

The School District of Palm Beach County, Florida
Wellness Promotion Task Force
Survey Summary FY 2013-2014

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

- **86.5%** were **Very Satisfied**
- **10.8%** were **Somewhat Satisfied**
- **2.7%** were **Neutral**
- **0%** were **Very Dissatisfied**

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

- **3.7%** attended for the purpose of **Networking**
- **1%** attended because of **Interest in Event Topics**
- **18.8%** attended to **Support the Wellness Initiatives**
- **76.5%** attended for **All the above reasons**

3. Was this meeting meaningful and valuable to you?

- **95.4%** stated **Yes**
- **4.6%** stated **No**

4. Do you have any additional questions or comments for the speakers?

Comments from October 16, 2013 meeting are as follows:

- Possibly provide titles and contact numbers for reference.
- Everything was presented very well! Love these meetings!
- The ice breakers were a little unnecessary. I feel like most people who want to network will come early or stay late. Otherwise they are taking time out of their day to sit in on the informational portion of the meeting. The speakers generally kept on point in regard to topic and time. The Master of Ceremonies was lively and enthusiastic about the overall theme and mission of the meeting and the Task Force. The Walking Classroom discussion was a great addition. When the meeting started to run behind, they did a good job of hurrying things along but still addressing important agenda items.
- The Walking Classroom is such a great idea and a powerful tool!
- What is the relationship between Palm Beach County Food Bank and other pantries in the county including our own H.E.A.R.T. pantry?
- I am amazed of the growth and sustainability of the District's Wellness Promotion Task Force. Thank you for your commitment and dedication to improve the health and wellness of students, staff and the community.
- It was very inspiring seeing so many people work so hard at increasing Health and Wellness in the county. The meeting was very informative!

- All speakers were great...there were probably too many though, given the time parameters of the meeting.
- I am excited for the new program of “WalkKits” for students. I always appreciate programs and information provided by your organization.

Comments from February 5, 2014 meeting are as follows:

- Everyone did a great job!
- Kleenex should be handy.
- I feel there needs to be more “grassroots” involvement within schools. Perhaps a magnet program for young gardeners/farmers?
- I enjoy being part of the Task Force. It is nice to know what other departments are doing. It is good to see how we work together for a common goal.
- You may want to bring in someone on mental health resources.
- This was one of (if not THE) best meetings we have had. In the future, I think lessening some of the formality and letting people loosen up a bit will make the meeting more enjoyable.
- I really enjoyed learning about Jupiter Medical Center and their outreach to the community. I also enjoyed listening to the United Way Representative.
- Juan Carlos from the United Way was very inspirational and persuasive when talking about their campaign with the School District.
- Excellent meeting! The District is truly showing its commitment to the overall health of their students and staff.
- Everything ran like clockwork.
- Very informative. It was so nice to hear about resources and services available in our community. Excellent meeting, thank you!
- I was very impressed with how organized the event was and I got a lot out of it.
- Absolutely excellent information and presentations. The coordination of these meetings is done very professionally and flows without a hitch. It is wonderful to see the Palm Beach County community come together in a cohesive fashion around the issue of health and wellness.

Comments from April 9, 2014 meeting are as follows:

- Great Speakers.
- Regarding summer camps: since most District employees work 10-hour days during the summer and many of us start our day at 6:00 a.m. please consider a special camp for school-aged children that works with our summer schedule. As it is, I cannot find a camp that will accept children early enough in the day and that are open long enough to cover our 10.5-11 hour work days!
- Excellent meeting

- They all did such a great job. Some are natural speakers, and others are just plain passionate about what they do. I do not want to get judged on my ability to wow people with a PowerPoint presentation.
- Another terrific meeting!
- How can we build sustainability into the excellent programs?
- Speakers were well versed and liked to interact with the audience.
- I thought it was valuable to see the efforts of all departments and outside resources that are helping our students make healthy choices and to be more active in their daily lives.
- The presentation on Afterschool Care was very informative. I did not realize they offered services in the summer as well.
- 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.
- All the speakers did a great job of getting out their message/information. It might be interesting/a little more engaging if there was a bit more group discussion on specific topics/challenges regarding wellness, but of course that would require the participation of the attendees of the meeting.
- Every employee already knows to eat better, exercise, visit the doctor regularly, etc. Those that want to, already do it. The best way to promote wellness for those that do not “get it” is to provide real incentives/benefits for the employees. The required testing and doctor visits for discounted insurance premiums works for me.
- Presentations are always well constructed with important information and contact details.
- These meetings are valuable and quite educational. Thank you to the District for having such an amazing effort with the Wellness Promotion Task Force.

