



GETTING PHYSICALLY FIT

Current research has shown a link between children's health and success in school. By promoting physical activity and good nutrition, parents can help children develop the healthy habits that often result in positive educational experiences both inside and outside of the classroom.



PHYSICAL ACTIVITY

– Be a role model for your children. If they see you being physically active and having fun, they are more likely to be active and stay active

throughout their lives. Focus on fun – you can exercise by walking at the zoo, park, or miniature golf course. Include your children in household activities like walking the dog, washing a car or mowing the lawn. Limit television and computer time and instead offer them active options, like joining a local recreation center, participating in an after-

school program or taking lessons in a sport they enjoy. Encourage your child to be physically active every day.

NUTRITION - Make sure your child eats breakfast - the meal provides children with the energy they need to listen and learn in school. Give your child a snack or two in addition to his or her three daily meals. Involve your child in meal planning and preparation, as children are more willing to eat the dishes they help fix. Cook with less fat—bake, roast, or poach foods instead of frying.

Offer your child a wide variety of foods, such as grains, vegetables and fruits, low-fat dairy products, and lean meat or beans. Serve snacks like dried fruit, low-fat yogurt, and air-popped popcorn. Limit the amount of added sugar and salt in your child's diet, offering water or low-fat milk as beverage options and fruits and vegetables as snacks, rather than salty foods. Do not be too strict. In small amounts, sweets or food from fast-food restaurants can still have a place in a healthy diet. At the end of the day, enjoy family meals together and serve everyone the same thing.

IT IS THE LAW



Broward County Public Schools Special Investigative Unit (SIU) strives to meet the needs of the District's school communities by providing a variety of law enforcement services. SIU employs professional and certified law enforcement officers, with combined experience of over 350 years.

They have participated in thousands of hours of training and have varied specialty backgrounds and expertise.

In addition to general law enforcement, SIU focuses on gang prevention and Youth Crime Watch, coordinates District security, administers the Resident on Campus Security Program and coordinates School Resource Officers (SRO) and security personnel. SIU also has the responsibility of conducting investigations of District employees for misconduct and/or ethic violations.

Led by SIU, the District's Youth Crime Watch program has grown to include over 80 schools. Thirty-four schools have security personnel living on campus, assisting in the prevention of crime and trespassing on school grounds.

The District has 152 SROs from 14 law enforcement agencies throughout the county. SROs are assigned to all secondary schools and specific elementary schools. The desired outcome of the SRO program is to maintain and improve the safety of the learning environment through the reduction and prevention of school crime and violence. This school year, the SRO program celebrates its 22nd anniversary in partnership with Broward County Public Schools.

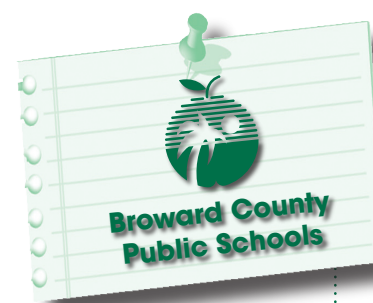
SIU provides a 24-hour, seven days a week telephone hotline (754-321-0911) and an online Anonymous Tips form to report suspicious activities. Information regarding updated school safety and security issues is available on the Professional Standards & Special Investigative Unit Web site at (www.broward.k12.fl.us/siu/).



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Cover Story

DISTRICT LEADS NATION IN NATIONAL BOARD CERTIFIED TEACHERS

Broward County Public Schools has over 17,000 teachers, dedicated to ensuring that all 258,000-plus students in the District achieve at their highest potential. Over the last three years, the District's teachers have dedicated time towards their own achievement – becoming National Board Certified.



In December of 2007, the National Board for Professional Teaching Standards announced that Broward County Public Schools led the nation in National Board Certified Teachers. The District's current total is approximately 1,300, as more than 270 new teachers achieved certification prior to the start of the 2007/08 school year.



“Our School Board and I are extremely proud of the high caliber of teaching and learning that takes place every day in Broward County Public Schools,” said Superintendent James F. Notter. “We congratulate all of our teachers for their achievements and dedication to our students and the District.”

Broward County Public Schools has led the nation in the largest number of newly certified teachers in each of the last three years. The District added approximately 180 new National Board Certified Teachers in 2005, saw an increase of 240 in 2006 and more than 270 in 2007. Since 2002, Broward County Public Schools has added 1,039 new National Board Certified Teachers.

