



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

March 13, 2014

Topic:

Wellness Promotion Task Force (WPTF) – Small Group 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:

Allison Monbleau	Erica Whitfield	Kim C. Williams	Miguel Benavente	Thomas Aguanno
Bruce Harris	Guarn Sims	Lisa Mead	Paul Strauss	Troy Wilkinson
Cathy Burns	Heidi Schwab	Lisa Richman	Paula Triana	Yelena Gonzalez
Christina Davis	Jaclyn Granda	Liz Shapiro	Robert Canane	
Debbie Neeson	Jamie McCarthy	Mark Murray	Stephanie Wagner	
Denise Griffo	Jim Kunard	Michael Kane	Steve Bonino	
Elly Zanin	Kevin McCormick	Michelle Schecht-Smith	Thomas Hogarth	

Discussion/Progress:

The meeting began at 8:33 a.m.

Paula T. Good morning and welcome everyone to our Small Group meeting.

We would like to begin with the *Pledge of Allegiance*.

Steve B. Good morning. First and foremost, you are going to hear from this gentleman in a few minutes but I would like to recognize Mr. Guarn Sims. I knew him when he looked much different for many years and I am so happy that he is here to share his testimony with all of us. It is with a sense of pride and true vigor that we listen to Guarn about what he has been able to do to change his life. What he did for himself is exactly what we are trying to do for our entire community. It is very inspiring to know that one person at a time is starting to make this lifestyle change. Those things are really cool to watch from year to year. The second thing is that this is really an expectations meeting for the *Wellness Promotion Policy (WPP) Annual Report FY-2014*. We are required by public law to annually make a presentation of the WPP Annual Report and methodology to the District's School Board, Superintendent and his Leadership Team. This school year we were unable to do our presentation of the "FY-2013 WPP Annual Report" in November 2013 as anticipated because we were still waiting for information and finishing smaller details of this project. However, I will set a goal that I would like for the "FY-2014 WPP Annual Report" to be presented to the School Board by no later than December 2014 for a couple of reasons. First, we get it done before the first half of the school year. Also the combination of the "Wellness Celebration" with our Annual Report presentation would create a lot of positivity going into the winter break and would give people a lot to reflect upon. So that will be our objective for this year. I am looking to all of you to participate and work with your groups of people to ensure that we meet that deadline. Thank you again to everyone for being here. I look forward to a good strategic planning meeting.



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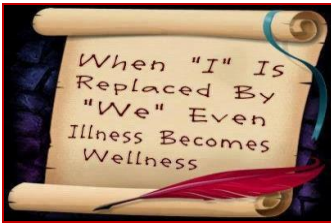
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Paula T. Thank you Steve for your support to wellness.



With that I wanted to share this message... ***“When ‘I’ is replaced with ‘We’ even illness becomes wellness.”*** Our success comes from us working together. Without our teamwork, we would not have accomplished what we have done so far. We have established a policy that came from a Public Law mandate. We did not really have any instruction, but we have been able to design, create, establish, develop, implement, assess and periodically revise the District’s Wellness Promotion Policy (2.035). Thank you to Bruce Harris, Senior Counsel, and the Department of Legal Services for their continued support to this effort.

Change does not happen right away, but we have certainly managed to change things quite a bit in our district with regards to wellness. Wellness has definitely grown from a little small dot into a huge collaborative effort. I just want to say thank you to everyone who has been a part of this journey. As we are stressing our expectations, we will also continue to build new relationships in this project. Our goal is to establish relationships with the new additional players of our wellness team as well as with the Division of Support Operations team leaders. I know and I am confident that we will develop and create an excellent “FY-2014 WPP Annual Report” showcasing our progress and efforts. Thank you all very much!

With that I want to thank Mr. Guarn Sims for reaching out to us. He is a busy principal who runs Village Academy, a K-12 school. He recently reached out to me and Kim Sandmaier and we both felt that his personal inspirational story was perfect to share with this small group planning meeting today.

