



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

February 5, 2014

Topic:

Wellness Promotion Task Force (WPTF) – 2nd Meeting (FY 2013-2014)

School District Goals:

Effective Governance

Customer Service

Safety

Current Policy, Procedure and/or Situation:

Wellness Promotion Policy (WPP) (2.035)

Meeting Attendees:

Alicia Salvador	Debbie Bester	Jeannine Rizzo	Marge Sullivan	Robyn Raye
Allison Monbleau	Deborah Feinsinger	Jerry Evans	Maria Camacho	Roger Pineda
Amy Crease	Denise Griffio	Jezabel Maisonet	Mark Murray	Rudi Bester
Ann Faraone	Diane Evans	Jim Kunard	Marla Phillips	Sara Halper
Ann Fonfa	Elly Zanin	Juan Carlos Fanjul	Marsha Fishbane	Sara Jones
Beth Owens	Eric Stern	Julia Diaz-Torres	Marta Zuluaga	Seth Bernstein
Brenna Bertram	Erica Whitfield	Julie Kreifler	Melinda Frantz	Stacey Lazos
Bruce Harris	Evelyn Olivera-Silva	Kacie Tapley	Meredith Pegg	Steve Bonino
Candice Brodie	Flo Davis	Kaitlin Viculis	Michael Kane	Steve Nye
Cara Axelrod	Fred Cahill	Kathleen Moore	Michael Owens	Sue Grammond
Cathy Burns	Frederick Esters	Kay Stagrady	Mindy Haas	Tanya Greer
Cecilia Carrion	Geoffrey Sagrans	Kim Sandmaier	Natalia Powers	Tom Aguanno
Chantal Gellermann	Jackie Vega	Kirstin Voitius	Nicole James	Tracey Mularchyk
Christina Davis	Jaclyn Granda	Leah Buchin	Patricia Martin	Troy Wilkinson
Connie Siskowski	Jamie McCarthy	Lee Kolbert	Paula Triana	Walter Ames
Cynthia Callahan	Jane Solomon	Linda Ashkin	Quinn Hayes	Warren Witter
Cynthia Clayton	Janet Duncan	Liz Shapiro	Robert Canane	Yelena Gonzalez
DeVries-Navarro, Danielle				

Discussion/Progress:

The meeting began at 8:30 a.m.

Paula T. Good Morning. Welcome to the District's 3rd *Wellness Promotion Task Force (WPTF)* meeting of the 2013-2014 school year. I know there are still some people signing in; if you do not have an agenda, we do have a few door prizes so be sure to get an agenda with a ticket attached. Let us all stand for the *Pledge of Allegiance* led by Steve Bonino, Chair of the *WPTF*.

Steve B. Good Morning everyone and Happy New Year. I am glad to see all of you. I wanted to start out by saying that the first half of the year was again wonderfully successful with the wellness effort that has been put forth in the District with all of your help. I also wanted to say that I would be remiss if I did not recognize Paula Triana. As you know, my new job has pulled me away moderately from the day to day with wellness. It has not pulled my position away, which I hope it will never do. I really wanted to recognize Paula for the exceptional job that she



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does.

The other thing I would like to say is that my new job has been going on for a little over three months and I appreciate the support and well wishes from all of you. That really means a great deal to me. I was just having a discussion earlier with someone here in the audience where we talked about the position and what we really do. I feel I need to share this. At the end of the day I truly believe we are public servants and that we need to be seen in that light, but more importantly, we need to own that definition because ultimately we are here for the “Kids” and the community of Palm Beach County. For that I say thank you. I appreciate all of you. We are going to get right into the agenda.

Paula T. Thank you, Steve. It is a pleasure to be here and working with you has been a delight. You have inspired me and I hope that your responsibilities allow us to continue to grow and sustain even more all our wellness efforts. We would now like to show our Ice Breaker, which emphasizes on *Kids First*, because at the end of the day, we all are here for the kids. This is a video of the Allamanda Elementary Health Fair which took place in the Fall. The event’s focus was on promoting the benefits of “Fruits and Vegetables More Matter.” Our partners from the *Farm to School* program provided us with the green beans and fresh corn. The kids loved it and it was so wonderful to see their faces as they participated. Thank you to all sponsors and community partners. The teachers had fun too; everyone was so into the event. The health fair was done during the school lunch meal so that every child would experience it. Thank you to the school administration and staff for allowing us to offer this event at Allamanda.

Ice Breaker: Slide Show of Allamanda Elementary Health Fair

Paula T. I would like to also acknowledge two new additions to our wellness team. Jaclyn Granda, who is our Assistant Wellness Coordinator and Erica Whitfield who is our Wellness Coordinator.

Now let’s discuss the 3rd Annual “**Wellness Celebration**” which took place on December 5, 2013. Many of you were able to join us at this event. We had over 250 attendees and it was fabulous. The feedback we received was very positive. Thank you to all who took time to complete the event’s survey. Here are the results regarding the 3rd Annual “**Wellness Celebration**”:

1. **How organized was the “Wellness Celebration” event?**
 - **100%** stated **Extremely Organized**
 - **0%** stated **Moderately Organized**
 - **0%** stated **Not Organized**
2. **How useful was the information presented at the “Wellness Celebration” event?**
 - **78.8%** stated **Very Useful**
 - **21.2%** stated **Useful**
 - **0%** stated **Not Useful**
3. **How would you rate the presentation by the Keynote Speaker Dr. Brian Sheen?**
 - **Appropriate for the Event**
 - **65.6%** stated **Excellent**



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- **21.9%** stated **Good**
- **12.5%** started **Fair**
- **0%** started **Poor**
- **Overall Presentation**
 - **71.4%** stated **Excellent**
 - **21.4%** stated **Good**
 - **3.6%** started **Fair**
 - **3.6%** started **Poor**

4. What did you enjoy most about this event's "Meet and Greet"?

- **15.2%** stated **Networking**
- **0%** stated **Hors d'oeuvres and beverages**
- **3.0%** stated **Location and Time**
- **81.8%** stated **All of the above**

Many said it was gratifying to witness the dedication of the School District staff as they care for and guide students to be the best they can be. Most of the comments were very good and positive. They liked the Keynote speaker, Dr. Brian Sheen, and they enjoyed the recognitions for people who might not otherwise be recognized for the great work that they do on a daily basis. They also acknowledged how the planning for this event was well done. Thank you to all who participated in planning every detail for this celebration. Let me show you a short video.

