



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

May 15, 2014

Topic:

Wellness Promotion Task Force (WPTF) – 5th 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:

Adam Reback	Dianne Howard	Kirstin Voitus	Quinn Hayes
Allison Monbleau	Donna Doonan	Laura Harper	Rick Lewis
Alyssa Handeland	Elly Zanin	Lea Lakovic	Robert Canane
Amie Schneider	Erica Whitfield	Lisa Richman	Robin Nierman
Amy Gyau-Moyer	Eunice Greenfield	Lisa Shaheen	Robyn Raye
Ann Faraone	Fatima Tavares	Marilyn Boursiquot	Sara Halper
Anna Panczyszyn	Fred Bogart	Mark Murray	Sherry Thomas
Beatrice Marrero	Frederick Esters	Marta Zuluaga	Stacey Lazos
Brian Thomas	Geoffrey Sagrans	Matt Jarsen	Stephanie Wagner
Brianna Green	Ginny Keller	Michael Kane	Steve Nye
Brooks Hannula	Jaclyn Granda	Mickey Polulack	Susan Saint John
Cathy Burns	Jeannette Bogart	Mike Stubbs	Toni Casciato
Cheryl Alligood	Jim Moore	Natalia Powers	Trevor Thomas
Christy Potter	Jon Burstein	Nellie Rivera	Troy Wilkinson
Debbie Neeson	Karen Aubry	Patrice Schroeder	Walter Ames
Deborah Feinsinger	Kathleen Moore	Paul Strauss	William Stewart
Denise Griffo	Kim Cotton Williams	Paula Triana	
Diane Evans	Kim Sandmaier	Perry Borman	

Discussion/Progress:

The meeting began at 3:05 p.m.

Paula T. Good Morning, welcome to the District's 5th *Wellness Promotion Task Force (WPTF)* meeting of the 2013-2014 school year. *Pledge of Allegiance* led by Jim Moore.

We are delighted to have accomplished another successful year and we thank each of you for the collaboration and partnership given to the District and the WPTF. This afternoon - we are grateful to have our Chief Academic Officer, Ms. Cheryl Alligood – offering us her opening remarks.

Cheryl A. I want to thank you for all the work you do and for your commitment to be here and support the District's wellness efforts. We always think we understand everything about health and wellness from reading books and watching things on television. Sometimes, however, you get a wakeup call. I always joked and said I was the "junk-a-holic" and my husband was the healthy biker and runner who did triathlons. I kind of took my good health for granted. But then we had an experience; this healthy man who rode his bike 50 miles twice a week, ran, ate



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healthy food, and did everything right was diagnosed with stage IV cancer. He did everything he could to take care of himself and fight that battle. The one thing he kept saying to me was, “if it got me, and I take good care of myself...you have to take better care of yourself, Cheryl.” That was my wakeup call. I have to say we lost the battle 18 months ago, but what Jay left me was the importance of my health for my eleven grandchildren who need me, and the fact that you have to put your health first. I loved being a high school principal but he used to remind me that the stress can kill you and making sure you eat your meals is important. If we do not put our health first, we cannot help anybody else. It is time for us to really make everybody understand this. My friends from the Wellness Promotion Task Force, you give me that great reminder to reduce stress, eat healthy, and exercise. I think we really need to keep reminding each other of this message. If we do not promote good health, including emotional and physical health, we will never be any good to our families or our jobs.

The work you do is critical; we would not have teachers and administrators who do the good work that they do if they did not put their health first. As we end this school year, and open up the next school year, I hope you will come back with a renewed energy to understand the importance of this Task Force. *Thank you for the important work you all do.*

Paula T. Thank you Ms. Alligood. We have so much to be grateful and celebrate.

At this time, I would like to take you through a journey of an event we had at Okeehelée Middle School, this past Saturday, May 10th to celebrate Brian Thomas.

- ***Ice Breaker Video: Slide Show of the 2nd Annual Brian Thomas 5K/Kids Mile Color Run & Benefit***

With that, I would like to celebrate and bring to the podium our wonderful teacher, Brian Thomas, from Okeehelée Middle school who has given so much to the students and to each of us. He is battling a disease that when we are touched with it, all we need to do is keep ourselves and our minds **STRONG**. I welcome Brian Thomas this afternoon for opening remarks as well.

Brian T. Hello, I am Brian Thomas. It is thanks to our wonderful community, people, businesses, and the School District that I have been lifted up. I have stage IV melanoma. Very similarly to Cheryl’s husband, I have always had a very strict healthy diet my whole life and I have always projected and promoted what the average person would call unbelievable health and wellness. Just as her husband would ride his bike for 50 miles, I would run 50 miles, 100 miles, etc. Because of what everybody in here does, because of our passion for healthy living and healthy lifestyles, I have been lifted up. The community gathered around me in my time of need after years and years of promoting health and teaching kids who do not have the knowledge of how to run faster, be healthy, enjoy the outdoors. When I was bedridden last summer after everything was cut open, I went from running 20 to 100 miles a day to being in my home trying to learn how to move my lips with a 102 degree fever asking God if I was going to die. I asked him to please not let me die, because I still have so much work to do here. I begged to stay here for my daughter; she was in the back of those pictures – the one with the curly hair. I said, “if you give me 20 more years, I will promote excellence, I will motivate, I will inspire greatness.” I felt this warmth over me on my bathroom floor, as I was getting a treatment and I heard, “you have 20 more years, but you need to inspire greatness.” So what we all do here, whether it is



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small or large, monetary or in kind support, is part of how we, average Joes, become superhuman. In every average person here, we all have inside of us the ability to do amazing things. I am here to prove it, I am a walking miracle. Two world class doctors said I had a couple months to live, just pack your bags and say goodbye to your daughter. I said “no.” I came back and decided this is just another cross country run. I ran from Michigan to Florida for Cerebral Palsy and then from Florida to Michigan and trained two students to do it with me, for Colon Cancer. This is just another challenge; it feels like a 100 mile run. I wanted to rise to the challenge and I am here, a walking miracle. I love what Paula does, and the fact that she invites me back. We are both fighters and battlers ourselves. I am just here to bring across the message that I will be walking again this summer from here to Washington D.C. with the CEO of Hugs and Kisses, Jean Morris. If you guys want to get on board, the party starts June 7, 2014. Thank you.