This morning we are excited to have Guarn Sims present his personally challenging yet very rewarding wellness journey. His presentation today, ***“From the Doorstep of Death to a Life of Supreme Wellness”*** is a profound story of commitment, growth, dedication and strength that will inspire and strengthen you. I hope it really touches your life as it has touched mine after I got the chance to meet with him and learn about his passion. *Please help me welcome Mr. Guarn Sims.*

PowerPoint presentation: “From the Doorstep of Death to a Life of Supreme Wellness”
with music of I Believe I can Fly Lyrics – link below:

- <http://www.youtube.com/watch?v=LbUpPVOEkdA>

Guarn S. Good morning, thank you very much. Every time I see that presentation, it is a reminder to myself of a life I never want to revisit. I am happy to know this new person today; as that last slide said, I never knew this person before. Let me thank the Wellness Promotion Task Force, particularly Paula and Kim for allowing me to reach out to them. I came to a point where I thought it would be robbery if I concealed my success story. Being a principal, I have learned that there are many teachers and staff waiting to receive help in the areas of health and



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wellness. My success story has opened doors to them that they did not know existed. After they get over the question of “how did you do it?” they then want to know how they can do it too. They want to know how they can be pointed in the right direction because they realize they need to change their life as well.

Why did I decide to share my story? Back in 2009, believe it or not, I got up to 400 pounds. It is amazing that for some of us, no matter how big you get, you can look in the mirror every day and convince yourself that what you are seeing is OK. You become complacent. Eventually, my body gave me a warning sign. One day at Royal Palm Beach Community High School, (where I was the former principal in 2009) like any other day, I went from the first floor to the second floor in the stairwell. I got to the top and felt this burning sensation in my chest; I was out of breath and thinking, *I hope I am not having a heart attack.* I went back down to the office and called my doctor to tell him that I needed to come see him. I went in, they hooked me up to machines, ran blood work, etc. The next day, the doctor called and said, “Guarn, I have been working with you for a while now and I am just going to talk to you very candidly. At this time I cannot sugar coat anything for you. You are 39, almost 40 years old, and honestly, I will be shocked if you make it to 55.”

I said, “55? Doc, I am only 40.”

He said, “Let me tell you why. When I look at the pace that you have gained weight over the years, I would say in another two or three years you will be at 500 pounds. Because you have been carrying weight all your life, your heart and your body is at a point where it is saying to you, *‘enough.’* You are on the cusp of being diabetic. In two or three more months you will need medication.”

I could not even go to work that day. *Dead by 55.* My kids are not even teenagers yet. At that point I decided to quit things cold turkey and make a change. I started working out and began to lose weight. But then I entered this period where I would lose 20 pounds, gain 15 pounds, lose 10, gain five back. Dr. George Lockhart, the principal of Lake Worth Community High School, said to me one day, “I can’t figure you out. One minute I see you have lost weight, you look great. The next minute I see you, you’ve gained it back.” He does not know, but those words kind of stuck in my head. I went back to the doctor and told him that this was not working. I have been doing this for a year, going up and down. At this point, the wellness component came into play. He told me that I was trying to do this in a very uneducated way, which is why most people do not have success. When they do not arm themselves with knowledge of health and wellness practices, it is easier to fail. He said because I was slightly diabetic, he was going to link me up with a nutritionist and that my insurance supports that service, which I did not know. During that first meeting with my nutritionist, she did not even take my weight; she started to talk about wellness education. She said she would teach me how to eat, what to eat, etc. She said most of the things I eat are not bad, but the amounts and how I eat them needed to change. That meeting changed my whole perspective on wellness. I learned how exercise, eating, mental and physical health is all connected.

That is what brought me to really reach out to this particular group – the Wellness Promotion Task Force. Looking at your mission statement, I just want you to know that your work is so



