" Day.~~

- 19 a. ~~Serve kiwi (cut in half and serve with a spoon).~~
- 20 b. ~~Serve cucumbers, celery sticks, broccoli, sugar snap~~
- 21 ~~peas, green beans, or green peppers with hummus or a~~
- 22 ~~low fat dressing such as ranch or thousand island.~~
- 23 c. ~~Serve whole grain tortilla chips with guacamole.~~
- 24 d. ~~Try edamame (pronounced "eh dah Mah may"). It is~~
- 25 ~~fun to eat and easy to serve.~~



- 1 I. ~~April/May~~
- 2 1. ~~Spring Party~~
- 3 a. ~~Plan a nature walk to see plants re-awakening in the~~
4 ~~spring weather.~~
- 5 b. ~~Decorate plastic eggs with paint, glitter, and stickers~~
6 ~~and put physical activity messages on the inside (e.g.,~~
7 ~~hop on one (1) leg five (5) times or do six (6) jumping~~
8 ~~jacks). Have an egg hunt and kids can act on the~~
9 ~~messages.~~
- 10 c. ~~Have parents donate plants that children can plant in~~
11 ~~the school yard or at a housing project, senior center,~~
12 ~~or other community site.~~
- 13 2. ~~Healthy Party Snacks~~
- 14 a. ~~Carrot muffins.~~
- 15 b. ~~Carrots with hummus or a low fat ranch dressing.~~
- 16 c. ~~Berries with cool whip.~~
- 17 d. ~~Fruit smoothies (see recipe below).~~
- 18 J. ~~June~~
- 19 ~~With the end of school come numerous celebrations. Keep the focus~~
20 ~~away from food and plan activities to highlight the end of the school~~
21 ~~year and the coming of summer.~~
- 22 1. ~~Fresh produce is easier to come by in summer. Talk about~~
23 ~~fruits from around the world and discuss where they~~
24 ~~originated.~~
- 25 2. ~~Have a tasting party with star fruit, papaya, mango, kiwi,~~
26 ~~guava, and/or pineapple.~~
- 27 3. ~~Visit a local farm, garden, or orchard to learn about fruits and~~
28 ~~vegetables that grown in your area.~~

- 1 4. Have children make a collage or write a story about what they
2 plan to do over the summer.
- 3 5. Have students write stories or put together items that remind
4 them of the past school year; have students take them home.
- 5 6. Plan an outdoor activity to enjoy the warmer weather.
- 6 K. Basic Smoothie
- 7 1. Ingredients
- 8 a. $1/2$ to 1 c fresh or frozen fruit
- 9 b. 1 c plain non-fat yogurt
- 10 c. $1/2$ c fruit juice
- 11 d. about 4 ice cubes or use frozen fruit and skip the ice
- 12 2. Directions
- 13 — Combine all ingredients in a blender and process on high
14 until ice is crushed and the mixture is smooth and creamy.
- 15 L. Fruit Dip
- 16 1. Ingredients
- 17 a. $1/2$ c vanilla low fat yogurt
- 18 b. 1 tsp. honey
- 19 c. $1/4$ tsp. cinnamon
- 20 d. $1/4$ tsp. nutmeg

1 2. ~~Directions~~

2 ~~Mix ingredients together until blended. Serve with your~~

3 ~~favorite fruits!~~

4 ~~Reprinted with permission from Center for Science in the Public Interest (CSPI)~~

5 ~~2 U.S.C. 1751 et seq.~~

6 ~~42 U.S.C. 1771 et seq.~~

7 ~~F.S. 1001.41, 1001.42, 1001.43, 1006.06, 1006.0605, 1006.0606~~

8 ~~F.A.C. 6A-7.0411~~