Paula T. Thank you so much Brian – *we will continue supporting your efforts.*

I also wanted to mention that unfortunately our WPTF’s Chair, Steve Bonino regrettably will not be able to attend today but he wanted to thank everybody very much for being here.

Paula T. Evaluating how we do at these Task Force meetings is important for our continued success and assessment. I now would like to mention the feedback we received from the April 9th meeting via SurveyMonkey. As in any meeting – we really value your feedback - because we want to continue to improve each year for the sake of the students, staff, and families that we serve. Here are the results we received:

1. How satisfied are you with the efforts of the Wellness Promotion Task Force?

- **92.3%** were **Very Satisfied**
- **7.7%** were **Somewhat Satisfied**
- **0%** were **Neutral**
- **0%** were **Very Dissatisfied**

2. Why did you attend the Wellness Promotion Task Force meeting?

- **7.7%** attended for the purpose of **Networking**
- **3.9%** attended because of **Interest in Event Topics**
- **19.2%** attended to Support the **Wellness Initiatives**
- **69.2%** attended for **All of the Above Reasons**

3. Was this meeting meaningful and valuable to you?

- **88.5%** stated **Yes**
- **11.5%** stated **No**

Paula T. As you can see, the majority of the feedback we get is very positive, but we recently had a comment that offered a more critical point of view and we thought it was important to address it with the group to foster open communication. This comment read,

“When I asked guests that had never been to this meeting before what they thought about it, they said it appeared to be very self-serving in that it was a lot of “look what I can do” type information and not a lot of how to work together on projects to make it even better.”



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We love constructive criticism; we hear and appreciate everyone's comments and we are open to further suggestions. As the years have gone by with our established Task Force, we have broken many barriers. These meetings are a conduit for our collaboration, where we share progress regarding various projects to seek out feedback and/or further enhance partnerships. We are always open to ideas. We thank you all for taking the time to come to these meetings, hopefully learn new things, and bring the information back to your areas of expertise and circle of colleagues. There will be another SurveyMonkey link sent out after today's meeting as well. Thank you all for your feedback.

Paula T. The District's Wellness Promotion Policy (2.035) was established in 2006 and has been revised three times. Due to the new *Local School Wellness Policy* proposed rule from the United State Department of Agriculture (USDA), we are in the midst of looking at this Policy and our way of service to make sure the requirements that will be put in place later this year will be infused into our Policy. We are asking internal and external stakeholders to help us revise our Policy. One of the things required is public involvement, and I can only say that we have a distribution list of over 1,200 individuals. Each Task Force meeting has anywhere from 75 to over 100 people in attendance. Our "Wellness Celebrations" have 250-350 guests. If you have anybody in mind who would be a good collaborative partner, please feel free to let us know because it is valuable for us and it is part of the requirement of public involvement.

In addition, the ruling is requesting that we address the nutritional guidelines of all foods and beverages sold in schools, the marketing of these foods - through the USDA's *Smart Snacks in Schools* nutrition standards. Thanks to Ms. Alligood; we are looking forward to our opportunity to present to all school administrators at the Chief Academic Officer's meeting in August 2014 about these requirements with regards to Food Service, Wellness Promotion Policy, and Employee Wellness.

The new *Local School Wellness Policy* proposed rule also recommends that we do an Annual Report, which we have always done. In our District, we have really gone above and beyond providing a comprehensive report annually. The additional proposed rule is that every school center must have their own annual report about wellness. We did write back to the Council of the Great City Schools with our comments and let them know that this would be an invasive situation for the schools. In our comprehensive annual report, we have made sure to incorporate all school centers and have made sure that our Assistant Principals and our Wellness Champions are the ambassadors for wellness at each site. When these requirements come to a final ruling, we will be looking to all of you for support to disseminate this communication.

The *Florida Healthy School District Assessment* application finally was submitted to the state. I wanted to thank Erica Whitfield for leading this application process. This involved a lot of collaboration and many of you provided verification documents. *Thank you!* In the past years – the District has received the Silver Level and most recently the Gold Level status. This assessment application is for the 2014-2016 award years and we hope to be able to maintain that Gold Level recognition for the District. This will be announced by the Florida Department of Education and the Florida Department of Health by this coming summer.

We were also invited to highlight The School District of Palm Beach County and its Wellness



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Promotion Task Force in the *Florida Healthy District Newsletter*, so we have submitted an article to be published for their summer edition.

We would not be able to produce the District's *Wellness Promotion Policy (WPP) Annual Report* every year without your collaboration - thank you! This year's theme is **Energize...Feel the Power of Wellness**. Please provide all of your completed materials for the **WPP Annual Report** (SY 2013-2014) to the following individuals:

- **Jaclyn Granda** (Project's *Customer Service Representative*)
jaclyn.granda@palmbeachschools.org and
- **Paula Triana**: paula.triana@palmbeachschools.org

Remember – All proof-reading and editing of materials should be completed before submission no later than: **Thursday, July 24, 2014**

- The plan is to present the WPP Annual Report at a future School Board Workshop – by no later than December 2014 (TBD)

Agenda's Presentations & Discussion –

Paula T. Today we have a very packed agenda and we are happy to have all of these wonderful presenters. I would like to welcome Christy Potter, Director of System Communications of Children's Services Council of Palm Beach County.

Children's Services Council of Palm Beach County –

Christy P. Good afternoon, we are happy to be here today to share our Public Education campaigns and tell you a little bit more about the Children's Services Council (CSC) of Palm Beach County. I would first like to introduce my colleagues who will be presenting with me. We have Amy Gyau-Moyer and Jon Burstein who both are Communication Specialists for the agency.