Video shown: TEN "School News" 1:12 minutes

- School news report about the *Wellness Promotion Task Force* and the "**Wellness Celebration**" event that took place on December 5, 2013.

Paula T. We also want to thank the District's – The Education Network (TEN) staff who came out and supported the event with their expertise and recorded the celebration.

On the agenda now is the District's "*Wellness Promotion Policy (WPP) Annual Report FY-2013.*" As many of you know this is a huge project to put together. I cannot say enough about how wonderful all of you are for submitting your documents, allowing us to express how the District is moving forward with regards to its wellness efforts.

We had the opportunity to present the 7th edition of the *WPP Annual Report* to the School Board and District Leadership on January 8, 2014. At this time, we are gathering all of your assets that were edited and they will be submitted back to you for your annual historical record. We are also including the link for this annual report and a designed-button for you it to be imbedded and put on your department, division or community agency website.

- <http://www.palmbeachschools.org/annualreport/2013wellness/index.html>

A marketing banner for this annual report is already on our District website home page and will stay there until February 14, 2014. Also – the link to this annual report are located on the Students, Parents, and Community pages.

Video: A Picture is Worth A Thousand Words...

- This video recaps the *2013 WPP Annual Report* shown to the School Board and District Leadership on January 8, 2014.



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As we close one fiscal year – we move right to the next. Presently, we are in the 2014 fiscal year which started on July 1, 2013 and will end on June 30, 2014...so soon we will be putting together the 8th edition of the *WPP Annual Report*. Please keep putting your assets together as they will be incorporated in the upcoming annual report. A planning meeting for the *WPP Annual Report FY-2014* is already scheduled for Thursday, March 13, 2014 to continue to motivate us and foster discussion on how we will keep on building this District's project.

Paula T. Again, I want to thank everybody who is critical to putting together the *WPP Annual Report* and I hope every year we can make it better and better. I want to thank Robert Canane who is our master designer. I just love working with you, Robert. Thank you so much for all of your contributions.

During our presentation to the School Board, we had quite a few interesting questions. One from Dr. Debra Robinson - District 7, requested that we report on how we are doing with school gardens. School gardens have been strong in the corridor where the Robert Wood Johnson Foundation grant – *Healthy Kids, Healthy Community* initiative took place, however; we wanted to investigate further and put together a detailed document in response to this request. I will now pass this to Erica Whitfield.

Erica W. Thank you Paula. This was a very interesting question so I was excited to find out the answers. As you can see I called each of the schools to find out what they have on their site. We have **87** vegetable gardens out of approximately 185 schools. We have **80** current butterfly gardens; I did not include them if the garden has completely gone into disrepair. Orchards are fascinating because fruit trees are easy to grow and there are a bunch of fruit trees on our campuses. If they had more than one fruit tree I considered it an orchard so we have **22** schools with orchards. Herb gardens are very popular with our culinary students; we have **12** of these gardens in our schools. Finally, the question Dr. Robinson was most interested in was, "Do we sell any of this food?" None of our schools have farmer's markets on site, but we do actually have **13** schools who sell food out of either their front office or they give it away/sell it at events. So we do have 13 schools that can say that they sell the food they grow to the community which is pretty impressive.

Paula T. This is a living document; as of yesterday we were even still changing it. I know some of you may want this document to help guide some of your projects. I know Christina Davis has already put it up in the Environmental & Conservation Services Department. We will work on this document report annually and will also include it in our *2014 WPP Annual Report*.

Now we will move to the *Florida Healthy School District Assessment* application. We have had the opportunity to assess ourselves in the past five years. Since it is a self-assessment we try to have fidelity of implementation, being mindful of how the questions are designed and how we are answering. We try to gather as many possible internally and externally key players' – including Dr. Fishbane of the School Health Advisory Council - who also has a part in this assessment questioner.

Between 2009 and 2011 we received the **Silver Level District** recognition and from 2012 to 2014 we received the **Gold Level District** recognition. Erica is now working on putting this project together.



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Erica W. Thank you. We are having our first planning meeting on Monday, February 10, 2014. Like Paula said it is a self-assessment so we are going through and assessing everything we do as a District. It is a really great opportunity for us to look at the progress we have made with regards to being a healthy district and the places where we can improve. I have already done an overview of what we know so far and we are doing quite well as far as our standards. I am looking forward to meeting with everyone next week where we can record all the progress that we have made over the years.

Agenda's Presentations & Discussion –

Paula T. Kim Sandmaier and I are delighted to have the opportunity to meet with Jupiter Medical Center. I would like to invite up Melinda Frantz who is the hospital's *Wellness in Motion Facilitator*.

Jupiter Medical Center -

Melinda F. Good morning everyone. Thank you Paula, for giving me the opportunity to come speak about Jupiter Medical Center and some of our services. I am the Program Facilitator for the *Wellness in Motion* program at Jupiter Medical Center. We are a 283 bed community hospital. Our mission is to deliver excellent and compassionate health care advancing the wellbeing of the people we serve. We received the "Health Grades America's Top 50 Hospitals" for three years in a row, soon to be four. We also won the "Clinical Excellence Award" nine years in a row. I wanted to share some of the services we provide. We have a broad range of services including: oncology, imaging, weight management, radiation, women's and men's health, orthopedic, spine, lung and thoracic care. We also do lectures and education sessions year round. You can attend a session at the Education Center at the hospital or we can come to you. Jupiter Medical Center is growing. We have a new urgent care on Donald Ross Road and Military Trail in Jupiter. We also have a screening center in Legacy Place located in Palm Beach Gardens. We have a new building going up, The Florence A. De George Pavilion, which will be an 81,000 square foot, three story building. It will house the Orthopedic and Spine Center as well as Women's and Men's Health Centers. In that building we will also have the Speech and Language Pathologists, Occupational Health and Physical Therapists there doing specialized, comprehensive, individualized treatment for children. They will also be addressing a wide range of needs such as Adult Attention Deficit Disorder, Autism and Neurological disorders. We also have a new Pediatric Swallowing program among many others.

Now I will talk about our outreach program, *Wellness in Motion*. We try to get out into the community and provide services for people who have work or transportation issues. We screen women on the bus doing mammograms. Sometimes these women do not have their first mammogram until they are 50 years old or they have not had one for many years. It is nice to see that this service does people good and is working. We have also added two new services: ultrasounds and biometric screenings.