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critically important. Learning about wellness is what led me to success *without* the downfall, because now I feel I am armed with education. Your mission is right in line with what is so important. The message I want to send to all of you is to continue to stretch each other's thinking and to come up with more ways to galvanize school campuses to push themselves to do more. Your message has been heard loud and clear; schools are talking about wellness. I realize that with some of us, there is complacency that leads us to put wellness on the back burner. The change at our school has to start with me. Because of that, I have committed several thousands of dollars to create a wellness room for teachers that has treadmills, elliptical machines, Zumba classes, and fitness DVDs. What I have noticed is that when they see the leader doing this, they all take on the identity of that leader and want to follow that good example. I make it a point to start every meeting with something related to health and wellness. Going into Spring Break, the most important thing for me is to maintain myself. I encourage all of you to reconnect with your families, get out there and exercise. Instead of taking a break by sitting down to watch television, make a commitment to workout. If we do this over the break, coming back we will feel reenergized and refocused. That is how I have taken the *Wellness Promotion Task Force's* message and used it to stress that this is a life mission. A lifestyle change positively impacts your work and the energy level is incredible. Your mind and your body will respond. Everyone, including teachers, absolutely *need* this. We have to get over the hurdle of not wanting anyone to know we have a weakness. We are all human, and everyone has their struggles with *something*. The moment you step forward like I did, you will start to see how motivating change can be. Let me close by saying this: push our principals to do more in this area, because again, school environments take on the identity of the principal. If the principal is pushing health and wellness, then the school is going to respond to that. I have read your work backwards and forward, and it is phenomenal. Continue to gather the community to participate in district-wide wellness events, because it is powerful. My wife took me to a company-wide 5K and I saw how impactful it was that everyone participated. I saw the possibility of something like this for the School District.

I want to thank *you* for really being a part of saving my life, opening doors, and opening my mind to change my life and give me the courage to talk to people like you and others. I want to tell other people that I have been there and there is no better gratification than the transformation you will see in yourself. It is not the physical transformation, but the mental that I like the best. Thank you so much.

Paula T. Thank you Guarn, your story is remarkable and I appreciate your candidness, openness and willingness to share your story. It is amazing that when we take care of ourselves, our mental state is so much better and we are able to give more to our families, loved ones and coworkers. I thank you, Guarn for reaching out to us. We have many wonderful wellness stories around our district, but having a principal come and reach out is great, because I really do believe it starts with the leadership. It was really special to have you today.

Agenda's Discussion Points—

With that I would like to go into the agenda. This meeting is to talk about our progress and setting the expectations for the development of the "FY-2014 WPP Annual Report."



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As Steve mentioned, we are to report to the School Board annually the progress of the District's Wellness Promotion Policy (2.035). Again - I would like to thank Bruce Harris for his tremendous legal counsel with regards to this policy. This policy was revised not long ago in 2012; however, there have been some changes so we are going to have to revise again this policy with the help of legal services. I encourage you to start writing down your suggestions for possible changes/revisions to the policy so we can come together when the time comes to present these changes/revisions to our legal services team for consideration.

I believe everyone is familiar with our *Wellness Promotion Policy Annual Report*. We are on our 8th edition. We report on the goals of our policy which are: Nutrition Education, Physical Activity, Other School/Department Based Activities, and Nutrition Standards/ Promotions. This annual report has established itself as historical documentation. When we started these wellness efforts in 2006 - we called it a "Progress Report." By 2009 - we went "green" to save paper; and created this web-based "Annual Report." We have grown our Task Force small team to a huge group of contributors and partners. This Annual Report has not been done alone; it has been done by working and collaborating together.

Going into the expectations, I just wanted to talk about Other School/Department Based Activities for a moment. There is a lot under that umbrella. We want to make sure that there is opportunity to infuse new information from these new groups to report back to the School Board, because our focus is not just nutrition and physical education, but many other areas like safety, counseling, employee wellness, afterschool programming etc. Wellness is about the whole child. I encourage you to meet with your team to come up with new ways that we can show our growth by incorporating new departments/divisions/partners in the reporting tool. We appreciate everybody who has come to the table to be a part of this Wellness Promotion Policy Annual Report.

We always want to maintain a theme, topic or a focus on all the annual reports. In 2006 we thought the perfect word was "Change." Then we moved to "Unity," because we cannot do things alone or in silos. At that point there were a lot of silos as opposed to collaboration. I have seen a huge shift from that which lead us to the word "Transformation" because there was more collaboration. After that we had "Personal Responsibility," and for the last two years, "Perseverance." Now we are ready to move on to something else. We were thinking of "Commitment." We will open the floor for suggestions and communication.