Amy G-M. Some of you may not know who CSC is, but you do know our work. We have been serving Palm Beach County for the past 28 years. We fund more than fifty programs with thousands of children and families enrolled in them. These programs are dedicated to making sure Palm Beach County's children grow up healthy, safe, and strong. By providing them with solid foundation we are building a better community and ultimately saving tax payers money. Our goals are to ensure that children are born healthy, are safe from abuse and neglect, that they are ready to learn when they enter school, and that they have access to quality programs. A little background for you – Palm Beach County is one of eight Florida counties where voters chose to create an independent Children's Services Council. Voters approved our creation in 1986 with our funding coming from property taxes. When children are given the fundamental tools for success early in life they are much more likely to reach milestones and become productive members of society. We know that the biggest impact we can have on families is focus on prenatal health and early childhood development. We are dedicated to ensuring these outcomes for Palm Beach County children: that they are born healthy, are safe from abuse and neglect, and are ready to learn when they enter school. We recognize that children are a reflection of their parents. Stable and healthy households usually mean stable and healthy children. We provide these tools for families to succeed. To give you some statistics, from the children and families



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we served in 2012, 15,087 maternal/child situations were served. We had 16,050 quality care and education; 46,194 received family support, after care and advocacy; and we engaged 407,649 people in outreach and activities.

Christy P. We provide information to the whole community through public education campaigns. Our “Healthy, Safe, and Strong” campaign informs the community about CSC’s role, what we do, why it matters, and how to access services. Our “What If?” campaign answers questions parents and caregivers have about keeping their children safe. The “Happily Ever After” campaign emphasizes the importance of reading in the community. We are going to play three of our public service announcements that you have hopefully seen aired at home.

Born Healthy, Ready for School, and Positive Parenting – 1:30 minutes

We are also producing with WXEL a “Growing up Strong” television series. We have six episodes that have been produced and they have been aired by The Education Network, County TV 20, and various municipal stations. They focus on health and wellness related issues around prenatal health, child development, child safety, parenting, and literacy. We are going to play the opening of that show for you now.

Episode 1: The Importance of Prenatal Health – 30 seconds

If you are interested in watching these episodes they can also be found on the YouTube site which is on our website: <http://www.youtube.com/user/cscpbcc>

Jon B. I would like to talk a little bit about the promotional materials when it comes to wellness and just the general welfare of the community. This is our Family Guide 2014. We have distributed about 80,000 copies and it comes in English and Spanish. If you are interested in getting some please contact us. They are geared to parents of children ages 0-5 years old. They contain a comprehensive phone list for family health resources in Palm Beach County. A growth chart is available online as well which discusses child development from 0-5. We also have resource cards in the back for pre-natal care, child care, and CSC phone numbers.

We recently came out with a child safety brief where we detail the leading causes of injury and how to protect our children. This is integrated into our “What If?” campaign. CSC and Safe Kids Palm Beach County (as well as a dozen others) have partnered to provide parents and caregivers with vital lifesaving information dealing with drowning, unsafe sleeping conditions, as well as emerging unsafe situations. Liquid nicotine is one of the newer safety issues we are seeing more problems with for children under five years old. We also discuss drowning; one of the main points we try to get across about drowning is that it is a silent killer. It is not the dramatic scene we see depicted in movies. All it takes is one moment of being distracted by something like texting for it to happen. We are also trying to get the word out about heat stroke. If you see something, like a child locked in a car, say something. Last year alone, 44 children died from being left in cars. Four of these cases were here in Florida. Within ten minutes a car can heat up 20 degrees; there is just no excuse for leaving your child in a locked car. You will see these public service announcements coming out soon.

Christy P. I want to talk about our “Happily Ever After begins with Reading” campaign. In 2012 CSC was honored with receiving a Pace Setter award from the National Campaign for Grade Level Reading for our work in school readiness. As a continuation of that work we have



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partnered with the Literacy Coalition, the School District and others to create a very broad based Public Education Campaign which emphasizes the connection between early childhood development, reading, and school readiness. The goals of the campaign were to bring together community stakeholders. Getting behind literacy is a really easy thing to do. We want to bring attention to the issues that impact grade level reading. The three legs that the campaign stands on are: school readiness, school attendance, and summer learning loss. We came up with the universal message and tagline “My Happily Ever After begins with Reading.” We chose fairy tales as our vehicle for launching the campaign because they give us a structure for explaining to the community why reading is so important. Our tagline serves as our central theme for the marketing materials, events and activities. We launched www.pbcreads.org which is an interactive website with resources for the community. You will see billboards around the county as well in promotion of this campaign. A “Happily Ever After” book fair was launched at every elementary school in September 2013. We wanted to put a book in the hands of every elementary student in Palm Beach County schools and we were able to do that. Our second book fair has started this May to encourage students to read during the summer. We encourage all of you to share these materials and learn more about these various campaigns. You can follow us on Facebook, Twitter, and YouTube. We are also always looking for volunteers.

Paula T. Thank you Christy, Amy and John - this was an informative presentation. Our next presenter is Michael Kane, Elementary School Counseling IES Grant Specialist.

School Counseling and Graduation Support –

Mike K. Thank you Paula. We are the group that supports our school counselors in the District for Pre-K through 12th grade. Our school counseling team is comprised of me, Michael Kane, Eunice Greenfield who is our high school specialist, Amy Mazzocco who represents our middle school counselors, Judy Thomas who represents our elementary school counselors, Dominique Hyppolite from Student Records, and our Assistant Director, Nancy Reese.

I think we would agree that wellness is a little bit more than just the absence of illness. Really what we are talking about is the development of healthy attitudes, behaviors, and skills when it comes to physical, social and emotional health. Wellness also involves the idea of being on a journey; so it is not just the destination itself, but how we get there that is really important. It is very important for our current generation of students to develop healthy habits and wellness behaviors in order for them to be successful in the world. In School Counseling and Graduation Support, we understand that we have a unique challenge in front of us as educators and a responsibility to support our “Gen Z” students. The students that we have in our schools now are true “digital natives.” They have grown up in a world where technology is infused in the day to day functions. They are part of a society that has been exposed through the news to school shootings and Code Red safety drills. They grew up in a society that is Post-9/11 and in a world that has a War on Terror. We can understand how these things might just lead to chronic elevated stress levels in our students. It is important that we have an awareness of that. It is important to understand that there are new definitions for the words, “friends,” “communication,” and “hanging out.” Part of our role is to help our school counselors understand these things and provide high quality direct services to our students and their



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families.

