



*The School Board of Broward County, Florida*

# RESOLUTION

No. 10-07

**Resolution in Support of Family Day:  
A Day to Eat Dinner With Your Children  
September 28, 2009**

**WHEREAS**, our children's health may depend upon the family eating dinner together; and

**WHEREAS**, the National Center on Addiction and Substance Abuse (CASA at Columbia University) did a 2006 study titled "The Importance of Family dinner; and

**WHEREAS**, children in families who eat dinner together more than three times a week are a 70 percent lower risk for substance abuse than those who eat together less frequently; and

**WHEREAS**, children are half as likely to try cigarettes or marijuana, one third less likely to try alcohol, and half as likely to get drunk monthly; and

**WHEREAS**, children who eat dinner with their family regularly are also more likely to achieve better grades in school, and parents are able to get an enhanced understanding of what is happening in their child's lives; and

**WHEREAS**, the communication that occurs over the course of a meal is critical in building a relationship with your children and to understand the world in which they live; and

**WHEREAS**, in 2001, CASA implemented "Family Day – A Day to Eat Dinner With Your Children" in an effort to reduce substance abuse in children and teenagers by bringing families together to sit and enjoy a meal and each other's company and will be celebrated on September 28, 2009.

**NOW, THEREFORE, BE IT RESOLVED**, that The School Board of Broward County, Florida, supports Family Day – A Day to Eat Dinner With your Children and further supports and urges all schools, centers and departments and the community to keep the lines of communication open, which is the key to keeping kids' hearts and minds receptive to guidance from the people they need it from the most: their family.

Given at Fort Lauderdale, Florida, this 4th day of August 2009.

**THE SCHOOL BOARD OF BROWARD COUNTY, FLORIDA**

**BY:** \_\_\_\_\_

Maureen S. Dinnen, Chair

**ATTEST:** \_\_\_\_\_

James F. Notter, Superintendent of Schools