Last year, Broward led all school districts in the state of Florida and was second in the nation, behind Wake County (NC) in the number of National Board Certified Teachers.

National Board Certification is a voluntary assessment program designed to recognize and reward great teachers—and make them better. While state licensing systems set basic requirements to teach in each state, National Board Certified Teachers have successfully demonstrated advanced teaching knowledge, skills and practices. Certification is achieved through a rigorous, performance-based assessment that typically takes one to three years to complete.

FIVE STAR SCHOOL AWARDS



The Florida Department of Education designated 78 Broward County schools as Five Star School Award recipients for the 2006/07 school year. The honored schools are among 820-plus statewide that share Florida's most prestigious award for community involvement.

To meet the award's rigorous demands, each school must document 100% fulfillment of 29 criteria that requires the full involvement of business partners, volunteers, students, families and the School Advisory Council in the educational process. In addition, qualifying schools must have a school grade of “C” or above and have received the Department of Education's Golden School Award for excellence in school volunteer programs.

Overall, 60 elementary schools, 12 middle schools and six high schools received the Five Star School Award. Sixty-two of the 78 winning schools earned ‘A’ grades in 2006/07, including 55 of 60 elementary schools. Nine schools received ‘B’ grades from the Department of Education, while seven earned ‘C’ marks.

ABOUT PARENT NEWS

Parent News is a bi-monthly newsletter designed to keep parents of Broward County Public Schools students informed about news and events associated with their school system. This publication is produced at no cost to the school system or taxpayers. The advertising contained in the *Parent News* envelope offsets the cost of producing and distributing the newsletter. The District does not endorse any of the companies whose ads appear with this publication. If you have any questions, please call 754-321-2300.



Robin Bartleman,
School Board Chair

FROM THE SCHOOL BOARD CHAIR

CHALLENGE & CHANGE - FOSTERING CONTINUED SUCCESS

As the new Chair of the School Board of Broward County, I honestly believe that your Board and District leadership are working effectively together to maintain our current standing as one of the premier school systems in the country and meet the challenges that confront public education in Florida today.

As you may already be aware, we are facing considerable challenges in the financial arena, some of which are due to the recent economic downturn, the budget shortfall at the state level, the passage of the property tax amendment and the fact that Florida is currently ranked in the bottom ten percent in per pupil state funding for education. We have been proactive in meeting these economic challenges, including a temporary freeze on nonessential hiring and imposing purchasing monitoring and controls. We have also worked to economize our operations, resulting in the savings of tens of millions of dollars through energy conservation and other cost-saving efforts, such as installing high-efficiency HVAC systems in schools and offices, filling our bus tires with nitrogen to reduce fuel consumption and renegotiating the District-wide copier contract.

The Board has met throughout 2007 and into the current year to focus on the development of a strategic plan for the District. Our vision is: Educating today's students for tomorrow's world. Our mission states that we are: Dedicated to meeting the educational needs of all students in a safe learning environment. We invited public input into this process through a series of public meetings held late last year throughout the county. We

also obtained input from our employees and students through focused meetings with these groups. Our strategic plan goal areas include student achievement, wellness, safety, innovation, environmental stewardship, employee excellence and community, business and parent partnerships. We are now in the process of developing specific objectives and measures in order for us to track progress on these goals over the next three years.

You may have heard recently that the Board has embarked on an initiative to deemphasize the drilling of and focus on the FCAT in our schools. We are the only school board in the state that has officially dug in its heels on this issue and has asked our schools to stop the 'FCAT Frenzy.' Numerous studies clearly show that if you have effective teachers who teach to the standards, students will naturally perform well on standardized tests. Our focus will always be on educating the whole child and providing our students with a well-rounded education.

As a parent of two students in the school system and as a former classroom teacher and school administrator, I believe that it is important that you formulate a partnership with your school and establish and keep open lines of communication. We should all monitor homework everyday; ensure that our children get a good night's sleep; and have them eat nutritious breakfasts in the morning either at home or in school. It is also very important that we set time aside every evening to read to our children or have them read independently. These efforts combined with what our dedicated administrators and teachers do for our children everyday will ensure the continued success of our students and our school system.

MAKE A NOTE OF IT...

