

Dr. Marta Pérez, Member

**SUBJECT: REQUEST THE SUPERINTENDENT TO FORMULATE A
SCHOOL WELLNESS POLICY INCLUDING A PLAN FOR
MEASURING THE IMPLEMENTATION OF THE WELLNESS
POLICY IN COMPLIANCE WITH THE CHILD NUTRITION AND
REAUTHORIZATION ACT OF 2004**

**COMMITTEE: INSTRUCTIONAL EXCELLENCE AND COMMUNITY
ENGAGEMENT**

According to the Centers for Disease Control, most young people in the United States make poor eating choices that put them at risk for health problems. Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult. Schools can help young people improve health habits by implementing effective wellness policies and health educational programs.

Schools are ideally suited to give students and adolescents the skills and support they need to adopt healthy eating and physical activity behaviors for life. More than 95% of all children and adolescents age 5-17 are enrolled in school. Schools can offer many opportunities for young people to practice healthy eating behaviors and engage in physical activity.

As mandated under Section 204 of Public Law 108-265-June 30, 2004, Child Nutrition and WIC Reauthorization Act of 2004, school districts that participate in the National School Lunch and School Breakfast Programs are required to establish a local School Wellness Policy by June 30, 2006. The local School Wellness Policy should include but is not limited to:

1. Establishment of goals for nutrition education, physical activity and other school based activities that are designed to promote student wellness.
2. Include nutrition guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity.
3. Provide an assurance that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the 2004 Child Nutrition Act.

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4. Establish a plan to measure the implementation of the School Wellness Policy, including designation of one or more persons within the district and at each school, as appropriate, charged with the operational responsibility of ensuring the school meets the School Wellness Policy.
5. Involve parents, students, and representatives of the School Food Authority, School Board, school administrators and the public in the development of the formulation of the School Wellness Policy.

The purpose of this policy is to ensure that students have access to food that meets their nutrient requirements and promotes health and fosters learning. In addition, a focus on physical education and activity and parent and community involvement are integral components of a comprehensive and effective School Wellness Policy.

**ACTION PROPOSED BY
DR. MARTA PÉREZ:**

That The School Board of Miami-Dade County, Florida, request the Superintendent to formulate a School Wellness Policy including a plan for measuring the implementation of the Wellness Policy in compliance with the Child Nutrition and Reauthorization Act of 2004