School Counselors are focused on student success for the *whole* student. We teach our students Meta-Cognitive Learning Skills and Social Emotional Learning Skills that help our students with a variety of different things. What we know is that when we have a comprehensive program students are better for it. We see gains in academics, social and emotional learning and post-secondary options. This school year we have undertaken a project with an advisory council to help us take a snapshot of school counseling in The School District of Palm Beach County. We understand that we are a large district with many schools and about 380 school counselors. The average student to school counselor ratio in our county is 1 counselor to every 577 students. The national recommendation is 1 to 250. When we have situations like this, it impacts the amount of time counselors can spend providing services to students and families. The national recommendation is that about 80% of a school counselor's time be spent in direct service of students and families through counseling, consultation with teachers, meeting with parents, classroom guidance, and small group sessions. The advisory council found that in Palm Beach County, that percentage was around 56%. We know that this is an issue that we want to work on.

With some of those challenges in mind, we also know that our school counselors are quite successful. We have a Student Development Plan that is a state required, District approved counseling plan for Palm Beach County. We have incorporated an electronic reporting mechanism for this where we can see what our school counselors are doing and what the results are. This is our first school year doing this. You can see that in the 2012-2013 school year our counselors were focused on promotion retention, college and career readiness, and discipline referral rate. We have also been able to provide at the district level some high quality professional development dedicated to the mental health and wellness of students. We have also been able to expand this for things that are happening right now for the "Gen Z" population.

A big project we have been involved in took a look at the delivery of a school counseling curriculum and the impact of elementary school aged students. This involved participation from 30 schools in Palm Beach County and 30 schools in Duval County. We found that with school counselors providing quality, direct services to students, cooperation among students significantly increased, and in-class disruption decreased. Engagement during core instruction and appropriate assertion increased while test anxiety decreased. School counselors were found to have a significant impact on classroom climate. We are very proud of those results and we have measured really positive outcomes for our students.

All of our work is connected to School District priorities and we really make an effort strive for this. We have some exciting things coming up. June 12, 2014 is the *1st Annual Student Mental Health and Wellness Conference* at the Safe Schools Institute. This is a really unique collaboration between counselors, nurses, school based teams, etc.

When conducting our planning for next school year we are focusing on differentiated delivery to increase access to services for all kids. We are revising our student development plan to embrace those key skills that colleges, employers, and families believe are important.

Paula T. Thank you Mike for this wonderful presentation. We have been promoting the *1st*



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Annual Student Mental Health and Wellness Conference and will continue doing so. There was an interest yesterday at the EAP Advisory Committee meeting from someone in the Transportation Department who wanted to see if they could also participate in this conference. I will send you her contact information for your follow-up.

Our next presenter is Dianne Howard, Director of Risk & Benefits Management.

Risk & Benefits Management –

Dianne H. We have a lot of employees. **19,100** of them participate in our district's health insurance. We have 1,300 retirees on the plan and we spend about 196 million dollars every year on health insurance. 74.5% are female and the average age is 47. In the health care industry, that is considered an older, higher cost population. Our 2013 costs were \$661 Per Employee Per Month (PEPM) versus \$686 in 2011. That is a savings of \$25 PEPM, or for us \$6 million per year. We actually went down in our spending during those two years. That savings was really a lot higher for us if you add in the trend, so closer to the 30 or 40 million dollar mark. We did not have an employee paid medical increase for 2013 or 2014 and as of right now we will not need an increase for 2015 either. That is three years without an increase, which we are very proud of. Our five year average trend is 6% which is well below the industry norm. We are proactively addressing the Affordable Care Act mandates and fees.

We have initiated many programs to get to these results. We went self-funded which allowed us to get a little more data about where our costs are so we could then target programs to help you with those costs. We have really been working with our carrier to address disease management and create programs that truly work. We met with the medical director at UnitedHealthcare which has made a big difference. A good example is the Diabetes Health Plan. The carrier sends employees letters (since we do not know who the individuals are) inviting them into the plan and offering them a savings of 50% for any treatment of the disease. The employee saves money but also has to do certain things like blood work, testing for sugar levels, go to the eye doctor, podiatrist and many other things that are important for the treatment of that disease. If the person does not complete these things, we do not take it lightly; they will eventually not be able to be in the program if they do not complete these important health practices. The incentive of saving the money becomes very valuable to them and they eventually learn to get healthier which will save everybody money in the long run. 20% of our costs went toward diabetes so this is a huge success story for the District. The results for us were 9% reduction in total net costs. The risk score for those individuals went down by 7%. If a person's sugar level is between 100 and 125 the American Diabetes Association considers that pre-diabetic and can then take action in order to help prevent further issues; this is a wake-up call for many of our employees.

The Apple-a-Day program was really fun and included the students. This lasted four weeks and encouraged the eating of healthy foods and exercising. Another really big accomplishment is our onsite Wellness Champions. When we first started this program we looked to see what others were doing successfully. We found a school district that had Wellness Champions at every school. At first we did not think it was possible for us to do it but Kim started the program and asked for volunteers. In the beginning we had maybe 30 people and now we have about 190



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and we are so proud of this. These are really passionate people who want to do this and are now able to run programs at their schools.

In order for employees to get a \$50 reduction per month on their insurance, they have to do three things: the Online Health Assessment through the UnitedHealthcare website, biometric screening, and a physical or a staying healthy activity. We have about an 80-85% compliance rate with this. We are hoping that through this people will improve upon things they need to change medically. We have seen a large increase in spouses that participate as well which is great because it brings more awareness. In every category of these staying healthy activities, we are higher than the norm in terms of people completing them.

