

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

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

COMMITTEE: PERSONNEL, STUDENT, SCHOOL AND COMMUNITY
SUPPORT

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

The federal *Healthy, Hunger-Free Kids Act* requires local educational agencies to adopt a District Wellness Policy and review the policy annually. To support these efforts, the Superintendent created a District Wellness Advisory Committee to assist in the review of the District's Wellness Policy. It is the responsibility of the District Wellness Advisory Committee to review the Wellness Policy annually and, if applicable, recommended revisions to the School Board for review and approval. This is an active committee that meets monthly to discuss, support, and review the District's Wellness Policy.

The District Wellness Advisory Committee is comprised of an appointee from each of the following: Individual School Board Members; The Children's Trust; The Health Council of South Florida; The Miami-Dade County Council Parent Teacher Association/Parent Teacher Student Association; The Health Foundation of South Florida; a School Wellness Council representative; and Miami-Dade County Municipal Government.

The committee has reviewed the District Wellness Policy and made the recommended revisions based on new Florida Statutes pertaining to recess, district health and wellness initiatives, input from community partners and district staff members from the Department of Food and Nutrition, Office of Risk and Benefits Management, Physical Education and Health Literacy, and School Based Health Services. Therefore, this item is submitted for consideration by the Board to amend Board Policy 8510, *Wellness Policy*.

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.

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

D-68

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*.

VGB:slc

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 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

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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.

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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
5 the school day to promote student and staff health.

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

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

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

18 D. Meals served within the Federally reimbursable meal program will
19 be designed to feature fresh fruits and vegetables from local sources
20 to the 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
24 requesting donations for a celebration, it should include plain water
25 and at least one (1) healthy option.

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

8 **Physical Education**

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

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

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

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

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

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

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1 Physical Activity

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

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

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

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

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

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

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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: comprehensive
7 concepts on health-enhancing behaviors, risk factor reduction for
8 life-style disease prevention, bullying and violence prevention,
9 personal safety, identifying and managing stress, and sexual health
10 and body image.

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

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

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

21 3. the development and care of edible gardens.

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

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

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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.

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

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

13 **Monitoring and Evaluation**

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

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

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

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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 beginning one (1) hour before the start
8 of the school day and up until one (1) hour after dismissal of the final class of the
9 day. This rule shall be applicable to all food and beverages sold in vending
10 machines twenty-four (24) hours a day.

11 A. Beverages

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

13 1. Elementary School

14 a. Plain water.

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

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

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

24 2. Middle School

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

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

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- 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.

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