Steve B. "Commitment" is supposed to help us move forward. We as a group carefully selected words from the past. We are always going to persevere in this effort. Wellness is being accepted widely and being recognized inside and outside of this District. Reengaging that "Commitment" every year certainly is going to help us going forward. The table is open, and I encourage you to say anything that is on your mind.

Kim C-W. I like "Commitment." Maybe "Commitment" or "Consistency" because that is what makes it work in the end.

Lisa R. I agree, no matter how small or how large, the commitment is the key factor. Is this supposed to be commitment on the part of all wellness collaborations or is this commitment of principals, and leaders who create the policy? We all have great things to add to the Wellness



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Promotion Task Force, but how to do we get principals to commit to some of these adjunct policies?

Steve B. Let me see if I can take a stab at that because there is a broad answer and a very specific one. This particular effort in Palm Beach County is an unfunded mandate so from day one, it has taken a commitment to do this. In the broadest sense of the term, when you look at this Task Force and the support we get from District Leadership, it would be easy for them to decide to spend their time doing something else. So we have provided the unconditional commitment which is very important. In the schools, Paula, Kim and team do an exceptional job promoting. But the words we choose for our theme have to have some marketability to them. I do not think anyone shies away from “commitment” when it is used as a hook. I firmly believe that like much like “perseverance,” “commitment” will be around for some time. I expect longer than two years because we constantly have to recommit to what we are doing. Tying this back into Guarn’s story, there is a recommitment that he has to have every day when he wakes up to continue to create that lifestyle change. That is why we started with “commitment” because it has good marketing aspects to it, but it also engages people.

Lisa R. I personally like it. I feel like it has a lot of ethics involved and it allows people to rise to a higher standard.

Steve B. I like that. Paula we were looking for a tagline. “Rising to a higher standard.” As soon as you said that, it struck me.

Erica W. I love the idea of “commitment” I think it is a really good comment to have as a part of what we are working on. I just wanted to build on that. Thinking about of Theories of Behavior Change and how we change behavior over time, one of the theories that came to mind is called Diffusion of Innovation Theory. The idea behind that is when you want to make a change as a culture (and really the School District is a large culture) there are people who are “early adopters,” who will take on an idea whenever it comes out. They want to make a change and do it immediately and do not need to wait for others to do it. As we are making this change over time, we have those people like Guarn who are willing to put their face on what they have done and speak about it. We have very few principals like you, truthfully. But what we would like to do as we are promoting wellness across the District, is have *all* principals doing that. I am thinking of it like a continuum and where we fall on this continuum. I would say now, we are beyond the early adopters, but not to a point of “critical mass” which is where enough people are doing something that the overall culture has made this change. The people in this room, we are committed, but how many people beyond this room are committed? How do we get to a point where we are going over that hump to get as many people involved as we can? So when thinking of a name or a theme, I think “commitment” is great, but I to me, it sounds like we have already gotten to where we want to be and are trying to sustain it. I do not think we are there yet. I love the concept behind “commitment” but I think that is maybe two or three years down the road. This is not to say we cannot use “commitment” but if we do maybe it can be from the aspect of wanting others to join us. I totally agree with Guarn about saying the principal sets the tone for the schools. If the school is focused on wellness, you feel it from the moment you walk in the door. I would love to see us as a group drawing in more people to disseminate our



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message like Guarn said.

Guarn S. Let me offer one perspective as a principal. Throughout the years, there have been various initiatives that have been presented that are obvious priorities or mandates. Then there are others that are not as mandatory. In terms of wellness, if it is something that becomes one of the priorities talked about at almost every principal meeting, you would be surprised how quickly it would be adopted. We are impressed with things that show school success. If that kind of focus is put in the forefront of principals continuously, I believe principals will talk to each other and find ways to integrate the initiative into their school.

Erica W. I think what you are saying is really important when talking about behavior change because what you are saying is that there are 189 people in this “peer group” of principals who are all influenced by the success at each other’s schools.