In 2015 we are doing what we call an Outcomes Based Wellness Plan. Employees will now have to meet certain numbers, as opposed to just needing to know what those numbers are. We will incent you for doing the blood test, and then we will also incent you for meeting benchmarks. Cholesterol needs to be under 200, blood pressure less than or equal to 140/90, BMI less than or equal to 27.5, LDL cholesterol less than 130, and fasting glucose less than 100. The goals are not too difficult and are at the upper end of most recommendations. Employees will have to meet 4 out of 5 of these in order to get their points. If they cannot get their points that way, they will be able to complete a telephonic coaching class through UnitedHealthcare. This will all start in January 2015.

Lisa R. Statistical data proves that when we follow sun safety rules it can save you from getting skin cancer. Do you give out information in handout form for things like this, or for diabetes as you were talking about earlier?

Dianne H. We have a lot of other programs that we did not necessarily mention today that encompass that, but we also put a lot of information on our website. We pay attention to which health awareness month it is, and we try to promote the information in this manner.

Paula T. Thank you Dianne, this was a great presentation. Our next presenter is Jim Moore, UnitedHealthcare Strategic Account Executive.

UnitedHealthcare –

Jim M. It is fun listening to Dianne having the perspective of being outside of Palm Beach County looking in. Their whole team really puts in place things that other companies or districts are still just trying to initiate. To help not only bring down costs, but have people be healthier, to be here more, to hug their families, be a part of the community and really make a difference. I get a lot of calls because of you all and what this whole team does here. You guys are really rock stars when it comes to Employee Wellness. Business Insurance just came out with their Benefit Manager of the Year award recipient. This is no easy task; thousands of entries go into this. You have the 2014 Business Insurance Benefit Manager of the Year right here in this room. Congratulations to Dianne Howard for receiving this honor. She has a fantastic staff and it is great working with them all because they make us better. At UnitedHealthcare we have an award as well called the Well Deserved Award. In order to get this you have to submit an entire application and we then have doctors, nurses, and statisticians go through all of it. We have hundreds of entries across the country. The School District of Palm Beach County is one of 13 recipients for the second time this year. It is all about those little healthy changes that make a



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huge impact in all of our lives.

Paula T. Thank you Jim for sharing this great news...congratulation to you Dianne and team. Our next presenter is Mike Stubbs from the Alliance.

Alliance for a Healthier Generation –

Mike S. Thank you for having me here today. I am not from Palm Beach so this is the first time I have seen a District's Wellness Promotion Task Force meeting in action. I really think it is amazing. I live in Georgia and we do not have anything like this; we are taking steps forward, but Florida is really doing some wonderful things; I am really impressed. The Alliance for a Healthier Generation and the *Healthy Schools Program* has been working with Palm Beach County for quite some time now. We have a lot going on here and I wanted to share some of our great successes with you. The *Healthy Schools Program* works with schools to make healthy eating and physical activity the norm, not the exception. We provide at no cost, tools and resources aimed toward helping the schools become healthy places. All of the schools have the chance to be rewarded for things they are already doing in their schools. We work with 33 schools in the county and I have been able to visit Allamanda Elementary and Everglades Elementary. I am really blown away by the facilities and what they are doing in regard to health and wellness. I really commend them. We work with these schools for four years to provide resources like an extensive database that gives schools access to health and wellness curriculum and subject specialists in several different content areas. We also provide professional development opportunities. Product Navigator and Product Calculator are pretty great because the new USDA's *Smart Snacks in Schools* guidelines are coming to schools. Both of these tools help schools replace unhealthier options with options that meet the new federal ruling.

For our national recognition, we have three levels: Bronze, Silver, and Gold. I just wanted to recognize Everglades Elementary who is in their first year of this recognition. Forest Hill Elementary has achieved the Silver Level Recognition. They are the first in Palm Beach County who has received this which means they have really taken steps to make their staff and students healthier.

Palm Beach County is meeting or exceeding in every content area except in competitive foods. The new federal regulations are going to help you achieve at 100% come July 1st and next school year. Employee Wellness is really a testament to Kim and her team. The stories that come out of their office are amazing. We are making progress and schools are really doing great things so thank you.

Paula T. Thank you Mike...we hope you can return soon to see our progress. Our next presenter is Karen Aubry from the FAU – Pine Jog Environmental Education Center

Green Schools Recognition Program –

Karen A. Good afternoon - I am from Pine Jog Environmental Education Center which is the host site for Pine Jog Elementary school. The Environmental Education Center has been around for over 50 years. Our main goal is to provide opportunities for teachers and students to engage in the environment through environmental education. We have 150 acres to do this on, but we also have many other places where this is conducted. The Green Schools Recognition Program really wants to recognize schools for the green initiatives they are doing but also to encourage



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them to broaden their definition of what this means. For example, you will see that there are various categories in which we define what a Green School is. It is much more than recycling as you can imagine. We just recognized 70 schools for this particular year that are completing these categories and are always implementing new things. For the category of School Grounds Enhancement, schools are looking at how they can enhance their schools grounds and also how they can get students out for activities and learning opportunities to enjoy the grounds. The second category is what they are doing regarding community partnerships. We look to see if they are giving back to the community and building communities within their own schools. The third category is Administration. Schools that build this culture with the support of their administration have a much more sustainable program. The fourth category is Curriculum. We really want to see in our Green Schools how they are integrating being Green throughout their entire school and curriculum. The last category is very large; this is ways they are looking at their resources. This can be done through conserving energy, considering their waste strain, water consumption, etc. This category also includes Green Fundraising and Transportation. Every year we revise the rubric because we know we never achieve Green, it is more like a journey. A few years ago Erica Whitfield came to us and said we should put something in our rubric about health and well-being, so we decided that this should be a new way that we define a Green School and have added this component.

This is open to all public and private schools in Palm Beach and Martin Counties. It is a free program where we provide workshops in the fall where they can learn about the rubric and the process of applying. This particular year (our 6th year doing the program) we have a total of 70 schools with 33 of our schools reaching the highest level which is the Green Schools of Excellence. This is not a competitive program; it is a recognition program. We want to see these schools succeed and we are proud of all our Green Schools no matter what level they receive. For the first time we recognized a Green Teacher of the Year, April Spatara of Jerry Thomas Elementary.