We are now wellness partners with the District's *Wellness Promotion Task Force*. On April 10, 2013 we did a health fair here in this room. There were about 200 attendees and we did many screenings: skin cancer, vision, bone density, balance, glucose, blood pressure, and hearing. We



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also did the District's Transportation Services Department screenings where we tested the blood pressure of all the bus drivers and the mechanics. On February 4, 2014, through our wellness partnership, we were at the Transportation - North Compound yesterday doing vision, blood pressure and sleep apnea screenings. Right now our team is doing screenings in Boynton Beach and we will be visiting all of the compounds this month.

We were also invited by Allamanda Elementary to the "Fit Time Family Night" so we are excited about that. We often do health fairs and mammograms on campus so I would love to speak with you about coming out to your schools to provide services to your administration and staff.

Video: Jupiter Medical Center So Much More Than Medicine – 5:32 minutes

- Video about various people who trusted Jupiter Medical Center with their surgeries and treatments. The video is a testament to the exquisite care provided by Jupiter Medical Center. Stories include a woman who has Graves's Disease and decided to have Gastric Sleep Surgery, a man diagnosed with lung cancer, and a woman whose doctor found cancer during a routine mammogram. Each story outlined their experience and care received.

Melinda F. "Our bodies communicate to us clearly and specifically, if we are willing to listen to them." (quote by Shakti Gawain) This is a message I like to get out into the community when I am at events and health fairs. Know your body; if you have a symptom and you need to be checked, please take care of that. Jupiter Medical Center is here for you if and when you need us. Are there any questions?

Frederick E. You mentioned ultrasounds offered on the outreach van. Are prenatal and OB/GYN services available on the van too?

Melinda F. Not at this time. We have about three ultrasounds that are offered, but not prenatal care or OB/GYN services right now.

Kim S. I just wanted to thank you, Melinda for being a good partner this year. It has been great to work with you. Yesterday we were doing screenings with the Transportation Services team. Jupiter Medical Center comes out, they set everything up and we do not even have to do anything. It is so great that we can provide services and educate people on blood pressure, low cost medications, losing weight and working with their doctors. We actually had someone who had low blood sugar and we were able to work with her doctor to help get her medication changed due to some lifestyle changes she made. I am actually going to the South Transportation straight from here. We are excited to do these at all the Transportation Services locations - so thank you.

Paula T. Our next presenter is our renowned Dr. Connie Siskowski and Dr. Ann Faraone. Connie Siskowski is the founder and president of the American Association of Caregiving Youth (AACY) and Ann is the AACY's Director of Education Services.

American Association of Caregiving Youth -

Ann F. Good Morning, everyone. I appreciate Steve and Paula giving us the opportunity to do an update on the *Caregiving Youth Project*. However, some of you in the audience might not have been here the first time around, so I will give just a little background.



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I am a retired Palm Beach County School District employee. I was the Director of Student Intervention Services for a number of years as well as a principal. I have to give credit to Palm Beach County schools because they are always trying to remove the barriers to kids being successful academically. Dr. Alison Adler (who is also retired) had a vision for a department that would bring services to kids that were somewhat under the radar and might fall through the cracks which we definitely never want to see happen. We put together a list of kids that might need extra support: foster children, pregnant teens, homeless children, kids in the juvenile justice system, etc. Then by the luck of fortune, Connie Siskowski entered our world. By meeting with Connie, Dr. Adler and I realized that the group Connie talked about, Caregiving Youth would be important to focus on. These are kids who are medical caregivers, not kids doing everyday chores. These kids are performing tasks that are stressful for adults, let alone children. I wanted to let you know how this program came to Palm Beach County schools and how proud we are to be the first in the *country* to implement a program like this. Boca Raton Community Middle School was the first to address this need. I would like to introduce Connie Siskowski. She is the president and founder of the American Association of Caregiving Youth.

Connie S. Thank you Ann. It is really a privilege and an honor to be working with you again. We are all very aware of the influences and changes in the current population. When you look at these as a group you see how these changes have created situations that require children to step up to the plate. Obviously the economy is a big driver as well. It is statistically proven that there are many more multigenerational households now. With more people in the household, and the incidence of chronic illness in our country, you can see how this caregiving responsibility can fall on children and creates a barrier to their learning. There are about **66 million** adult family caregivers and **1.3 million** child caregivers (ages 8-18) in the United States. That is the only statistic available which was collected in 2004 and here we are a decade later. We do know that **37%** of all caregiving households have a child under the age of 18 and we really do not know what their roles are yet. One of our goals is to raise awareness and repeat this study. Thank you to those in the District and others. I was nominated to be a “CNN Hero” and with that people came to our county to see what we are doing. Right now I will show you a clip of that experience and a few of our kids.

Video – CNN Heroes – 5:41 minutes

- Video clip showcasing children who are caregivers in their homes and the impact the American Association of Caregiving Youth has on their lives. Recognition of Dr. Connie Siskowski who founded this program in Palm Beach County.

Connie S. So while the focus of this was on me, it is really all about the kids. Who these children take care of is really across the board. Statistics from national data show that in recent years we have seen an increase in care of great-grandparents and there has been a large increase in the category of “other” because of extended blended families. In order for children to be eligible and enter our program in 6th grade, we assign a level of responsibility based on the types of activities they do and how much time they spend so we can target our limited resources to those in the top three levels. It is a weighted index so the items listed at the top involving personal care have a higher weight.



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Ann F. Just imagine being a thirteen year old caregiver, trying to go to school and concentrate on your work. Some of these kids have multiple barriers, not just one. The certified social workers that are part of Connie's project are an unbelievable support in the schools. They are now in **15** Palm Beach County middle and high schools. Many of these children are not thrilled to have these responsibilities and may have anger issues. The opportunity to be with other kids in the same situation and work with trained clinical social workers helps them. Some of them did not even know the word "caregiver" until this project started. As we raise awareness, other administrators are coming forward to help as well. We are also working very hard with tutoring and to get some mentoring for these children.