Elly Z. I am Elly Zanin from Commit 2B Fit and former physical education curriculum specialist in Broward County schools for twenty years so I have been around. I have seen wellness go from fluff and fun in the schools, to now being much more important. Like you all have been saying, we are not there yet. All of us understand the pressures on principals. I can almost hear some principals saying “yeah but...what about FCAT?” in terms of fitting all of this in. In our background, we know that healthy kids learn better. Our kids are achieving academically due to what wellness is doing for the kids. If the federal government would just realize that healthy kids learn better and make that their priority and spend time funding it, they would see this positivity trickling down to the local schools.

Cathy B. When I first came in here this morning, I think “commitment” would have really fit with me. I agree, Steve, it is an underlying theme we have always had. You and Paula have really been moving forces for wellness in the District. But listening to Mr. Sims, kind of switched it for me, and I agree with Erica as well. Now I am thinking of the theme of “inspire.” I feel like we should focus on trying to inspire our superintendent, our school board, our Chief Academic Officer. I think the theory that Erica introduced a minute ago is relevant because it really does trickle down from our leadership. I love the idea that Mr. Sims introduced about having a district-wide wellness event. Our “Wellness Celebration” takes two or three hours, has been wonderfully received, and everybody loves it but I am wondering if this is the time now to branch it out into a day event. We could have a marathon, schools representing each other. Maybe it is too early for that, I do not know, but listening to Mr. Sims is making me think toward a broader spectrum.

Guarn S. I think you would be surprised at how many principals would be open to these ideas and will make this more of a priority. They want to find a way to link teachers to things that will help them feel better.

Allison M. I love the idea of “inspire” as I was very inspired by Guarn’s presentation today. This is also all about the energy, so I was also thinking about “energize” as a theme word. The energy that everyone brings here, the energy we have in our bodies. That might be something.

Michelle S. I think all of these words are very appropriate for what the Task Force does. “Commitment” is a very broad word, which encompasses many different things. You mentioned using “commitment” for a few years. Maybe we can use some of these other words



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mentioned to inspire different taglines that can change from year to year so we have both messages included.

Robert C. We have seen wellness grow over the last seven years. I can see great change coming along, and I think in years' time this will be one of the most important things to ever come down the pike in the School District. I suggest "Self Awareness." After Mr. Sims' video, it is obvious that you need self-awareness to achieve wellness.

Christina D. To be honest, "Perseverance" to me has almost this negative undertone. It seems like pushing through something that is difficult. Whereas on the flipside, there has to be a passion behind what you are doing. Perseverance for the sake of perseverance is fine, but like Mr. Sims said, you have to feel it. You have to translate your inner feelings into outer activities. It takes courage. I think it has to come from a different place. I think "commitment" is fine, but it is maybe not as strong as all these other things and I think there is a more energetic word we could use to show we are taking the next step. I agree with Erica, "commitment" feels like the end of the line, but we are still moving, growing, and casting our net further.

Paula T. Thank you...I like your comments.

Yes, we have all these words, but our dedication shows the passion, that we have committed to continue this effort. It is very difficult to stick to one word because we encompass so much. I know that we want to change the world, but it takes time and many baby steps. We as a Task Force will continue to be more visible with the District Leadership and principal's arena. There are still many people who are not impacted yet. I think that we must continue our commitment to be passionate about our wellness mission. I believe that instead of dwelling on a word much more, we will put out a SurveyMonkey like we did last year, including everybody's input, and then a comment box where you can add your own ideas. Would that be okay with everybody?
Everyone agreed.

Moving on to the next topic, the "FY-2013 WPP Annual Report" was presented on January 8, 2014 to the School Board and District Leadership. The School Board had some questions with regards to Genetically Modified Organisms (GMOs) in certain foods offered to students. I would like to pass this to Allison Monbleau, School Food Service Director to comment more on this inquiry.