Comments from May 15, 2014 meeting are as follows:

- Great way to end the year!
- As usual the presentations were appropriate and professional.
- Terrific meeting.
- Thank you to the District for facilitating such a great Task Force! I learn so much from all the meetings and the networking has been valuable.
- You may want to condense the agenda.
- It is great to learn about all of the wonderful things (events & business support activities) happening in our school district. I appreciate your time and effort in hosting and coordinating the meetings. I will add that when names of individuals are mentioned, it would be helpful to know which school district departments they are affiliated with, if their information is not on the agenda. With such great information, have you considered videotaping and or streaming the meetings of the Internet on-demand?

- It was a very interesting group of speakers/presenters.
- I thought all the speakers were excellent. I was very impressed with the guest speakers telling their stories with adversity. Thank you!

5. What topics would you like to have addressed in future meetings?

Comments from October 16, 2013 meeting are as follows:

- Please continue to showcase examples of the positive activities and curriculum involving our students in any area of the school day!
- How to promote wellness in schools if resources are not available (e.g. Apple-A-Day: could District provide these healthy foods to help encourage wellness? It would be more accessible to staff).
- Board policies pertaining to school involvement in Wellness programs and Green School Attitudes.
- Additional individual school initiatives.
- Presentation from the Health Specialist of the District.
- I am interested to continue to hear about how we are addressing mental health in our schools as a branch of overall Wellness.
- The District's support for student's social, emotional and behavioral development for regular education and special education populations. This should include the newer initiatives this year, like mental health curriculums, play about mental health issues, etc. It should highlight the increased need for mental and behavioral health services for our students.
- Healthy fundraising and healthy celebrations.
- Healthy school lunches.
- *Go Noodle* program demonstrations would be nice.

Comments from February 5, 2014 meeting are as follows:

- I really enjoyed Connie and Ann's presentation on the AACY. I would love to hear an update if/when they repeat the study they said they wanted to do.
- Sleep Apnea
- More discussions on in-school or school-specific initiatives.
- Hands on contributions to schools to promote wellness, recycling, gardening, etc.
- Leisure time and relaxation.
- Just keep up these great meetings! The guest chair did a good job stepping in for Steve when he had to leave.
- Afterschool Programs overview and progress.
- You all do very well with the topics; I have learned SO much from these meetings. I cannot thank you all enough
- How trauma affects youth and the adults serving them.

Comments from April 9, 2014 meeting are as follows:

- Information on local foods in cafeterias is always great.

- How do the various food pantries coordinate throughout the country?
- Special Needs Students.
- Why can we not get sun safety adopted? It is cheap, easy to teach and it saves lives.
- If any middle schools have specific wellness programs that make them really stand out above the rest, it might be nice to hear about them since many parents are opting to send their children to charter schools for middle school.
- Any community nutrition topics or topics on nutrition for a special needs audience.
- Where are the challenges in wellness and how can the participants in the room address some of those challenges?
- Available funding sources.
- A suggestion: maybe the brief updates could be written out and distributed in advance (since they are allotted about two minutes each, they would be short read I would think). Then only the topics which require discussion from the group could be posed or if anyone has questions about them they can be discussed. This may leave more time for discussion among the group.
- I would love to hear from Single School Culture Initiatives about their program for LGBT youth. It sounds like a program that needs attention since that population is really bullied in the schools frequently.
- LGBTQ (Lesbian, Gay, Bisexual, Transgender, and Questioning) presentation about this special population.
- The effects of trauma on learning and the intersection of health (physical/social/environmental) and brain function.

Comments from May 15, 2014 meeting are as follows:

- Weight loss.
- Continue to showcase the collaboration between the community and schools in effort towards wellness of all aspects!
- Per the comment: maybe work in group committees.
- How to influence a policy change regarding teaching critical health information to kids during the school term.
- Mental Health
- After school STEM & School Gardening Projects. STEM Curriculum, Green School activities, award ceremonies, etc. A presentation on how youth obesity, diabetes and nutrition are being addressed in our district. Programs that are specifically designed to eradicate obesity, malnutrition and youth hunger. Volunteer support opportunities for school gardens, aquaponics, and hydroponic gardening. The creation of a special Task Force to address any of the above mentioned topics.
- More employee wellness topics and how we can provide all staff and schools with information of all that is available to us.
- Health, nutrition, and exercise. Means and methods to get fit. Programs available to improve fitness levels.