Connie S. So the support we provide happens in school, out of school, and in the home. We provide a continuity of care from 6th grade through high school graduation providing different resources. In your packet a handout shows the specific services we offer. We do an evaluation because we need to see the outcomes and effectiveness of our work. Through both verifying schools records and getting feedback from kids, we have seen very positive changes. Another thing we have seen is an increase in the number of people these children are caring for individually. On November 15, 2013 Diane Sawyer named one of our students the *Person of the Week*. Showed video.

Video – Diane Sawyer's Person of the Week - 2:54 minutes

- Interview of a Palm Beach County Student named Chris Miller who is the primary care giver to his 63 year old grandmother named Dixie. He is in the American Association of Caregiving Youth program and has benefited from the services provided.

Connie S. You also have a handout about what *you* can do. Ann and I will be here after and I think we have time for one or two questions if there are any.

Natalia P. I do not have a question, I have a comment. Thank you so much to Dr. Siskowski and all the other organizations that open up our eyes to understand that it really takes a village to raise a child. It takes organizations like yours and many others to make things happen because there are so many factors that affect our children. Even though they go through so many things on a daily basis in their personal lives, at home, and with their friends they still manage to bring a smile to our face. Even though the child from the video has to go through all of that he is still happy when he plays his violin and rides his bike. You would not even know his struggles. I just wanted to point that out because it was very touching to see.

Connie S. You know, part of that is due to the fact that he has come a long way. Now that he has support, he is able to verbalize things that he could not verbalize before. Thank you for those comments.

Paula T. We truly have so many heroes, and Connie, thank you so much for all that you do in our community. We appreciate it so much.

Steve had to leave the meeting so I would like to pass this to our Guest Chair, Dr. Seth Bernstein.

United Way of Palm Beach County Campaign -

Seth B. Thank you, Paula. In addition to my role at Boys Town South Florida, I am also a volunteer board member of the United Way of Palm Beach County. I have the distinct pleasure



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of introducing Juan Carlos Fanjul. I would just like to first thank Natalia Powers and her team who kicked off their *2014 Employee One Giving* campaign which will run through February 21, 2014. Hopefully many of you have seen the information distributed by the District. I would also like to say that the American Association of Care Giving Youth is one of the United Way's funded programs. We are thankful and grateful to have them in our education funded area. With that, I would like to introduce Juan Carlos Fanjul.

Juan Carlos F. Thank you, Seth and Good Morning to everybody. The programs that we fund serve **500** children every year in Palm Beach County. That is one of **67** programs that we fund in the areas of income, health and education. As Seth also said, *Employee One Giving* is underway and thanks to the generosity of The School District Palm Beach County's employees and members of the community we are able to touch 1 in 5 people in the county. An area that is very important to us is education and we have a brief video about this.

Video: *United Way Live United – 2:10 minutes*

- Video about the various education related programs funded by the United Way of Palm Beach County that help students succeed academically.

Juan Carlos F. So we truly consider ourselves partners to educators here in Palm Beach County. That is specific to what we do in education but there is so much more that we do that effects children. We fund *Adopt-A-Family of the Palm Beaches, Inc.* which provides housing to homeless families with children. The poverty rate for children in Palm Beach County is around **24%**. We also fund *Healthy Mothers Healthy Babies* which provides **1,000** women with access to prenatal health care each year. Many of which could be pregnant teens in the school system. Through *Children's Home Society of South Florida*, we fund their *Project 18* program, which helps students who are aging out of the foster care system. The program gives them a place to stay while they go to school, find a job or go to college. Again - this is all thanks to the generosity of The School District Palm Beach County's employees, and partners in the public or private sector. Are there any questions?

Evelyn O-S. Hello, my name is Evelyn Olivera-Silva, I am from the Planning and Real Estate Services Department. I was a co-chair of the District's United Way campaign for four years before we went in a different direction. You never know when you will need one of the United Way's services. I escaped abuse in June of 2013 and reached out to *AVDA* (Aid to Victims of Domestic Abuse, Inc.) not realizing that they were a United Way of Palm Beach County's funded agency. They helped my children and I escape safely out of our situation. I encourage everyone to really think about United Way when you are about to make your contributions because they do fund so many programs in the community that help our children.

Juan Carlos F. Thank you so much for sharing your personal experience. Lastly, how we directly affect teachers, is that every year we run *VITA* which is our *Volunteer Income Tax Assistance* program. Anyone in Palm Beach County who makes \$52,000 a year or less can have their taxes done for free. I have some flyers that you can pick up after the meeting if needed. Thank you for your time, I appreciate it.

Seth B. Thank you Juan Carlos. Evelyn, thank you too for sharing your story. I knew you were a campaign coordinator years ago and I am touched by your honesty. The United Way of Palm



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Beach County is also reaching out to different District departments to talk about the campaign, so if your department does not have something set up by February 21st - please contact Juan Carlos and he will be happy to give a brief presentation of ten minutes or less. We appreciate you; the School District is one of the best donors to this valuable campaign. Thank you!

Citibank – 2nd “Healthy School/Well Workplace Award” -

Paula T. Our next presenters will be Kim Sandmaier and Tracey Mularchyk. They will present our *Healthy School/Well Workplace Awards*.

Thank you to Citibank who has sponsored these awards. They are also giving us a door prize for this meeting, so stay until the end and make sure you have a ticket.

Tracey M. That was definitely a hard act to follow. Citibank also participates in the United Way of Palm Beach County campaign and instead of just doing a generic United Way contribution I can promise you when I get back to the office I will change where my contribution is going by choosing a specific category since there are so many organizations.

That being said, on behalf of Citibank, today I am pleased to announce two *Healthy School/Well Workplace Awards*:

- Deborah Feinsinger – Wellness Champion of Allamanda Elementary
 - *Girls on the Run* – This program creatively incorporates training for a 5K with lessons and encouragements for life skills. Successfully motivates students, teachers, and parents to participate in fitness events around Palm Beach County.
- Patricia Martin – Wellness Champion of John I. Leonard High School
 - *John I. Leonard High School Fitness Club* – A program to get staff and students engaged in exercise including aerobics, strength training and stretching workouts. It also provides fitness testing, topics on nutrition, daily routines and overall health and wellness information.

Congratulations to Deborah and Patricia for encouraging healthy school environments!

(Picture taken with the check: Tracey, Kim, Deborah, Patricia and Paula)

Paula T. Also we would like to have an opportunity to recognize one of our community partners who has graciously supported the District and one of our schools. I would like to bring up Brenna Bertram of Whole Foods Market. Deborah, please come up as well.

