



ALEDO ISD BOARD MEETING TEMPLATE

MEETING DATE: October 17, 2016

AGENDA ITEM: Morning Mile Program Approval

ALIGNS TO BOARD PRIORITY:

- Safety - The District will maintain a safe and orderly environment.

Presenter: Scott Kessel

Background Information:

- Recent reports indicate 32.2% of children in Texas are obese
- Childhood obesity has consequences ranging from both short-term and long-term health problems to high medical costs to lower academic performance and attendance at school
- The Morning Mile – morningmile.com – is a program that works through schools to promote physical activity at school, before the school day begins
- Students who arrive to school prior to the beginning of the day go to the gym or cafeteria to be supervised by staff; the Morning Mile program would provide an outdoor space for those students to be active and runs 'miles,' earn prizes, and be supervised by staff; participation would be optional for all students
- Research shows the overall health benefits of physical activity as well as the cognitive benefits of attending to schoolwork soon after participating in physical activity

Administrative Considerations: The School Health Advisory Council has approved the use of the Morning Mile program for use at all campuses; the initial presentation and planned use of the program is at McAnally Intermediate

FISCAL NOTE: Startup costs at McAnally Intermediate would be \$1,500. A corporate sponsor has been secured to cover this entire cost

Administrative Recommendation: Administration recommends the approval of the Morning Mile program for use all campuses