



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

Topic:

**Wellness Promotion Task Force – 1<sup>st</sup> Meeting (FY 2012-2013)**

School District Goals:

☒ Effective Governance

☐ Customer Service

☐ Safety

Current Policy, Procedure and/or Situation:

**Wellness Promotion Policy (WPP) (2.035)**

Meeting Attendees:

Allison Monbleau	Cynthia Clayton	Julie Kreaflle	Marta Zuluaga	Ruby Douglas
Amie Schneider	Debbie Neeson	Kathleen Moore	Meredith Pegg	Sara Jones
Ann Fonfa	Denise Griffo	Keith Oswald	Michael Owens	Seth Bernstein
Anne Kist	Edwarda Lombi	Kim C. Williams	Miguel Benavente	Sindee Winkler
Ben Freedman	Elly Zanin	Kim Mazauskas	Mindy Haas	Stacey Lazos
Bonnie Rawlins	Eric Stern	Kim Sandmaier	Michael Burke	Stephanie Wagner
Brittany Russell	Erica Whitfield	Kirstin Voitus	Nadilia Charles	Steve Bonino
Bruce Harris	Fran Hickman	Kristen Berard	Natalia Arenas	Tom Aguanno
Candace Doon	Ginny Keller	Lauriann Basel	Natalia Smith	Ulrike Vernachio
Cathy Burns	Hazel McFarlane	Lynn Hays	Nicole James	Victoria Heck
Chantal Gellermann	Jackie Lambert	Lee Kolbert	Patrice Schroeder	
Cherese Hinckson	Jamie McCarthy	Linda Alessandro	Patricia Martin	
Christine Koehn	Jane Solomon	Linda Banaszek	Paula Triana	
Cindy Robinson	Jane Winters	Liz Shapiro	Perry Borman	
Colleen Klabon	Janet Duncan	Lori Dornbusch	Roger Pineda	

Discussion/Progress:

**The meeting began at 8:35 a.m.**

**Paula T.** Good morning and welcome everyone to the 1<sup>st</sup> Wellness Promotion Task Force meeting for the 2012-2013 school year. Thank you all for taking time out of your busy schedules to be here today. Our district's Chief Operating Officer – Mr. Mike Burke will lead us with the *Pledge of Allegiance*.

**Mike B.** Thank you and good morning. It is my pleasure to be here today. I am new to the Chief Operating Officer's job and I have been in this position for only 6 months. Prior to that - I was the Chief Financial Officer (CFO) and before that I was the Budget Director. I have had some exposure to "Wellness" through my various jobs and I am finding out that "Wellness" is everywhere. I looked up the definition of "Wellness" and found the following:

**Merriam-Webster:**

- the quality or state of being in good health especially as an actively sought goal <lifestyles that promote *wellness*>

**Wikipedia:**

- Wellness may mean:
  - [Wellness \(alternative medicine\)](#)



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

- [Wellness \(medicine\)](#) - The scientific meaning: health, freedom from disease.
- **Wellness** dog and cat food, a brand used by the company [Well Pet](#)
- [Well-being \(population\)](#)
- [Workplace wellness](#)

**Kristin Kelly Burke (wife):**

- *“Wellness is NOT eating a Russo’s sub and bag of Fritos for lunch each day!”*

“Wellness” is a major goal and initiative for our district. The School Board has been very supportive of the “Wellness” efforts with Health Insurance, the Healthy Rewards Program, with addressing issues of recess, P.E. and then supporting the School Food Service (SFS) Department who makes sure that our kids have a healthy breakfast and lunch every day. **Video was shown...** I am here to express appreciation on behalf of the School Board and the District for the Wellness Promotion Task Force (WPTF) efforts. This was an unfunded mandate that has been successfully delivered with zero financial backing. The work of the WPTF is a noble effort for the health of our students and the well-being of our employees and we cannot thank you all enough for the great teamwork that you have accomplished. “Wellness” is everywhere from the “Apple a Day” to the “Biggest Loser” programs. We have really good participation and our SFS Department does not have a rival in the country. I look forward to another successful year. Thanks on behalf of the School Board and the Superintendent.

**Paula T.** Thank you Mr. Burke – we appreciate you coming here today. We know that you are very busy but it is with our leadership’s support that we succeed. [Icebreaker video](#) It is with great pleasure that I introduce my partner in “Wellness” - Steve Bonino.