Deborah F. This year Allamanda Elementary became a *Choice School* and we are now a “Health and Wellness” campus. We have had some wonderful community partners this year. One of the favorites among our students is Whole Foods Market because they not only provided food but all of the cooking items for our Cooking Club. Cecilia Carrion will tell you a little more about that, she is our Cooking Club sponsor. Everyday our kids asked what they will be cooking that day and that would not be possible without the support of Whole Foods Market.

Cecilia C. Allamanda Elementary would like to thank Whole Foods Market for being the sponsor of our Cooking Club. A special recognition to Brenna Bertram, Whole Foods Market representative. She demonstrated cooperation, hard work and has been very supportive of our cooking dreams by offering a strong commitment in helping our dream become a reality. Thank you for your help, dedication, and friendship that started in the kitchen.



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Paula T. On behalf of the District's *Wellness Promotion Task Force*, Steve Bonino and I would like to also give you, Brenna, a Certificate of Appreciation. (*Picture taken with award.*)

I wanted to also say thank you to our sponsors and supporters. We have the OneBlood, Inc. truck outside and want to remind you of our goal of **150** pints. Right now we have reached **41** pints so we still have **109** pints to go. If you work in this building it is your job to get one or two people to donate blood to help the community. One pint of blood saves three lives. It was really hard to reach the 150 pint goal last year (we collected 151 pints), but if everyone takes one or two people with them we can certainly reach our goal. Thank you, OneBlood for coming out.

I also wanted to thank Citibank and Jupiter Medical Center - who have tables outside with some information.

Seth B. Can I ask Mike Kane to please stand up, as well as any other school counselors in the room? On February 4, 2014 the Palm Beach School Counselors Association had the 27th Annual Principal-Counselor Appreciation Breakfast with over 400 principals and school counselors celebrating the *National School Counselor Appreciation Week*. It is a national effort. Paula and I were both there. I just wanted to publically acknowledge you Mike, and the other school counselors who are there every day helping our students not only on their academic achievements, but on their social, emotional and behavioral achievements as well. We know that when school counselors are able to follow National Guidelines for Comprehensive School Counseling Programs, students are able to achieve much better. Thank you Mike, and please pass on our thanks to all the school counselors in Palm Beach County.

Other School/Department Based Activities – Updates:

Paula T. *Single School Culture© Initiatives* - Kim Cotton-Williams, Kim Mazauskas, and Rick Lewis are attending a state wide conference at Safe Schools, so they will not be able to report today.

Mike K. *Single School Culture© Initiatives – School Counseling –*

- In regard to services delivered to students, we just completed our “Historically Black Colleges and Hispanic Serving Institutions College Recruitment Tour,” which was held at the Palm Beach County Convention Center on January 15th and 16th.
 - This year the tour expanded to include *all* high school students. We had an impressive **620** students attend over two days. **823** admission offers were given over the two day period and **\$626,224** in scholarship money was offered.
- We also held the 27th Annual Principal-Counselor Appreciation Breakfast on February 4th as Seth referred to earlier, and we were proud to offer a substantial amount of donations to the Children’s Home Society. We had two truckloads of backpacks, school supplies, clothing etc.
- Our team is charged with Professional Development and we did offer a few opportunities for school counselors in the District:
 - One of them was the *Adolescent Depression Awareness Program (ADAP)* training which is now offered to our high school counselors. This was funded by the Ryan Licht Sang Foundation and the training was provided by Dr. Karen Schwartz out of Johns Hopkins University.



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- For our elementary school counselors, we provided the *Breaking the Silence* training which addresses mental health and wellness issues with our younger students. That was funded by the Action Alliance for Mental Health.
- In closing we will have the *Baker Act Training* for counselors. We will also have a collaborate effort with School Psychology and a few others in the District for the 1st Student Mental Health and Wellness Conference scheduled for June 12, 2014 addressing various issues for students. This is for practitioners.

Marla P. *Exceptional Student Education (ESE) -*

- My goal this year was to try and promote wellness within our ESE Department for the adults.
- We started with a “Line Dance Off” where every Friday for 15 minutes we would do some line dancing as a department. I was getting stressed because people were not responding to our emails but we have been doing this for four weeks now and we are up to 15 to 20 people. It is fun, gives everyone a break, and brings everyone together which promotes camaraderie among the department.
- We also have a “Weigh Down” program. People are weighing in weekly and we are making a lot of progress.

Cathy B. *Student Intervention Services -*

- Ms. Van Arsdale could not be here this morning so I will report.
- The 3rd Annual Ethics Bowl is February 15, 2014 at Palm Springs Community Middle School. It will be from about 7:30 a.m. to 4:00 p.m. It is a great program that allows high schools to participate in a nationwide Ethics competition.
- On the health side, we are presently working with school nurses for our mandatory vision and hearing screenings. This is for Kindergarten, 1st, 3rd and 6th grades. We are about 60% completed which equates to well over **30,000** children who have been screened.
- Out of that, the Health Department has contracted with Florida Heiken Children’s Vision Program which provides extensive vision services including free glasses and follow ups with an ophthalmologist for those that cannot afford the services. This vision van goes into the schools and has visited **ten** of our schools so far.

Amy C. *Student Intervention Services – Teen Parent Program*

- I wanted to share information about college tours we have coming up:
 - On March 13, 2014 we will be taking students from our East coast schools for a tour of Palm Beach State College- Northern campus.
 - March 27, 2014 we will be doing tours of the State College out in Belle Glade.
 - These tours are set up for our unaccompanied youth, homeless students, those in foster care, or our pregnant and parenting teens. We are also opening this opportunity for any referred student who might need a spark of motivation as they are planning their last few years of high school.

Kathleen M. *Afterschool Programming –*

- Saturday, February 1, 2014 we had one of our larger trainings that we hold four times per year where we open it up to many different areas. We had over **300** people. We want to



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offer a wide amount of trainings. This time it was very well received with “Stress Management.”

- On February 18, 2014 we are offering “Humor in the Workplace” because we are trying to lighten things up a little bit.
- We are also working on developing physical games in the afterschool programs. We are working with *United States Tennis Association (USTA) 10 and Under Tennis* and have really been successful with integrating this program.
- We are also gearing up for playground safety because summer camp is starting soon.
- One thing I would really like to speak to is our *21st Century Community Learning Center Grant*. We are now in **25** schools and we can offer the program to over **1,500** children who would not have otherwise had a safe environment to be in after school. Those children will be able to go to summer camp as well.
- The *21st Century Community Learning Center Grant* folks are here to see some of our Best Practices. One of those Best Practices is the Community Learning Projects and their edible gardens.

