



ALEDO ISD BOARD MEETING TEMPLATE

MEETING DATE: May 15, 2017

AGENDA ITEM: Cook Children's 5-2-1-0 Every Day Program Approval

ALIGNS TO BOARD PRIORITY:

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

Presenter: Scott Kessel

Background Information:

- Cook Children's Center for Community Outreach has a *Healthy Coalition for Parker County* branch
- The goals of the *Healthy Children Coalition for Parker County* include: raising awareness; providing healthy lifestyle training; partnering with community organization
- The *Healthy Children Coalition for Parker County* endorses a program called 5-2-1-0 Every Day
- The program model of 5-2-1-0 infers that children should have 5 servings of fruits and vegetables per day; have 2 hours or less per day of recreational screen time; have 1 hour per day of physical activity; and have 0 drinks per day with added sugar
- The 5-2-1-0 Every Day program is targeted to 3rd and 4th grade students and would be delivered through elementary PE classes; the program consists of four separate lessons
- High school CTE students – in either Health Science or Education pathways – would be trained by Cook Children's staff to deliver the instruction in conjunction with elementary PE teachers
- The 5-2-1-0 Every Day program was approved by the School Health Advisory Council in January, but is being brought for board approval now as the implementation is not planned until 2017-2018

Administrative Considerations: The School Health Advisory Council has approved the use of the 5-2-1-0 Every Day program for use at all elementary campuses

FISCAL NOTE: The program is grant-funded through the Cook Children's Network and would come at no cost to the district

Administrative Recommendation: Administration recommends the approval of the 5-2-1-0 Every Day program for use all elementary campuses