This year we awarded over \$14,000 in cash which goes straight to the schools so they can continue the green initiatives they are already doing. After the school submits the application it is reviewed by a panel of judges (Pine Jog does not do the judging) and then first, second, and third place is awarded. This year's first place award went to Pine Jog Elementary; they are doing tremendous things there. Second place went to Limestone Creek Elementary and third place was a tie between Jerry Thomas Elementary and St. Vincent Ferrer Catholic School. We also give out Judges Choice Awards so schools can be recognized for outstanding things they are doing in particular categories. This year we gave out 14 of them. The Pine School and Greenacres Elementary school received awards for their health and wellness initiatives.

As part of the Green Schools Program, we have a *Learn Green Conference* in the Fall. This year is our 6th Annual and it will be held at Alexander W. Dreyfoos Jr. School of the Arts in October 20, 2014. We have sessions and topics applicable to teachers, all other school staff, businesses, organizations and students. It is very reasonable; \$20 for most attendees and \$5 for students. It is \$20 for agencies and organizations that are non-profit and \$60 dollars for other businesses. This includes all meals. This really would not happen without the support of the School District



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- so thank you very much.

Paula T. Thank you so much Karen! Just so everyone knows we will be sending a Contact Information sheet to all of you so you can get in touch with any of the speakers if needed. Our next presenter is Anna Panczyszyn, Citibank's Area Director for Palm Beach County.

Citibank – Healthy School/Well Workplace Award Winners:

Anna P. We are very excited to be here. Citibank has worked with the School District for many years now and we are very privileged to partner on so many different levels. Today on behalf of Citibank, we are pleased to present three “Healthy School/Well Workplace Award” winners. These schools have gone above and beyond in terms of promoting wellness.

- **Sherry Thomas** – Wellness Champion of Forest Park Elementary
 - Principal Suzanne Matuella
- **Beatrice Marrero** – Wellness Champion of Highland Elementary
 - Principal Brian Killeen
- **Courtney Kalinowski** – Wellness Champion of Jupiter Elementary
 - Principal Daniel Smith

Congratulations to these individuals and schools. They will each be receiving \$250 to go toward their healthy programs. They have done a great job and we are happy to be a part of this. *(Picture taken with the award winners and the check.)*

Paula T. To continue with our recognitions; we have 43 elementary schools currently participating in the Commit 2B Fit program. The founders of this program Elly Zanin and Michelle Schecht-Smith created a Commit 2B Fit Model School criteria and application process for schools to be recognized. It was released to all the 43 elementary schools and we had four schools receive the Commit 2B Fit Model School recognition for 2013-2014. They were also recognized, this week, at the School Board meeting on May 13th and they received a flag and a plaque to display at their school centers. These schools have gone above and beyond to meet the criteria and create a healthy campus. Congratulations to the administration and school staff of these four committed schools -

- Allamanda Elementary
- Everglades Elementary
- Grassy Waters Elementary
- Liberty Park Elementary

Additionally, through our School Food Service Department and the United States Department of Agriculture (USDA), schools are applying for the HealthierUS School Challenge award, much like the Alliance for a Healthier Generation recognitions. Pine Jog Elementary and S.D Spady Elementary have received the Bronze recognition in which the schools received \$500. For the first time in our district, a Silver Level award has been given. It went to Hope-Centennial Elementary. Wellness Champion, Robyn Raye is here so if she could please stand we would love to recognize her and the school. Hope-Centennial Elementary received \$1,000 dollars which has been used to purchase health and wellness books for their school media center. Congratulations!



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OneBlood Campaign

I just wanted to thank OneBlood for being here today again. So far we have collected **105** pints and we are hoping to make our goal of 150 pints of blood by the end of our collection period of June 30, 2014.

Other School/Department Based Activities – Updates:

Denise G. *Physical Activity* –

- Eric Stern sends his best; he is in charge of graduation so starting tomorrow he will be at the South Florida Fair Grounds for the start of graduations. He was planning on being here but was unable due to this commitment.

Kirstin V. *Physical Activity* –

- Carol M. White Physical Education Program (PEP) Grant is wrapping up its third year. We will be having two more days of refresher training at Emerald Cove Middle School on June 10 and 11, 2014.
- All elementary schools have been trained on SPARK curriculum and have been given the necessary equipment to implement the program. We are waiting on the final report to show the findings of the increased time of moderate to vigorous physical activity during their physical education classes.
- The Caridad Center in Boynton Beach has been awarded a Carol M. White PEP Grant in conjunction with Palm Beach County schools to implement SPARK curriculum and health fairs to all middle schools within the next three years. Eleven schools will be added each year and each school site will receive about \$10,000 to assist them with equipment, curriculum and professional development. We really look forward to this partnership.

Denise G. *Physical Activity* –

- Very rarely does a district receive two PEP Grants back to back, so this is very exciting for us in Palm Beach County.
- Fiscal Year 2015 pre-school and service training for K-12 Physical Education teachers will take place at John I. Leonard High School on August 14, 2014 and we will have over 400 teachers in attendance.
- Legislative Updates: Senate Bill 790 and House Bill 7165 is something we discussed here at the last WPTF meeting. This bill pushed for computer programming courses as a satisfaction for one credit of Physical Education. This bill failed in final passage. This is something to keep our eyes on for next school year, but for now we are very excited that this bill was tabled.
- Our Physical Education Instructional materials are being updated (they have not been updated since 2006). The committee will convene on June 23 and 24 of this year. This will be for Health Opportunities through Physical Education (HOPE) and for Personal Fitness courses.

Stacey L. *HealthTeacher* –

- We are ending our 4th year of our Miami Children's Hospital sponsorship of *GoNoodle* and *HealthTeacher*; we have one year left of the partnership as of right now.