Liz S. *Choice and Career Options –*

- I just wanted to acknowledge Alicia Salvador. She is great; she is trying to promote fitness and wellness in our department. She is focused on promoting *WonderFit* which can be difficult so I give her a lot of credit.
- Also we had our Career and Technical Education dinner which we have once a year to honor our middle school and high school Career and Technical Education administrators and teachers. We gave out various awards. We had **325** people there including Superintendent Gent was and the School Board members so it was very nice.
- I will be reporting on a few events for Dr. Miguel Benavente who is not here.
 - *Health Occupation Students of America (HOSA)* had a big regional competition on January 31, 2014 at Keiser University. There were over 1,000 high school and middle school participants. Palm Beach County really shined and a number of students will go on to compete at the national level.
 - Saturday, February 8th is “Hands Only CPR Day.” Medical academy students who are in the *Emergency Medical Response* program (EMR) will be training community member at various local fire stations from 9:00 a.m. until 2:00 p.m. There is a contest going on sponsored by the Palm Beach County Medical Society called “Heroes in Medicine.” One student from each medical academy will be competing to be the “Student Hero” by writing about one heroic thing they have done in their life.

Kim S. *Employee Wellness –*

- I want to give everyone an update on our *Hold it for the Holidays* program. The goal was to encourage staff to maintain their weight over the holidays, instead of gaining. It was a huge success; we had over **1,200** participants where **89%** met their goal and stayed at their pre-Thanksgiving weight. We also had a weight loss of **680** pounds, so that was amazing.



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- Today starts our physical activity challenge, *WonderFit*. Please register at www.wonderfit.org to log activity.
- Wellness Champions are doing amazing, I cannot thank them enough. For our mid-year meeting we hosted a “Pajama Party” right here in the board room. I think we are the first group of people to ever wear pajamas in the Board Room. It was a fun and relaxing event.
- Wellness Rewards started in January 2014 so make sure you finish your requirements which are the same as last year. However, stay tuned because there will be changes coming in 2015.

Christina D. *Environmental & Conservation Services* –

- We have been working diligently on our new department website. We have added an emphasis on what schools can do to protect indoor air quality and stay asthma friendly.
- *Green Schools Recognition Program* applications are due March 10, 2014. One or two of the major points in the application are what they are doing to address health and wellness. The awards are given at a very fancy luncheon in May 2014.
- Our department has put together a *WonderFit* team. We all did our first workout this morning. I appreciate the challenge; I personally need that kind of accountability so this is great.

Paula T. I attended the Green Schools Recognition Program steering committee with Erica, which was very nice. They are looking for Green School judges and the green handout is in your packet with the *Community Events and Announcements* document. We wanted to share that because they do need your help for judges.

Natalia P. *Office of Communications* –

- One of the major things we have going on in the District is college readiness since this is the time of year where students apply for scholarships and are preparing for the next few years of their lives.
- There are so many scholarships available out there and our students are not really taking advantage of them. When it comes to college, anything you can get to cover books or housing helps tremendously. My message today is for you to help us spread the word about these scholarships. We try to post them on our Facebook page. If you know your organization has a scholarship that you would like to spread the word about please send it to me and we can put the information out there. The Office of Communications is here to support not only the District but the community as well.
- The S.T.A.R.S. Conference (Start Transition And Realize Success) is coming up on February 22, 2014. Registration is currently open and we have a banner on our website. It is for students with disabilities between the ages of 14 and 22 and their families. It is a really wonderful Saturday event full of very valuable resources.
- February is “Strawberry Month” and “Heart Month.” The offering in the schools is for **40,000** servings of strawberries throughout our District which is amazing. Thank you to Lori, Paula and Allison because they are really the minds behind that.
- We also have the “College is Possible” event on April 4, 2014 at Palm Beach State



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College for juniors and seniors preparing for college.

- Please follow our Facebook and Twitter pages.

Paula T. Is there a hub on the District website to show all of the available scholarships? If there is we would like to promote it.

Natalia P. There is a scholarship page that we are using for the time being, but it is not very attractive. We are in the process of creating a search engine type page for scholarships. It is a process but we hope within the next few weeks we can have it put together.

Mike K. Judy Thomas on our team is responsible for sharing scholarship information and she does regular push-outs. *My Future Palm Beach* has an existing platform for college information accessible for parents, students, and counselors. Within that is a searchable system for scholarships.

Mike O. *Planning and Real Estate Services* –

- The biggest thing for us is the Safe Routes grant money we can no longer utilize. We did a lot of non-infrastructure good things with it like safety fairs, and staff members who would go out to schools to do fitness work with mostly elementary schools. Sadly, we do not have the funding money any more so we cannot do what we once did.
- However we still have the Safe Routes Coalition which will meet on an as needed basis, probably quarterly. We will be primarily focused on traffic issues in the District. We will try to come up with strategies to alleviate these issues.
- We still have some funding, in fact Angela Usher sits on the committee in regards to sidewalks, which is about **\$800,000** per year. We can provide sidewalks where the District does not have them. We can utilize that funding to create safe paths to schools.

No Update from *Building Code Services*

No Update from *Transportation Services*

Jim K. *Program Management* –

- Program management is the design and construction arm of the School District.
- We partner with Maintenance and Plant Operations and Environmental and Conservation Services to maintain the occupied environment here for all of us and build new ones. Everyone knows how important it is to live and work in a good place, right? Your emotional stability, attitude and your health depend on that. We have been challenged with regard to funding from current state administration but we are making things happen.
- I really wanted to report on one project in particular at Washington Elementary. Florida Power & Light has offered tens of thousands of dollars in services and labor to sweeten up the way Washington Elementary School looks. They will be painting the building, reading to the children, creating an outdoor classroom with a weather resistant white board and benches. They will also work on the athletic facilities, the play courts, and possibly a volleyball court. We very excited about this for Washington Elementary.