Allison M. Yes, they were asking what we are currently doing about GMOs. Currently there are eight genetically modified foods in the nation. All of those foods have been approved by the USDA, EPA, and FDA. One of the major crops is corn. The others are soybean, cotton, canola, sugar beets, papaya, alfalfa and squash. So when you hear about those genetically modified foods, those are the eight that we are talking about. There has been no guidance from the USDA or the Florida Department of Agriculture and Consumer Services in terms of any direction we need to take in the Child Nutrition Programs for these foods. They are, as I mentioned, already approved by the FDA, so I do not anticipate having any direction coming out from them regarding these foods. We do have our *Farm to School* program where we bring different foods directly from the farm into the schools. We work with R.C. Hatton for our corn cobbetes and they do not genetically modify any of their corn. 95% of the corn in the nation is genetically modified. Their corn happens to not be, so the corn in our schools is not a GMO food. That is



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where we stand now; I will certainly report back if anything comes forward from these entities about doing something different than what we are doing now.

Erica W. I just quickly wanted to mention, no sweet corn in the country is genetically modified; only feed corn and corn that goes into ethanol is genetically modified.

Allison M. Yes, so it may come through as the corn is fed to animals, or in other products.

Paula T. The other conversation was about school gardens and farmer's markets. Erica would you like to comment on this document again?

Erica W. Sure, I mentioned this at the last Task Force meeting. We called all the schools in the District, and asked them if they have a garden and what kind. Vegetable, butterfly, orchard, herb garden or anything else. Dr. Debra Robinson asked if they sell food to the community. No one is selling food to the actual community in a farmer's market, but quite a few schools sell to their teachers or parents through the front office. I believe 13 are doing this this. We have 87 vegetable gardens, 80 butterfly gardens, and 22 orchards (any school with more than two fruit trees). There were 12 herb gardens used for culinary programs, which is really great. This is as of February 2014 so as we get more information I will add to it and let you know.

Guarn S. We have a garden at our school, but I did not know that you could actually take the fruits and vegetables grown and expand it to the community to sell the fruits and vegetables. We have a community that would absolutely benefit from this. I cannot wait to take this back to the school.

Erica W. Your parents and teachers will definitely come find you and be enthusiastic about that. You have a lot of land which equals un-grown food. It is impressive how much possibility we have with land in our School District.

Paula T. So those were basically the two topics brought up at our School Board presentation in January 8, 2014.

Going back into the annual report, we just want to again make sure that everyone is on board with the materials and the deadlines. Our new Assistant Wellness Coordinator is Jaclyn Granda. Many of you have seen her in the last two WPTF meetings. She has done a fabulous job in closing the last annual report. Robert Canane, as well, has been a huge help with this project too. He is really a magical creator and an incredible artist. We sit with him to brainstorm and develop the platforms for each annual report. The annual report platform can be built, but if we do not have each of your individual assets to build it upon, we cannot do any progress.

➤ **Documentation expectations for the 2014 WPP Annual Report:**

- Use previous year's WPP Annual Report to continue building on the story – <http://www.palmbeachschools.org/annualreport/2013wellness/index.html>
- Add new topics, programs, initiatives...any important information
- Communicate with your entire team prior to submitting final information
- Each group needs to provide full names to include department/division/agency, positions, and credentials of all who contributed to the materials
- Word Documents Preferred – **ALL** the proof-reading and editing needs to be completed before submission



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- Provide high resolution pictures if available
 - If stock photos (clip art) pictures are needed, give examples of acceptable ideas
 - Logos – (high resolution)
 - Quotes/Quotations
 - Key Facts
 - Testimonials
 - Graphs and Diagrams – **IMPORTANT** to show measurable outcomes from year to year...
 - Links
 - Videos
 - Agendas/Minutes
 - Websites for resources
 - MS Word documents – Arial Font, Size 12
- **Provide completed materials to:**
- Jaclyn Granda: jaclyn.granda@palmbeachschools.org **and**
 - Paula Triana: paula.triana@palmbeachschools.org
 - **ALL** the proof-reading and editing of all materials need to be completed before submission by –
 - **No later than Thursday, July 24, 2014**

Awards was one subject tab that we added in the “FY-2013 WPP Annual Report” under the Introduction Tab; as new things present themselves we work to incorporate them under our umbrella of wellness.

We also encourage each of you to meet with your department/division/agency team to discuss this project’s expectations and due date of materials. *Thank you!*

Paula T.

