

Dr. Martin Karp, Vice Chair

Co-Sponsors: Ms. Susie V. Castillo
Ms. Maria Teresa Rojas

SUBJECT: EARLY BIRD MIDDLE SCHOOL PROGRAMMING

COMMITTEE: ACADEMIC, INNOVATION, EVALUATION & TECHNOLOGY

LINK TO STRATEGIC

BLUEPRINT: SAFE, HEALTHY AND SUPPORTIVE LEARNING ENVIRONMENT

Some middle school students arrive to school early because their parents work, their siblings attend elementary and/or high school, or they rely on current bus schedules. Child obesity continues to rise and has reached high levels. Early arriving students spend lengthy amounts of time using cell phones before the first bell rings. An opportunity for increased physical activity during these early hours is one that should be pursued.

Many parents have a goal to get their children off the phone and for them to increase their physical activity. One option to accomplish these goals is to have organized physical activities before school.

While after-school providers assume costs associated with programming, a similar arrangement may be possible before the first bell. Entities such as The Children's Trust and the Department of Health may have grants available for early arriving students to engage in healthy, physical activities.

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This item has been reviewed and approved by the School Board Attorney's office as to form and legal sufficiency.

ACTION PROPOSED BY

DR. MARTIN KARP:

That The School Board of Miami-Dade County, Florida, authorize the Superintendent to:

1. Explore offering and promoting physical activity options for students who arrive early to middle school and are on our campuses; and
2. Provide a response by the June 2019 School Board Meeting

**Revised²
H-11**