Yelena G. *Maintenance and Plant Operations* –

- Normally I focus on safety but for this month we are taking a break from safety and are focusing on Customer Service. Steve Backhus, my director asked me to put together a



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customer service training plan for our employees (approximately 400 of us). We are going to be planting the seed of customer service using the acronym PLANT (which stands for Professionalism, Listening, Actions, No-No's, and Teamwork). Our goal is always to have that single point of contact and help the schools. I believe we do a good job already, but hopefully you will still see some improvements.

Allison M. *School Food Service* –

- Natalia thank you for mentioning the strawberries. That was one of my updates today for *Farm to School*. We do have Geoffrey Sagrans here from Localecopia. He is our partner in our *Farm to School* program. Thank you so much for all that you do. His company Localecopia works with the local farmers and draws in some of the fresh fruits and vegetables we have in the schools. Right now we have strawberries that will be here from February 5th until Friday, and then back again during the week of February 24th. We started this *Farm to School* initiative about seven years ago and started with only green beans and corn cobbetes. We have expanded with a large variety of produce that comes straight from our farms to our kids.
- We also have the *Fresh Fruits and Vegetables* grant program that is sponsored by the USDA. We are able to offer snacks to students outside of the *Power Up With Breakfast* Program or *National School Lunch Program* so they can have a snack at another time in the day. They get these snacks about three times per week. With this program we are also able to infuse some education about nutrition and fruits and vegetables in the classroom. We are fortunate to be able to offer this to some of the students. It is based on the Free and Reduced percent status of the school. The school must be qualified by the state to receive these fresh fruits and vegetables. We anticipate over **600,000** fruit and vegetable snacks this school year.
- On the Nutrition Standards front, we have some changes going on based on the *Healthy Hunger Free Kids Act of 2010*. The USDA has been phasing in some nutritional changes in the last few years. This next year (fiscal year 2015) there are a few things they are focusing on.
 - One is sodium in our breakfasts and lunches; we actually already meet the requirements for not only this upcoming phase, but for the phase that will go into effect in the 2018 school year.
 - We are also meeting most of guidelines for whole grains. This current year, the majority of our items whole grain, except for the breading on our chicken nuggets which we are working on with our manufacturers during this current bid.
 - The last change involves fruit at breakfast. Two years ago a rule was set in place that not only are fruits and vegetables to be offered at lunch (which we always have) but the students have to actually *take* the item. This is now being infused in the breakfast program as well. We also already do this, so there will really be no changes for our students in this upcoming year.
- Additionally there are *Smart Snacks in Schools* guidelines which they are implementing.



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We will be getting more information on this soon. This involves looking at the nutritionals for every food in schools, including a la carte items (outside of the main dish that we offer) and also vending machines and fundraisers. As we get more information from the USDA and the state, we will notify you.

- We are working on *WonderFit* in our department as well, we have a team (Erica, Jaclyn and Paula) who have been working on motivating us. We have a scavenger hunt that we are doing each week, where we have to run around the building and find different things. We are also doing different desk exercises each week. Thank you very much Kim, for that, it is great to see the energy in the office.

Paula T. Yes it is very exciting at our office.

Our Chief Academic Officer was not able to join us. Are there any External Partners who want to announce anything?

Ann F. *External Partner: American Association of Caregiving Youth –*

Just one more thing Connie and I wanted to add. Our former Chief Academic Officer, Ann Killets is now the Associate Dean for Education and Behavioral Services at Palm Beach Atlantic University. They are doing a “Lunch and Learn” with four departments for the students and faculty. It will be nursing, pharmacy, education and counseling. We will be speaking to them about the AACY. They are giving us seats so we can invite outside parties who are interested. This is on Wednesday, February 12, 2014 from 11:00 a.m. to 1:00 p.m. Let Connie and I know if you are interested.

Diane E. *External Partner: Girls on the Run –*

I am the administrator for Girls on the Run. I wanted to thank Deborah Feinsinger for having it at Allamanda Elementary and doing such a fabulous job. Our spring season is just starting on February 10, 2014 so if you know of a school who wants to be involved, it is 12 weeks long for elementary and middle school grades 3-8. We teach running activities and self-confidence building activities for these girls. It is a really great, very well established curriculum that is evidence based and tested. It has been around since 1996 and we are so proud to offer it to the School District.

Paula T. Under Nutrition Education, we always try to host health fairs as we did at Allamanda Elementary last Fall. Our next Health Fair will promote March 2014 as National Nutrition Month with the theme of: *Enjoy the Taste of Eating Right*. This event will take place on March 12, 2014 at Lake Shore Middle School in Belle Glade. We recently met with the school principal, Ms. Dowers and she is so ecstatic to have this at her school. She is even going to invite her neighboring elementary school 5th grader classes to participate. It really is a wonderful opportunity to drive to the Glades to support the community and faculty...we appreciate everyone’s help and support.

Eric S. *Physical Activity –*

- Thank you to Tracey from Citibank, she donated over 400 bottles of water and healthy snacks to the Physical Education teachers at our In-service.
- This is our third and final year of our PEP Grant; it is coming to an end. **\$2.1 million** has really changed our elementary physical education program. It has been a blessing for



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this District and we have seen some great success. Within the next year we will present on all the findings we have evaluated over the last three years. The training of **108** schools and over **150** teachers was great to see. The Department of Agriculture just brought teachers down from Hendry, DeSoto, and other middle of the state counties who really do not have any professional development, which was great too.

- In reference to Professional Development, we have our next training on February 18, 2014 for our secondary physical education teachers. Patricia Martin, who is here, is our guru at John I. Leonard High School who sets up everything for us. We will be doing some pretty unique things like using I-pads with our teachers for taking physical education benchmarks and other proactive things.
- On January 18, 2014 we completed our 3rd Annual South Florida Fair Kid's Mile at the fairground which was a huge success with over **1,800** kids. Thanks to the team (Denise Griffo, Amie Schneider and Kirsten Voitus who were there at 5:00 a.m. setting everything up.
- In terms of Legislative updates, we might have some challenges on the high school level. There was recently a bill filed with a motion to eliminate high school physical education as a mandatory credit. We are working hard to prevent that from happening. It seems like every year something comes up about this which is disheartening.
- For structural materials, we will be able to choose some new textbooks for high school physical education classes. Denise and I will set up a team so we can come up with some really great materials including health education as much as possible, since that is no longer a mandatory subject in the schools.