**Steve B.** Good morning and thank you Mr. Burke for being here today we appreciate your support and the support of the School Board and District Leadership. The WPTF has been a success because of all of you. It is hard to believe that it has been 7 years since we started this process. It seems like we started this effort yesterday and I can remember our first *Wellness Promotion Policy Progress Report* concluding in the 2007 school year. What a great finish to the year and at that time there were approximately 15 people participating regularly with these wellness efforts. As you look around that 15 people has grown tremendously. The positive growth has been overwhelming with community partnerships that have been developed and evolved. The journey has been a methodical one by always considering an annual theme. In 2008 we started with the word “**Change**” and that is exactly where we were at that time. We have since moved respectively throughout the years to “**Unity**”, “**Transformation**”, “**Personal Responsibility**” and last year’s theme which will continue to be our team this year is “**Perseverance**”. Together we have had the opportunity to embrace those themes and the theme of today truly represents who we are. To “*Persevere*” means to continue through a course of action in spite of difficulty and opposition. Walter Elliot was quoted in the book - 212 Degrees as saying “*Perseverance is not a long race. It is mainly short races one after another*”. Perseverance makes every big goal attainable as we focus on the little goals along the way. I want to thank all of you for being here today. This year is our 7<sup>th</sup> year persevering, every step of the way we focus on the little goals that make a big difference. We are proud of this effort – stakeholders, and the people that receive the end results of our positive things are thankful as



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

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Date:

**October 17, 2012**

well.

**Paula T.** Every year we take into consideration your feedback regarding the WPTF meetings and make changes accordingly. Steve will review the WPTF's Survey Summary for FY 2011-2012.

**Steve B.** We want to highlight the Survey Summary for FY 2011-2012. There were very simple questions asked.

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

- **88%** were **Very Satisfied**
- **9.6%** were **Somewhat Satisfied**
- **0%** were **Neutral**
- **2.4%** were **Very Dissatisfied**

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

- **3.7%** attended for the purpose of **Networking**
- **3%** attended because of **Interest in Event Topics**
- **21%** attended to **Support the Wellness Initiatives**
- **72.3%** attended for **All the above reasons**

**3. Was this meeting meaningful and valuable to you?**

- **99%** stated **Yes**
- **1%** stated **No**

I see lots of familiar faces today who have been here since day one. It is also nice to see new faces at every meeting. When it comes to the comments we try to identify the patterns. There were two things mentioned and one was as we move forward with this wellness journey - *Mental Health* needs to be a recurring theme. Dr. Marsha Fishbane, Dr. Seth Bernstein, other SHAC members, District Leaders and district supporters made a presentation to the School Board last week (October 10, 2012) which centered on mental health. With your help and assistance we want to make sure that mental health is a guiding light as we move forward.

The other thing that comes up is that these meetings are long. We want everyone to have the opportunity to participate and re-energize throughout the course of the meeting. A formal break was requested vs. a break as needed. Paula and I will add a 5 minute break during future meetings. Do you want the 5 minutes for yourself or should we do some type of breathing exercise? I will leave that up to you all to determine.

The other survey that was conducted was based on our 1<sup>st</sup> "**Wellness Celebration**" that took place on December 8, 2011. We had over 300(+) people attend and many of you took the lead and participated in this event celebration. It was an overwhelming success. Thank you - Erica Whitfield for supporting that effort through the grant you coordinate and deliver throughout this school district.

**1. How organized was the "**Wellness Celebration**" event?**

**Total = 64 participants**



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

- **93.8%** (60) stated **Extremely Organized**
- **6.3%** (4) stated **Moderately Organized**
- **0%** (0) stated **Not Organized**

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

- **21.9%** (14) stated **Networking**
- **12.5%** (8) stated **Hors d'oeuvres and beverages**
- **1.6%** (1) stated **Location and Time**
- **64.1%** (41) stated **All of the above**

The comments were extremely positive and we will continue to have this wonderful event. This year, our 2<sup>nd</sup> "**Wellness Celebration**" will be held on Thursday, December 6, 2012 at 3:00 p.m. – 6:00 p.m. *Please come and join us on this great celebration!*

**Paula T.** This WPTF is about helping the community. We are the 11<sup>th</sup> largest district in the nation, the 5<sup>th</sup> largest in the State of Florida. We have over 181,000 students and over 21,000 employees and we are privileged to make great changes for our community.