Broward County Public Schools recently announced the approval of the 2008/09 school calendar. Below are some of the important dates you will need to know:

Students will begin school on Monday, August 18, 2008 and end on Thursday, June 4, 2009.



Winter Break begins on Monday, December 22, 2008 and classes resume on Monday, January 5, 2009. Spring Break begins on Monday, April 6, 2009, with classes resuming on Monday, April 13.

Holidays and days off in 2008 include September 1, September 30, October 9, November 4, November 11, November 27 and November 28. In 2009, holidays and days off are January 19, February 16 and May 25.

Employee planning days during the school year are August 26, October 24, January 16 and March 27. The District also has six early release days: September 25, October 23, January 15, March 26, April 23 and June 4. Report card issue dates are November 13, February 4, April 16 and June 19.



MARSALA NAMED 2009 TEACHER OF THE YEAR

Nicole Marsala, Broward County Public Schools 2009 Teacher of the Year, believes in teaching history as a breathtaking story that is full of intrigue, deceit, honor and independence. A social studies teacher at Coral Springs Middle School for eight years, Marsala holds National Board Certification in Early Adolescent Social Studies and History and makes a point of conveying to her students that history is not only what is in books, but that it is also alive and changing.



Nicole Marsala,
2009 Teacher of the Year

Marsala uses a variety of strategies to meet the diverse needs of her students, but she has one simple goal – making sure all students understand their civic responsibilities in order to become better informed citizens and, ultimately, future leaders.

Marsala has an open-door policy. She encourages parents with an interest in history to listen in on her classes and participate in many of the activities. She holds parent nights to teach parents activities they can do to instill a love of history and civics in their children.

Marsala received a Bachelor of Arts in political science from Florida Atlantic University and a Master of Arts in international affairs from Florida State University.

MORROW NAMED 2008 EMPLOYEE OF THE YEAR

Often referred to by his principal as "a true leader, offering help to all and hope to many," Jimmy Morrow was named Broward's 2008 School-Related Employee of the Year. Morrow, a 23-year District employee, works to accommodate the needs of diverse programs as the On-Site Repair Person and Facility Coordinator at Hallandale Adult Center.

Morrow works in a 40-year old facility that consistently rates at the highest levels of safety and cleanliness.

Despite working on a year-round schedule, Morrow always makes time to be involved with the school's varied stakeholder groups. He dedicates time each day to assist the students and staff at various centers and academies and serves as the school's Neighborhood Liaison, a role that didn't even exist prior to his suggestion that such a position be established.

He also worked with the school's community partners to secure a new paved parking lot and obtain Beautification Grants, used to add native plants and trees, reduce noise and direct drainage in the area. Morrow also dedicates time to mentor students.

Hallandale Adult Principal, Dr. Linda Lopez, said of Morrow, "In my 34 years in the field of education, at both the public school and university level, I have rarely found an employee as skilled and as passionate, as dedicated and as effective as Mr. Morrow."



Jimmy Morrow,
2008 Employee of the Year

KEEPING STUDENTS HEALTHY

Cold and flu season is in full swing and there are important steps parents and teachers should take to keep students healthy in and out of school. Various health organizations recommend the following measures:

- Teach children to wash their hands. That is the single most important measure to help reduce the spread of germs. Reinforce this healthy habit by asking children to wash their hands before preparing or eating food, after using the bathroom, after coughing, sneezing or blowing their noses, after having contact with someone who is sick and any time their hands look or feel dirty.
- Encourage children to drink plenty of fluids, especially water. Keeping children well hydrated will help their immune systems remain healthy.
- Eat balanced meals with fruits, vegetables proteins, and whole grains. The meals provide children with the nutrients they need to be strong and healthy. Processed and fast-foods do not provide the same important nutrients and typically consist of more unhealthy fats and carbohydrates.
- Set a bedtime schedule and enforce it. When children do not get enough sleep, their bodies become fatigued and are more susceptible to illness.
- Plan for what to do when children are sick. Despite our best efforts, there are times when children will get sick. Children need to rest at home when they are ill. Keeping children at home will also help to reduce the spread of infection to students and teachers.

The overall health of children directly impacts their ability to perform academically. Together, parents and teachers can educate children about good habits that will help keep them healthy for years to come. For more information, please contact Health Education Services at 754-321-2272 or visit (www.broward.k12.fl.us/student-support/healthservices/index.html).