

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

SUBJECT: FINAL **READING: PROPOSED AMENDMENTS TO BOARD
POLICY 8510, WELLNESS POLICY**

COMMITTEE: **PERSONNEL SERVICES AND STUDENT AND SCHOOL
SUPPORT**

**LINK TO STRATEGIC
BLUEPRINT:** **SAFE, HEALTHY AND SUPPORTIVE LEARNING ENVIRONMENT**

The School Board of Miami-Dade County, Florida announced on May 11, 2016, its intention to amend Board Policy 8510, *Wellness Policy*, at its meeting of June 22, 2016. 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 Miami-Dade County Public Schools staff members.

The Notice of Intended Action was published in the *Miami Daily Business Review* on May 16, 2016, posted in various places for public information, and mailed to various organizations representing persons affected by the amended policy 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 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 June 22, 2016.

VGB:mf

D-46

NOTICE OF INTENDED ACTION

THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA, announced on May 11, 2016, its intention to amend Board Policy 8510, *Wellness Policy*, at its meeting of date June 22, 2016.

PURPOSE AND EFFECT: The policy currently reflects the District requirement that recess for PK-5 students take place either three (3) times per week for fifteen (15) minutes each time or two (2) times a week for twenty (20) minutes each time. This policy is proposed to include a recommended 15-20 minutes per day of recess on days that recess is not scheduled to be provided as a "brain break" for PK-5 students. The policy is also proposed to be amended to clarify the type of CPR training to be provided to middle and high school students.

The changes reflect the Center for Disease Control and Prevention 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 recommends in addition to required guidelines for recess recommendations a 15-20 minute per day "brain break" for PK-5 students on days recess is not scheduled. The policy is also proposed to be amended to clarify the type of CPR training to be provided to middle and high school students.

SPECIFIC LEGAL AUTHORITY UNDER WHICH RULEMAKING IS AUTHORIZED: 1001.41 (1), (2); 1001.42 (8); 1001.43 (3). F.S.

LAW IMPLEMENTED, INTERPRETED, OR MADE SPECIFIC: 2 U.S.C. 1751 et seq.; 42 U.S.C. 1771 et seq.; 1001.42(8), 1001.43(3), 595.405, 595.407, F.S.; 6A-7.0411, F.A.C.

IF REQUESTED, A HEARING WILL BE HELD DURING THE BOARD MEETING OF June 22, 2016, 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 June 13, 2016, 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: April 27, 2016

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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. 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. Physical Education – All students will be encouraged to participate
20 in the recommended levels of physical education.
- 21 C. Physical Activity – All students and staff will be encouraged to
22 engage in daily physical activity according to national guidelines.
- 23 D. Health and Nutrition Literacy – All students and staff will be
24 encouraged to develop healthy life-style habits.
- 25 E. Preventive Healthcare – All students and staff will be encouraged to
26 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: food
5 high in fiber, free of added trans fat, low in added fats, sugar, and
6 sodium, respectful of cultural diversity and served in appropriate
7 portion sizes consistent with United States Department of
8 Agriculture standards.

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

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

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

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

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

1 **Physical Education**

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

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

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

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

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

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

25 E. Physical education will be taught by a certified physical education
26 specialist and will be an essential part of every school's instructional
27 program, subject to the differing abilities of students. The program
28 will stress the importance of physical fitness, healthy life-styles, and
29 fairness and respect for all students.

30 F. Nutrition education is required to be taught through physical
31 education in grades K-12.

- 1 G. Physical education skills needed for enhancing health will include:
- 2 1. comprehension of concepts related to health promotion,
3 disease prevention, and reduction of health risk;
- 4 2. ability to access valid health information;
- 5 3. effective interpersonal communication skills;
- 6 4. setting goals and making decisions;
- 7 5. stress reduction;
- 8 6. advocacy skills for personal, family and community health;
9 and
- 10 7. instruction will include the psychomotor skills used in hands-
11 on CPR/AED training (middle and senior high school only).

12 **Physical Activity**

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

- 16 A. Recess for students in grades PK-5 is required to take place either
17 three (3) times a week for fifteen (15) minutes each time or two (2)
18 times a week for twenty (20) minutes each time. Recess is defined
19 as unstructured playtime that is supervised by adults, but not
20 directed by adults; it can include activities directed by adults as
21 outlined in the District's *Recess Manual* available at
22 <http://pe.dadeschools.net/>. For PK-5 students, an additional 15-20
23 minutes per day of recess may be provided as a "brain break" on
24 days that recess is not scheduled. Ideas and suggestions for "brain
25 break" activities can be found at <http://nutrition.dadeschools.net>.
26 School policies and practices support that physical activity, recess
27 and brain breaks should not be withheld as punishment for
28 students.
- 29 B. Students will be informed of the opportunity to participate in
30 physical activity in after-school programs and school intramural
31 programs.

1 C. Staff will be encouraged to participate in at least thirty (30) minutes
2 of physical activity daily. This will include a combination of
3 cardiorespiratory activity, flexibility, and muscular strength and
4 endurance.

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

7 **Health and Nutrition**

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

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

17 B. Nutrition education will include lessons and experiential learning
18 opportunities, such as edible gardens, that enhance health and take
19 into account:

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

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

27 3. the development and care of edible gardens.

28 C. Students will be taught to differentiate between marketing messages
29 and substantive health information.

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

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

3 F. Healthy food choices and fresh food on school premises will be
4 promoted by making relevant nutrition information available as
5 close as possible to the 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
10 will be provided to offer a coordinated spectrum of healthcare to
11 students that is consistently available at select District schools,
12 including but not limited to:

13 1. coordinated professionally supervised school-based
14 healthcare;

15 2. expanded health screenings and assessments with access to
16 follow-up care;

17 3. mental and behavioral health services to identify and solve
18 student health and educational issues;

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

20 5. assisting uninsured students in gaining access to primary
21 health services;

22 6. chronic disease management; and

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

24 B. The Florida Department of Health in Miami-Dade County *School*
25 *Health Program* will provide health services to students in
26 accordance with Florida statutes, rules, regulations and the local
27 School Health Services Plan.

28 School health services provided will include, but are not limited to:

29 1. health appraisal;

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

28 **Monitoring and Evaluation**

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

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

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

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

13 **APPENDIX A**

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

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

23 A. Beverages

24
25 All beverages must be non-carbonated and have no added caffeine.

26 1. Elementary School

27 a. Plain water.

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

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

33 2) 100% juice with no added sweeteners, up to 120
34 calories/eight (8) ounces, and with at least ten
35 percent (10%) of the recommended daily value of
36 three (3) or more vitamins and minerals.

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

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

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

- 12 1. have no more than 200 calories;
- 13 2. have no more than 230 mg. of sodium.

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

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

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

26 2 U.S.C. 1751 et seq.
27 42 U.S.C. 1771 et seq.
28 F.S. 1001.41, 1001.42, 1001.43, ~~1006.06~~, 595.405~~1006.0605~~, ~~1006.0606~~595.407
29 F.A.C. 6A-7.0411

30
31 Revised 1/18/12
32 Revised 9/3/13
33 Revised 1/14/15