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- Elementary teachers are really embracing *GoNoodle* which means more physical activity is happening in the classrooms. We have about 1,200 teachers using the program. We have added many more games and YouTube videos because teachers told us that they wanted more content and choices for the students. Kathryn Gorman from Allamanda Elementary is the highest user in the country. This is a testament to how well it works in the classroom. We are excited to build a better product using teacher feedback. After the five year commitment, we are hoping that Miami Children's Hospital will want to continue this partnership in Palm Beach County.

Kim C-W. *Single School Culture© Initiatives –*

- We had our End of the Year Character Counts Award Ceremony which was really fantastic. We had 39 students K-12 in attendance.
- For our "Do the Write Thing" essay contest we had 900 students (the top ten from every school) at the award ceremony at the Kravis Center. The kids wrote about how violence has affected them and we even had some of you help us choose the winners of that contest - so thank you.
- Our state-wide online tobacco course registration is closed; we have 49 districts out of 67 and over 900 teachers that are at least teaching six tobacco lessons to the students once they complete the training themselves. This means at least 15,000 students will be receiving tobacco prevention education. Teachers receive 60 In-Service points for this.
- Spanish River Community High School produced the play HALLUCI-NATION which is a really clever take on mental illness. We asked them to create this play to help break the silence and the stigma; it debuted on May 13th and it was really great.
- Rick Lewis has 30 elementary, middle and high schools trained with Safe School Ambassadors. These students can intervene in diplomatic ways to diffuse situations in the schools.

Paula T. Thank you Kim, mental health is an incredibly important issue, so we need to keep growing our resources for our student and staff population.

Debbie N. *Exceptional Student Education (ESE) –*

- PGA National Resort and Spa has offered us a reduced rate, so as a group we are going to meet up on a Saturday in June since we do not really get to spend much time together as colleagues. You are all welcome to join us.

Paula T. Debbie, I also wanted to let you know that in our comments on the surveys, we get a lot of requests for presentations about the Special Needs population so I would like to discuss with you the opportunity for a possibly presentation at an upcoming WPTF meeting next school year.

Cathy B. *Student Intervention Services (SIS) –*

- I just wanted to acknowledge the hard work of our school nurses. They do screenings throughout the year in grades Kindergarten, 1st, 3rd, and 6th grades. This school year they have accomplished an amazing amount of screenings: over **94,000** in our schools. This involves taking quite a bit of time to work with parents and families. Florida Health Palm Beach County has contracted with Florida Heiken Children's Vision Program to go



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into the schools with their van to provide extensive eye exams and glasses. We had 1,200 kids who benefited from these exams 1,080 of them received free glasses.

Paula T. Thank you, and Happy Nurses Day, I know it just passed on May 7th. Congratulations Cathy, you really do great work for the District and Ginny Keller - we love your school nurses from the Health Care District of Palm Beach County...*thank you all!*

Kathleen M. *Afterschool Programming –*

- We are beginning to gear up for the summer as many of you are gearing down from the school year. We have 69 summer camps this year which is more than we have ever had. May 8th started our summer camp safety trainings where we will train more than 1,000 front line staff members which we are very excited about.

Paula T. *Choice and Career Options –*

- Liz Shapiro from Choice and Career Options is retiring in June. She sends her regards and we just thank her for all of her support and participation to the Task Force; she was not able to come today. Miguel Benavente was unable to make it as well so there will not be an update from them today.

Kim S. *Employee Wellness –*

- I just wanted to first thank all of the Wellness Champions for all of their hard work, we truly appreciate everything that they do. These are amazing people who do some wonderful programs in the school; we had over 300 programs in the schools this year.
- We just launched our Employee Wellness Needs and Interest Survey so if you could complete those with your opinions to keep us improving for next year we would appreciate it.

Troy W. *Risk Management & Safety –*

- We have a lot of events approaching the District, especially with summer camps. Fred Cahill mentioned last meeting that we now have special events guide and we would really appreciate it if you would take a look at this if you are planning an event. We had two incidences that came up recently related to this. One of the District's bounce house providers does not meet the District's specifications now that they have recently changed their insurance. We have over 30 planned camps across the District with this organization. This happened again in the last 48 hours with an alternative organization as well. So we are working with them to get a temporary insurance so we can use them for our events. This is why it is so important to read these guidelines before any special events.
- At the Brian Thomas 5K, the paint used in the color run was made with corn starch and Tempera paint, which is not an approved substance that can come in contact with the skin. Thankfully, it is not extremely hazardous, but it could be safer so we found a paint that is approved called Hippie Powder which is safe to use in these events. If you have an upcoming color run or event like this - you will need to use an approved alternative. We want to keep the events fun and safe.

Natalia P. *Office of Communications –*

- This is a very exciting time of year; it is the start of the graduation ceremonies at the



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South Florida Fair Grounds. This school year we will have over **11,500** students walking across the stage to graduate.

- If you have a chance within the next few days, there is a button on our homepage where you can watch the live graduations; it is very inspirational.
- This graduating class of 2014 has gotten more than \$110 million in scholarships. They are going to the top universities across the country which is amazing.
- We have digital billboards along the highway and ads in the Palm Beach Post giving attention to the graduation ceremonies.
- We have been working with Choice and Career Options because Boynton Beach Community High School is opening a new Arts program. If you know any students who are interested they are starting the audition process now. Band, Dance, Piano, Theater, Visual Arts, Vocal, and Digital Media are the areas that will be incorporated into the program. On our home page there are some banners that will direct you to the information. There will be an open house for students who are interested.
- We had our 2014 Hispanic Teacher of the Year and her name is Dr. Marlene Henriquez she is an Advanced Placement Physics teacher at Suncoast High School. The kids really love her.
- As always the Office of Communications is here to serve you with marketing, or any other kind of assistance with your department and this Task Force.

