



Miami-Dade County Public Schools District Wellness Advisory Committee Annual Report

2018 – 2019 School Year

Overview and Purpose

The District Wellness Advisory Committee serves to support the goals of Miami-Dade County Public Schools through promoting a safe, healthy and supportive learning environment to contribute to students' well-being and ability to learn. The Wellness Advisory Committee meets monthly to discuss, support and review the District Wellness Policy and current scientific-based health and wellness recommendations for children and adults and, if applicable, make recommendations for policy revisions to the Superintendent of Schools. The Wellness Advisory Committee is comprised of appointed community members and supported through multiple District departments to ensure stakeholder participation and contribute to the integrity of school nutrition programs as outlined under the federal Healthy Hunger-Free Kids Act of 2010.



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 (PTA/PTSA); The Health Foundation of South Florida; a School Wellness Council representative; and Miami-Dade County Government.

2018/2019 M-DCPS Wellness Advisory Committee Members

Chair Mr. Jeff Kaufman, Appointee
Dr. Marta Pérez, District 8

Vice-Chair Ms. Jackie House, Appointee
Ms. Michelle Rivera, Alternate
School Wellness Council

Ms. Monica Dawkins, Appointee
Dr. Linda Brown, Alternate
Dr. Steve Gallon III, District 1

Mr. Shawn Ramirez, Appointee
Ms. Lubby Navarro, District 7

Mr. Ivan Yaeger, Appointee
Ms. Carmen Morris, Alternate
Dr. Dorothy Bendross-Mindingall, District 2

Dr. Marisel Elias-Miranda, Appointee
Ms. Jennifer Solomon, Alternate
Dr. Lawrence S. Feldman, District 9

Dr. Elizabeth Levine, Appointee
Mr. Michael Oluszczak, Alternate
Dr. Martin Karp, District 3

Ms. Nicole Marriott, Appointee
Mr. Brady Bennett, Alternate
Health Council of South Florida

Ms. Marilyn Ruano, Appointee
Ms. Perla Tabares Hantman, District 4

Ms. Natalie K. Castellanos, Appointee
Dr. Janisse Schoepp, Alternate
Health Foundation of South Florida

Ms. Alina V. Soto, Appointee
Ms. Irma Sanchez, Alternate
Ms. Susie V. Castillo, District 5

Ms. Ja’mese Booth, Appointee
Ms. Hannah Kling, Alternate
**Miami-Dade County,
Parks, Recreation and Open Spaces**

Ms. Diana Urbizu, Appointee
Ms. Mercy Arrieta, Alternate
Ms. Mari Tere Rojas, District 6

Ms. Sabine Dulcio, Appointee
Ms. Patricia Leal, Alternate
The Children’s Trust

Dr. Nancy L. Lawther, Appointee
Ms. Stella Gelsomino, Alternate
Miami-Dade County Council PTA/PTSA

2018/2019 - District Wellness Advisory Committee Meeting Dates

- September 18, 2018
- October 16, 2018
- November 13, 2018
- December 18, 2018
- January 22, 2019
- February 19, 2019
- March 12, 2019
- April 16, 2019
- May 21, 2019
- June 18, 2019

2018/2019 - District Wellness Advisory Committee Priorities and Accomplishments

Priority I. Enhanced Recommendations for Increasing Physical Activity Before, During, and After School

- Students are encouraged to participate in moderate to vigorous physical activity for at least thirty (30) minutes during the school day and thirty (30) minutes during before/afterschool programs in addition to recess. Another sixty (60) minutes of physical activity are recommended to be achieved outside of the school/work environment.
- Students and staff will be informed of opportunities and encouraged to participate in moderate to vigorous physical activity in before/afterschool programs, pertinent community education classes, and school intramural programs.
- Where available, it is recommended before/afterschool programs dedicate at least thirty (30) minutes to physical activity and full-day summer camps dedicate at least sixty (60) minutes to physical activity with at least 50 percent of this time dedicated *to youth being moderately to vigorously active*.
- New District Resource: Afterschool Care Activity Manual available at <http://communityed.dadeschools.net/page/> includes:
 - ✓ 125 indoor/outdoor physical activities
 - ✓ On-line accessibility available for teachers and staff
 - ✓ Created by the Department of Physical Education and Health Literacy

Priority II. Strengthened the Collaboration Among District Offices, Government Agencies, and Community Partners to Enhance Wellness Initiatives

- Conducted Ad Hoc Sub-committee meetings on-site at The Children's Trust and United Way of Miami-Dade.
- Established regular reporting from the School Health Advisory Committee to coordinate and maintain awareness of topics relating to wellness and school health (*i.e. medical marijuana, vaping*).
- Strengthened collaboration with employee wellness programs and student wellness goals by aligning District awareness campaigns for hydration, walking and stress reduction.
- Received ongoing updates from the Department of Risk and Benefits Management regarding employee wellness programs and promotions.
- Acquired information on the District's mental health services available to students and staff.
- Maintained involvement from the Department of Food and Nutrition, Comprehensive Student Health Services, Physical Education & Health Literacy, and Risk and Benefits Management at all District Wellness Advisory Committee meetings.

Priority III. Reviewed and Evaluated Student Access to Drinking Water During the School Day

- Outlined student access points to available drinking water during the school day.
- Discussed the importance of fruits and vegetables in maintaining hydration.
- Implemented the District's pilot on free pouched water, resulting in pouched water being made available to students during meals at no charge.
- Established an Ad Hoc Water Sub-committee.
- Discussed issues surrounding student hydration as well as the water supply.
- Reviewed Florida Senate Bill 66: Drinking Water in Public Schools.

District Wellness Advisory Committee meetings are held at the M-DCPS Department of Food and Nutrition located at 7042 West Flagler Street, Miami, Florida, 33144. Committee Meetings are publicly noticed, adhere to Florida's Government in the Sunshine Law and conducted following Robert's Rules of Order, Newly Revised, 11th Edition. Scheduled 2019/2020 District Wellness Advisory Committee meeting dates:

- September 17, 2019
- October 15, 2019
- November 12, 2019
- December 10, 2019
- January 21, 2020
- February 18, 2020
- March 10, 2020
- April 21, 2020
- May 19, 2020
- June 16, 2020

For a copy of the M-DCPS Wellness Policy and more information on school nutrition initiatives and programs, please visit <http://nutrition.dadeschools.net>.



MIAMI-DADE COUNTY PUBLIC SCHOOLS

The School Board of Miami-Dade County, Florida

Perla Tabares Hantman, Chair
Dr. Martin Karp, Vice-Chair
Dr. Dorothy Bendross-Mindingall
Susie V. Castillo
Dr. Lawrence S. Feldman
Dr. Steve Gallon III
Lubby Navarro
Dr. Marta Pérez
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Superintendent of Schools

Alberto M. Carvalho

Student Advisor

Josh Rios