- Mr. Sims...we would love to have an all-day wellness event in the District, which is something we have talked about in the past, but it is all about time and effort. Currently we do not have anything in the works, but we will work on this in the future. What we do have, are our Annual **“Wellness Celebration”** events, which many of you have attended from inception since three years ago. This 4th Annual **“Wellness Celebration”** is scheduled for **Thursday, December 4, 2014** here in this District’s - Board Room. Our first planning meeting will be in April 2014 – date to-be-determined. It is great to have the opportunity to bring others in the community together for this wonderful recognition.
- The Wellness Promotion Task Force (WPTF) meetings for the 2014-2015 school year have all been secured in the District’s - Board Room. The schedule is available on today’s Agenda (refer below.) We encourage you to put these meetings in your calendars. We have been having great turnouts that include internal and external guests. We had guests attend from California and New York from Dr. Oz’s HealthCorps University. They were so impressed with the efforts The School District of Palm Beach



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County has set forth with regards to wellness.

Next School Year FY 2014-2015: Wellness Promotion Task Force Meeting Dates:

Location: FHESC – Main Board Room

- Wednesday, October 15, 2014 (8:30 a.m. - 10:30 a.m.)
- Thursday, December 4, 2014 (2:30 p.m. – 5:30 p.m.)
4th Annual “Wellness Celebration”
- Wednesday, February 4, 2015 (8:30 a.m. - 10:30 a.m.)
- Thursday, March 12, 2015 (8:30 a.m. - 10:30 a.m.)
WPP Annual Report (FY 2014-2015) –
Small Group Planning Meeting
- Wednesday, April 8, 2015 (8:30 a.m. - 10:30 a.m.)
- Wednesday, May 14, 2015 (3:00 p.m. – 5:30 p.m.)

I just wanted to reiterate that we cannot do this without all of our efforts. If you feel like there is something missing, or something we can improve on, we take constructive criticism very well, so please give us your feedback. *We appreciate everyone’s time today, thank you very much!*

Erica W. I just wanted to make one more quick comment. I have been reviewing our Wellness Promotion Policy (2.035), and I feel like not everyone who works in wellness in the District is equally represented. I know you talked about making changes or revisions so I just wanted to talk about that. I am looking nationally to see what other kinds of policies are out there so we can compare our policy with the policies of the rest of the country. I was also looking toward expanding ideas for our policy. While we are all in this room together, I just wanted to say if you have any ideas of things you have heard of nationally that you would like me to look into, now that I am in this new position, I would be happy to look into it for you so you do not have to put a lot of time into it. Giving me the ideas of what you would like to see in our policy and how we could expand it to support what you have going on in your program would be wonderful so please contact me and I will look into that with you or for you, however it works best. Thank you.

Lisa R. I am Lisa Richman from the Richard David Kann Melanoma Foundation. We recently migrated our server so I lost many of my contacts. If anyone here emails me regularly and I have not responded, please re-email me if you could so I can get back in touch with you.

Steve B. Erica, I want to go back to your first comment on the policy about not everyone being equally represented. I am not sure if that means with language in the policy or that there are people who are not participating that should participate. Can you clear that up for me?

Erica W. Sure, I just mean that we have such a broad group of people who come to participate from all different departments. I feel like it would be nice to be able to include into the wellness policy, things from each department so everyone feels that we are tackling wellness from all different aspects. Not just physical activity and nutrition which is a great part. I just wanted people to know that I am here for them to make sure that they feel included and that they are being represented the best way possible.



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Steve B. I like what you said about making sure people feel that they are included. I will go back to the “unfunded mandate” again. When it comes to this policy and the work that is being done, I firmly believe that it is second to none. I can only recommend that people participate I cannot force them to participate. That is the balancing act that we try to create. All we can do is continue to take testimonials, complete our annual report, our promotion and creation of awareness, and build that scalable, methodical growth. That has really been positive for us moving forward. Every year we have more people participate than the year before. My fear, and please question this, is that I have never been a big fan of just canvassing everything and then starting from there. This is a cultural change. I think we need to continue to work with each other, expanding our roles to start bringing in one person at a time. If you drag them in kicking and screaming it is not going to do anyone any good because there are so many other priorities out there. Although this is a priority for those of us sitting in this room, it may not be a priority for everybody else. The goal is, where we can fit it in, we would love to have that option to have them be a small or big part of this based on their job description, roles and responsibilities. Does that make sense?