No Update from *Environmental and Conservation Services*

No Update from *Planning and Real Estate Services*

Paula T. *School Food Service (SFS)* –

- Our School Meal Programs for the 2014-2015 school year marketing brochure will go out to all households in July 2014. It will include information relating to:
 - Free and Reduced-price Lunch Benefits and Eligibility Guidelines
 - Message from Allison Monbleau, SFS Director
 - Power Up With Breakfast campaign which offers free breakfast to all students in the District.
 - USDA's nutrition standards required criteria for Child Nutrition Programs.
 - A la Carte options and item prices – the new Smart Snacks in School guidelines must be implemented on July 1, 2014 and the School Food Service Department will ensure that all foods sold a la carte through the school cafeterias will align with these standards.
 - Farm to School...bringing *Farm Fresh* products to students.
 - Summer Food Service Program; presently we have over 100 sites this year.
 - The OrganWise Guys (OWG) program is a school-based intervention that uses fun characters who strive to teach children how to be healthy and smart from the inside out.
 - Promotion of the services of the Transportation Services Department, the Department of Recruitment and Retention and the Department of Afterschool Programming are also promoted in the booklet.



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- The District's Wellness Promotion Task Force mission and the meetings for next school year are all listed in the brochure - inviting for more participations.
- Closing with additional Community Resources 2-1-1, Volunteer and business Partner Opportunities, CSC's Bridges Community Centers etc.

Patrice S. *External Partner: 211 Palm Beach/Treasure Coast –*

- A lot of students depend on school meals, so it is important for them to know where to obtain meals in the summer. Anyone can dial 2-1-1 to find out where those sites are in relation to where they will be for the summer.

Lisa R. *External Partner: Richard David Kann Melanoma Foundation –*

- Thank you to the Wellness Promotion Task Force and the help of the Office of Communications. We felt like we had a very successful year with our Melanoma Monday Art Contest in schools, we had our awards, this week, at the School Board meeting on May 13th.
- We have added several new Students Against Melanoma clubs which is wonderful for peer participation in the schools.
- We partner with Parks and Recreation; now on their signage at beaches and parks near the changing areas they have built permanent, waterproof boards with sun safety protocol.
- South Florida Science Museum has partnered with us and we now have a traveling exhibit that is their Fun with Science Night.

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

- This past Saturday was the culmination of our spring season and we had over 120 girls complete a 5K Run, some of them for the first time. We are very excited to be promoting health and wellness in the schools through our program. Thank you to all the teachers and staff who support us.

Paula T. Diane, we really appreciate all that you do; we have so many schools who are newly participating in Girls on the Run. It makes a big impact on these girls' self-esteem - so we thank you for all the support given to the District.

All I can say as a Co-chair of the District's Wellness Promotion Task Force is that we really could not do all of this without the partnership and collaboration from all of you in the community. This was another successful year in wellness. On behalf of Steve Bonino and myself, we want to deeply thank all of you. ☺

We will now be doing the drawing for the door prizes from Horace Mann; they have provided us with restaurant.com gift cards. We also have one wonderful door prize from Citibank.

Door prize tickets drawn and winners were announced.

Meeting adjourned at 5:30 p.m.



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Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ Schedule the first Planning Meeting for the 2014 Wellness Celebration event. ❖ Promote Canstruction® at the Gardens Mall in support of the Palm Beach County Food Bank June 9-22, 2014. ❖ Present at the Superintendent’s Summer Leadership Summit on June 10-12, 2014. ❖ Promote the 1st Annual Student Mental Health and Wellness Conference at the Safe Schools Institute on June 12, 2014. ❖ Submit the application for the Growing Gardeners in the Glades grant. ❖ Attend the National Alliance on Mental Illness discussion: Development of Lateral Prefrontal Cortex and Executive Functioning in both Health and Disease on June 21, 2014 at West Palm Hospital. ❖ Submit all materials and assets for the 2014 WPP Annual Report – Due July 24, 2014. ❖ Participate in the Party Yourself Into Shape Zumbathon Fitness & Wellness Expo on July 24, 2014 at the Palm Beach County Convention Center. 	<ul style="list-style-type: none"> ❖ Continue to support OneBlood 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. ❖ Submit application for the Bronze Award Level of the HealthierUS School Challenge (HUSSC) for selected elementary schools in the District. ❖ Continue to promote the Wellness Rewards Program and Employee Wellness. ❖ Continue to promote EAP’s Stress Management Tips for Mental Health.

Assignments:

Person Assigned	Details	Date Due
Paula Triana/Planning Team	Planning for 4 th Annual “Wellness Celebration” 1 st Planning Meeting	July 2014
All contributing departments/external partners	Materials and assets for the 2014 WPP Annual Report	July 24, 2014

SY 2014-2015 Upcoming WPTF Meetings:

Date	Time/Location	Topics To Be Discussed
Wednesday, October 15, 2014	8:30 a.m. – 10:30 a.m. Board Room	<ul style="list-style-type: none"> ▪ “Healthy School/Well Workplace Awards” ▪ Nutrition Standards - <i>Smart Snacks in Schools</i> future discussion
Thursday, December 4, 2014	2:30 p.m. – 5:30 p.m. Board Room	<ul style="list-style-type: none"> ▪ ESE – Special Needs ▪ Human Trafficking ▪ Girls on the Run ▪ Building a Safe School Environment
Wednesday, February 4, 2015	8:30 a.m. – 10:30 a.m. Board Room	<ul style="list-style-type: none"> ▪ Single Point of Entry – Keeping our School Safe



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Thursday, March 12, 2015 Small Group Meeting	8:30 a.m. – 10:30 a.m. Board Room	<ul style="list-style-type: none"> ▪ Exceptional Student Education ▪ Urban League of Palm Beach County, Inc. ▪ HealthTeacher ▪ HealthCorps University (tentatively February 4, 2015) ▪ Potential Community Stakeholders <i>and many more topics to come...</i>
Wednesday, April 8, 2015	8:30 a.m. – 10:30 a.m. Board Room	
Thursday, May 14, 2015	3:00 p.m. – 5:30 p.m. Board Room	

Change in Current Policy, Procedure and/or Situation:

Due to the USDA’s Proposed Rules of the *Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Act of 2010 (7 CFR Parts 210 and 220)* – the District is working on the process to revise the Wellness Promotion Policy (2.035) and the Wellness Promotion Goals and Objectives documents. This process will require a detailed timeline and review of all stakeholders with the support of the Department of Legal Services.

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.