Stacey L. *Curriculum and Learning Support – HealthTeacher –*

- We are in our 4th year of this HealthTeacher collaboration. Thank you to Miami Children's Hospital for supporting youth health in the District. As a company we are excited because we have many new offerings on our site, both lessons and our *GoNoodle* games.
- Lessons newly added have been dealing with conflict resolution and also addressing the cold and flu season. A lot of teachers are responding very well to those.
- I would like to thank all the departments in the District who have been such great partners to me: Eric Stern, Denise Griffo, Kim Sandmaier, Michael Kane, Judy Thomas, Paula Triana, Steve Bonino, SHAC members and anyone else who has touted the HealthTeacher flag.
- We are so glad that *WonderFit* is starting because we have partnered with Zumba so now there are *Zumba GoNoodle* brain breaks on the site so please, do those with your staff. We did them at the Wellness Champion meeting and they are only two or three minutes, but let me tell you they are definitely challenging!
- We also have opened up the Plus Games that deal with Common Core Alignments to all the teachers in the District. Teachers have been responding well to those too.

Eric S. Thank you. Just yesterday, we got a great email asking us to go to Columbia University in New York City this summer to present on the successes we have had with our Physical



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Education Grant in our District, so hopefully we will be up in New York and will report on that when we are back.

Paula T. Thank you Eric.

I just want to say we could not do this without all of you. It is amazing how much we have grown and accomplish. Thank you to all the internal and external partners for documenting our wellness journey.

- Our planning meeting for our 8th edition of the *WPP Annual Report* will be on March 13, 2014. This is really an internal meeting but we want to make sure we have all the key players. Again this is all about the kids and supporting the community. To all of you who do so many wonderful things every day, please keep that passion. Our motto is “PQR” which stands for Passion, Quality, and Respect. Truly we have such a wonderful group of people. We always try to create unity and transparency. As we are working on our District Policy, everyone’s contribution makes it applicable and successful.

2nd Year ~ Soul Source Project and the PBC Food Bank -

Paula T. As you know, this is our second year of the “**Soul Source Project.**” The motto of this project is “*People Helping People*” in support of the Palm Beach County Food Bank. We do our collection here at the District for the entire building for a week and a half before each District’s WPTF meeting. In addition, our School Food Service Managers serve as conduits for each school’s collections. In October 2013 - here we collected **86** pounds. The October 2013 collection from the schools was **1,044** pounds. This was a total of **1,130** pounds of food that the District donated to the Palm Beach County Food Bank. Thank you to Kim and Natalia and everyone else who supports this in the building, the schools and the community - thank you to those who donated today in this effort!

Paula T. Our next *WPTF* meeting is April, 9 2014 and our last meeting is May 15, 2014. Our meeting success is contingent upon your input, assessment and evaluation - so please respond to the SurveyMonkey link that we will attach to our upcoming email. We want to hear your feedback.

- <https://www.surveymonkey.com/s/HHPDWJY>

We do have some Door Prizes today.

- Citibank - gift basket with a wine cooler bag, wine stoppers, a blanket, etc.
- Jupiter Medical Center - massage and a body composition gift certificates.

Door Prize tickets drawn and winners announced.

Paula T. Thank you *all* for attending. We look forward to seeing you at future meetings.

There is now some time for networking. ☺

Meeting adjourned at 10:30 a.m.

Goals:

Short Term	Long Term
❖ Complete the <i>Florida Healthy School District</i> application as a District.	❖ Continue to support OneBlood, Inc. at the District building Blood Drives and other locations.
❖ Support the District’s 2014 Employee One Giving Campaign	❖ Continue to support the Soul Source Project with collaboration of the Palm Beach County Food



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<ul style="list-style-type: none"> ❖ Choose two more “Healthy School/Well Workplace” award winners to be announced at the next WPTF meeting. ❖ Continue to participate in the District-wide WonderFit physical activity competition. ❖ Support the Green Schools Recognition Program by participating as a judge or spreading the news to others who may be interested. ❖ Share scholarship information from the Office of Communications with students who may qualify. ❖ Join the ESE department’s “Line Dance Off” to build department camaraderie. ❖ Do Zumba exercises with your staff with the new <i>GoNoodle</i> brain breaks. ❖ Promote the 3rd Annual Ethics Bowl on February 15, 2014 at Palm Springs Community Middle School. ❖ Attend the Planning Meeting for the <i>2014 WPP Annual Report</i> on March 13, 2014 ❖ Promote “National Healthy Schools Day” on April 8, 2014 during National Public Health Week. 	<ul style="list-style-type: none"> Bank at the school and district levels. ❖ Continue to seek community stakeholders that bring value to the district’s Wellness Promotion Task Force. ❖ Continue to promote the Wellness Rewards Program that began in January 2014. ❖ Continue to promote EAP’s Stress Management Tips for Mental Health. ❖ Assessing and reviewing the (2.035) Wellness Promotion Policy for consideration of potential future revisions to take to the School Board for adoption. ❖ Potentially apply for the Bronze Award Level of the HealthierUS School Challenge (HUSCC) for selected elementary schools in the District. ❖ Promote the 1st Annual Student Mental Health and Wellness Conference at the Safe Schools Institute on June 12, 2014
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Assignments:

Person Assigned	Details	Date Due
All contributing departments/external partners	Planning Meeting for WPP Annual Report	March 13, 2014

FY 2013-2014 Upcoming WPTF Meetings:

Date	Time/Location	Topics To Be Discussed
Wednesday, April 9, 2014	8:30 a.m. to 10:30 a.m. Board Room	<ul style="list-style-type: none"> ▪ YMCA ▪ Urban League of Palm Beach County, Inc.
Thursday, May 15, 2014	3:00 p.m. to 5:30 p.m. Board Room	<ul style="list-style-type: none"> ▪ Afterschool Programming ▪ HealthTeacher ▪ Employee Wellness ▪ Nutrition Standards - Smart Snacks in Schools future discussion ▪ <i>and many more topics to come...</i>

Change in Current Policy, Procedure and/or Situation:

None



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Wellness Promotion Task Force – *Mission Statement* ~

The Wellness Promotion Policy (2.035) creates a forum to educate the District and community partners to successfully collaborate in promoting healthier lives. With the District's ultimate goal of improving student performance, the direction of the Wellness Promotion Task Force is to encourage a proactive approach to holistically address the health, wellness, and safety for all school children and staff, parents, and the community.