Erica W. Yes, I think what I am trying to do is offer my services.

Steve B. Yes, I appreciate that. When I hear things like that I just want to make sure that everybody understands in the room that this has to be just good growth.

I will just share too; Mr. Jim Kunard is a director in the facilities group – the Program Management Department, Paul Strauss is a director of the Environmental and Conservation Services (ECS) Department and Tom Hogarth is a director of the Building Code Services Department – they are also new people in today’s meeting coming in that represent a lot of what we do within the District. If they can make it to one or two of the District’s WPTF meetings, that is fantastic because that is probably more meetings than they were able to make last school year. I appreciate them taking time out of their very busy schedules to be here because I firmly believe based on what they hear in these meetings, they are either going to make a personal change or they are going to take it back to their department and initiate that change there. I am happy with that growth. It is overwhelming and something additional that we put on our plates and it was really a surprise to us in 2004. I am glad that you are here to offer your services and I think you are going to help us get to that next level, so thank you.

Allison M. Steve, when you stepped out for a minute, Mr. Sims mentioned the idea of a District-wide wellness day event, like a “Read and Run” race. I really like that idea and I would like to talk to you, Paula and Erica to see if we can discuss making that happen. Maybe not immediately but perhaps in the future.

Steve B. Yes, I am a firm believer in doing those wide scale kind of events that bring people together for a single purpose. That certainly offers awareness of what we have been doing over the years. Whatever we decide on needs to appeal to all of Palm Beach County and we should select the event very carefully so we can get the most participation. Also, I do not want to be a pessimist because usually I am an optimist, but those events usually cost tens of thousands of dollars and I would not want to see any of that money come out of the pockets of our people. We would need to figure out the sponsorship piece to that as well. I know you guys know that,



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but since this is a public forum, I just wanted to include it. I do not mind putting that stuff together as long as we are getting equal participation across the board. I do support that 100% as long as we can all take that on together.

Paula T. Are there any more additional comments or questions?

Again...thank you all for being here, our meeting is now adjourned. There is now some time for networking.

Meeting adjourned at 10:07 a.m.

Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ Choose four more “Healthy School/Well Workplace” award winners to be announced at the next WPTF meeting on April 9, 2014. ❖ 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/families who may qualify. ❖ Promote “National Healthy Schools Day” on April 8, 2014 during National Public Health Week. ❖ Promote the YMCA – Healthy Kids Day Saturday, April 26, 2014. ❖ Promote the Lord’s Place 7th Annual Sleep Out – Friday, April 11, 2014. ❖ Promote the Camp Boggy Creek, Diabetes - Spring 2014 Family Retreat Weekend – April 4-6, 2014. ❖ Promote the 1st Annual Student Mental Health and Wellness Conference at the Safe Schools Institute on June 12, 2014. 	<ul style="list-style-type: none"> ❖ Continue to support OneBlood, Inc. at the District building Blood Drives and other locations. ❖ Continue to support the Soul Source Project with collaboration of the Palm Beach County Food Bank at the school and district levels. ❖ Continue to seek community stakeholders that bring value to the district’s Wellness Promotion Task Force. ❖ 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 (HUSSC) for selected elementary schools in the District. ❖ Complete the <i>Florida Healthy School District</i> Assessment Tool on behalf of the District – due by May 30, 2014. ❖ Continue to promote the Wellness Rewards Program that began in January 2014. ❖ Continue to promote EAP’s Stress Management Tips for Mental Health.

Assignments:

Person Assigned	Details	Date Due
Paula Triana/Steve Bonino	Planning Agenda and collecting assets from presenters for the WPTF meeting on April 9, 2014	April 4, 2014
Paula Triana/Steve Bonino	Planning for 4 th Annual “Wellness Celebration”	April 2013 (TBD)
All contributing departments/external partners	Materials and assets for the 2014 WPP Annual Report	July 24, 2014



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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 ▪ Children Service Council of PBC ▪ 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

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.