# Policy

THE SCHOOL BOARD OF
MIAMI-DADE COUNTY

## 8510 - WELLNESS AND PHYSICAL EDUCATION POLICY

### I. Introduction

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

Pursuant to F.S. 1003.453, this policy will be electronically submitted to the Florida Department of Agriculture and Consumer Services and the Florida Department of Education when a change or revision is made.

### II. Preamble

The District is committed to providing a healthy environment for students and staff by promoting the physical, emotional, and mental health of students and staff within and beyond school. The District recognizes that individuals must be physically, mentally, and socially healthy in order to promote wellness and academic performance.

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

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

B. Physical Education – All students will be encouraged to participate in the recommended levels of physical education.

C. Physical Activity – All students and staff will be encouraged to engage in daily physical activity according to national guidelines.

D. Health Literacy – All students and staff will be encouraged to develop healthy physical, nutritional, and mental life-style habits.

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

## III. Nutrition

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

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

B. All food sold on campus 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 must meet the *Rule on Food and Beverages Sold on Campus and in Vending Machines District-Wide*. (Appendix A)

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

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

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

F. Fundraisers that occur on campus, 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 must comply with the *Rule on Food and Beverages Sold on Campus and in Vending Machines District-Wide*. The District will assist parents and staff in planning healthy fundraisers by providing suggestions which can be found at http://nutrition.dadeschools.net.

G. The District will incorporate plant-based protein options that balance nutrition, taste, and costs.

## IV. Physical Education

District Policy: The District will provide evidence-based physical education programs to enable students to develop healthy lifetime habits conducive to

cardiovascular conditioning, flexibility, coordination, balance, and strength.

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

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

C. Middle School Physical Education, grades 6 – 8: A minimum of one (1) semester of physical education in each of the three (3) years is required for all students, unless a waiver is submitted at the time of subject selection each year. Students will be encouraged to take physical education for the entire year in order to develop and maintain maximum health benefits. Students enrolled in the course must receive at least one (1) basic training in first aid, including cardiopulmonary resuscitation (CPR). The training must allow students to practice the psychomotor skills associated with performing CPR and must include the use of an automated external defibrillator (AED).

D. Senior High School Physical Education, grades 9–12: A minimum of one (1) credit of physical education in senior high school is required. One (1) semester must be Personal Fitness, while the second semester may be any physical education course offered by the District with the approved State course codes. Students enrolled in the course must receive at least one (1) basic training in first aid, including CPR. The training must allow students to practice the psychomotor skills associated with performing CPR and must include the use of an AED.

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

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

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

G. Physical education skills needed for enhancing health will include:

1. comprehension of concepts related to health promotion, disease prevention, and reduction of health risk;

2. ability to access valid health information;

3. effective interpersonal communication skills;

4. setting goals and making decisions;

5. stress reduction;

6. advocacy skills for personal, family and community health; and

7. instruction will include the psychomotor skills used in hands-on CPR/AED training (middle and senior high school only).

V. **Physical Activity**

District Policy: All students and staff will be encouraged to participate in the nationally recommended levels of a minimum of sixty (60) minutes or more per day of physical activity and to limit their non-instructional use of electronic devices to two (2) hours per day.

A. Recess for students in grades PK-5, as specified in F.S. 1003.455, must take place five (5) times a week for twenty (20) consecutive minutes each time.

B. School policies and practices support that physical activity and recess should not be withheld as punishment for students.

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

D. Students will be informed that the U.S. Centers for Disease Control and Prevention recommend no more than two (2) hours of non-instructional use of electronic devices per day.

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

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

## VI. **Health Literacy**

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

A. "Health literacy" is the ability to obtain, understand and use healthcare information in order to make appropriate health decisions. Health literacy education will be incorporated into classroom instruction when applicable to include the following: comprehensive concepts on health-enhancing behaviors, risk factor reduction for lifestyle disease prevention, bullying and violence prevention, personal safety, identifying and managing stress.

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

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

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

    3. the development and care of edible gardens.

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

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

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

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

## VII. Preventive Healthcare

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

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

1. coordinated professionally supervised school-based healthcare;
2. expanded health screenings and assessments with access to follow-up care;
3. mental and behavioral health services to identify and solve student health and educational issues;
4. improved access to a regular primary care physician;
5. assisting uninsured students in gaining access to primary health services;
6. chronic disease management; and
7. provision of school-specific health education classes.

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

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

1. health appraisal;
2. records review;
3. nurse assessment;
4. nutrition assessment;

5. screenings: vision, hearing, scoliosis, and growth and development including Body Mass Index (BMI) referral and/or follow-up;
6. health and behavioral/mental health counseling;
7. referral and follow-up of suspected or confirmed health problems;
8. emergency health needs;
9. referral of students to appropriate health treatment;
10. consultation with a student's parent or guardian regarding the need for health attention by the family physician, dentist, or other specialist when definitive diagnosis or treatment is indicated;
11. maintenance of records on incidents of health problems, corrective measures taken, and such other information as may be needed to plan and evaluate health programs;
12. health information regarding the placement of students in exceptional student programs and the reevaluation at periodic intervals of students placed in such programs;
13. education classes on a variety of health topics; and
14. medication administration quality assurance and improvement.

C. Healthcare provider will offer wellness resources that address physical, mental, social, and emotional wellness to support staff healthy habits.

## VIII. Monitoring and Evaluation

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

School sites are required to convene School Wellness Committees to implement this policy and related activities. Schools will annually complete the School Health Index.

The goals, objectives, and guidelines of the District Wellness Policy will be reviewed annually. Recommendations to the Superintendent by the Wellness Advisory Committee will address the following: changing conditions; new

techniques and proven strategies; new objectives, if needed; and guidelines which reflect emerging scientific knowledge relevant to the health of students and staff.

**APPENDIX A**

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

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.

A. Beverages

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

1. Elementary School

    a. Plain water.

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

        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.

        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.

2. Middle School

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

3. High School

    a. Plain water.

b. No- or low-calorie beverages with up to ten (10) calories/eight (8) ounces.

c. Up to twelve (12) ounce servings of milk, 100% juice and certain other drinks.

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.

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.

3. Other drinks with no more than forty (40) calories/eight (8) ounces.

d. At least twenty-five percent (25%) of non-milk beverages must be water and no more than twenty-five percent (25%) of beverages may be no- or low-calorie options.

B. Food and Snacks

All food and snacks sold in school must meet the following:

1. No more than thirty-five percent (35%) of total calories from fat.

2. No more than ten percent (10%) of total calories from saturated fat.

3. No more than thirty-five percent (35%) added sugar by weight.

4. No added trans fat.

5. Be a "whole grain-rich" product.

6. Be a fruit, vegetable, dairy, protein food.

7. Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

Snacks sold separately from meal times and as approved fundraisers on campus 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, must:

1. have no more than 200 calories;

2. have no more than 230 mg. of sodium.

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

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

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

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Legal References:
42 U.S.C. 1751 et seq.
42 U.S.C. 1771 et seq.
F.S. 595.405
F.S. 595.407
F.S. 1001.41
F.S. 1001.42
F.S. 1001.43
F.S. 1003.453
F.S. 1003.455(6)
F.A.C. 6A-7.0411

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