One of the things that we would like to highlight as Steve mentioned - we started with a *Wellness Promotion Policy Progress Report* then we moved on to *Wellness Promotion Policy Annual Reports* and wonderfully we have a new employee Mr. Robert Canane. He has been a great contributor in creating and developing these *WPP Annual Reports* with a team effort from everyone's contributions. Recently Steve B. went to Tampa to receive our 2<sup>nd</sup> SUNSPRA Award...our district won the 2012 Sunshine State School Public Relations Association's - "SUNSPRA Medallion Award" – two consecutive years. The WPTF was recognized by the School Board for receiving this award.

We are currently putting together the 2011-2012 *WPP Annual Report* and it will be presented to the School Board on a workshop on Wednesday, December 5, 2012. We will invite you all to come out to support this important presentation.

In addition, with your feedback we continue to revise our district's Wellness Promotion Policy (2.035). On May 16, 2012 the WPP (2.035) was revised with the assistance of Mr. Bruce Harris – Senior Counsel and many contributors – *thank you all*. In your agenda today - you have a copy of the revised Wellness Promotion Policy and the WPP Goals and Objectives. Please review it and give us any comments and feedback to make it better in the future.

This Wellness Promotion Policy is also available on The School District's website <http://www.schoolboardpolicies.com/p/2.035>

Recently, I had the privilege to attend North County Health Coalition and was able to learn quite a bit. I would like to introduce Ms. Lynn Hays who has been an active volunteer for 5 years for El Sol and she is also in the grant committee. Many Jupiter partners to include the Jupiter Medical Center and El Sol are doing an application for a "Prize" from the Robert Wood Johnson Foundation (RWJF). **Video was shown...**

**Lynn H.** Thanks for inviting us here today. Unfortunately, Ms. Dora Valdivia, the Associate Director of El Sol was unable to attend today but I did bring her business cards. If anyone would like to tour El Sol you are welcomed to take one of her cards and give her a call. El Sol



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

has a long established relationship with the Town of Jupiter and the Palm Beach County Health Department. Most recently we have partnered with the Jupiter Medical Center, the Florida Public Health Institute and The School District of Palm Beach County in a new effort to participate in the **Roadmaps to Health** program. This is part of the county health rankings and we first found out about the **Roadmaps to Health** program earlier this year – when it was already late to apply for the 2012 “Prize”. El Sol is the ultimate grassroots effort funded by grant money, volunteers, and personal donors. What attracted us to the **Roadmaps to Health** is that it looked at a way to bring together other organizations to improve the overall health of the community. We were proud to be able to open the **Jupiter Volunteer Clinic** starting in February 2012. It is an attempt to reach out to uninsured or underinsured individuals in the northern part of the county. The clinic is staffed by volunteer physicians and nurses from the community. It is located in the Palm Beach County Health Department building at 6405 Indiantown Road and is open on every Saturday. *Any questions?...*

**Jane W.** *Afterschool Site Director at Beacon Cove Intermediate* – We are pleased to be a partner of El Sol and our students have been making stockings as donations and collecting food for Christmas.

**Lynn H.** El Sol has a Family Literacy program which is taught by retired teachers. We have at least one Health Fair per year with services provided by the Jupiter Medical Center, the American Diabetes Association and the American Heart Association.

**Ann F.** My organization would like to participate in your Health Fair – we provide information and education for people with cancer and *Natural Strategies to Reduce Cancer Risk* for everyone else. It is called the *Annie Appleseed Project* and the number to call is (561) 749-0084.

**Paula T.** *Thank you Lynn.*

I am delighted to introduce Lori Dornbusch – Assistant Director, Site Based Operations, School Food Service (SFS) Department.

**Lori D.** Good morning...unfortunately the affect on poor health and poor nutrition have on learning are often not incorporated in the efforts to improve education in the system. Key problems in education such as drop-out or school failure are rarely examined in terms of health and nutritional status of children. Under the USDA’s *National School Lunch Program* (NSLP) household income determines the status of children. If children are eligible for Free and Reduced meals it all leads back to the family income. The household income must be at or below **130%** of the Federal Poverty Level. Those with incomes between **130% and 185%** of the poverty level are eligible for reduced-price meals. Children in households collecting food stamps are eligible for free lunch at the start. Although the USDA’s *School Breakfast Program* (SBP) is an entitlement program with funds coming from the Federal government with a small subsidy from the State government. Breakfast is not accessible to many children who need it and we wanted to change that in The School District of Palm Beach County. Why did we choose breakfast to make the impact? Information found on the Food Bank’s website stated that in Palm Beach County in the most recent food insecurity survey conducted that one in three households with income of less than \$35,000 ran out of food before they had money to buy more. During a door to door survey of households with children stated that 20% of the households cut the size of the children’s meals because there was not enough money to buy





## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

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Date:

**October 17, 2012**

more food. Studies show that hungry children arriving at school have less energy available and cannot learn. Every day children go without a meal or two and we always think that those are the poor children. However, in these hard times it is not easy to know who is having difficulty. A nutritionally sound breakfast is a key component in a child's ability to learn – therefore; our SFS Department concentrated efforts to spotlight healthy eating at both breakfast and lunch. For the past 7 years our district has been working to qualify schools to participate in the *100% Accessible Breakfast Program* that would allow students to receive a free breakfast regardless of their economic status. We first began researching the possibility of this in FY 2004-2005 by starting with one pilot school to identify challenges and barriers. The first year was a huge success but we were not sure how we were going to incorporate this into 173 other sites. An intensive communication program was implemented to bring the District Leadership into the decision making circle. We first started by meeting with our Superintendent, Chief Academic Officer and our Chief Operating Officer to let them know of our intentions. Once we had their support we reached out to Principals at all levels and through their district leadership groups. Our first group of schools came aboard in 2006. Schools that were **85%** or greater Free and Reduced, were identified as the *100% Accessible Breakfast Program* schools. The first year we served over 4 million meals or 10% of our enrollment. As each group of schools was added to the program a communication campaign was launched to inform the school administration, parents and the community of the program being offered. Marketing letters, flyers and call-outs were used to inform the stakeholders of the *100% Accessible Breakfast Program*. We implemented a procedure for the way schools were added each year to be able to impact the most students. In FY 2006-2007 the *100% Accessible Breakfast Program* was implemented in schools that were **80%** or greater free and reduced. The program was featured in 37 schools and resulted in an increase of over 327,000 breakfast meals. We also believe that our “*Power Up With Breakfast*” program campaign theme resulted in the ability to increase breakfast participation to 11% of our total enrollment. In FY 2007-2008 the percentage was lowered to **50%** or greater free and reduced and the program was introduced to an additional 22 schools which resulted in an increase of 450,000 meals. No new schools qualified in FY 2008-2009 but we served an additional 400,000 meals. In FY 2009-2010 the percentage was maintained at 50%. But due to an increase in the numbers of students qualifying for free and reduced meals status the number of schools qualifying at the 50% level increased to an additional 9 schools. The addition, 9 schools increased the number of breakfasts served to an additional 717,500 meals over the previous year. In FY 2010-2011 the qualifying percentage was lowered to 40%. The qualifying percent for schools to participate was lowered to allow additional sites to take advantage of the program. As our district's free and reduced percentage climbed to **55%** our SFS Department believed that it was necessary to find additional ways to support our families. An additional 606,600 meals were served in 2011. The FY 2011-2012 school year opened with an additional 24 sites bringing the total to 143 school sites receiving a free *100% Accessible Breakfast Program* resulting in an increase of 426,000 additional meals. Over this 6 year period we increased breakfast participation to 20% of our total enrollment. The participation among students that received the USDA's *School Breakfast Program* nationally is 19%. We have gone from serving just over 4 million breakfast meals in 2006 to nearly 7 million meals in 2012. In



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

FY 2012-2013, the SFS Department made a decision to add the last 53 schools that were below the 40% cut off. While it is true that these students are in the highest socio-economic group we were sure that we would see a modest increase in participation. The 53 schools that began receiving free breakfast on October 1, 2012 increased participation in the second week by 150%. The participation of paid students increased by 250%. One thing is sure, whether a child has food available at home or not the *100% Accessible Breakfast Program* creates a level playing field for all children with good nutrition. Thank you.

**Seth B.** Congratulations. The *100% Accessible Breakfast Program* over the years has been amazing.

**Lori D.** Millions of dollars of Federal funding is left on the table every year by school districts across the country because they are not maximizing the programs. There are hungry children just wanting to receive those meals. It is in the best interest of every school district to make sure that Federal dollars are used to feed as many children as possible especially at breakfast.

**Patrice S.** *211 Palm Beach Treasure Coast...* One of the formulas to figure the number of homeless children in the District is to look at the free portion of the Free and Reduced meals. Students receiving free lunch last year equated to 70,000 children. The School District of Palm Beach County identified 1,600 children homeless but with that equation we would be looking at 7,000 homeless children in Palm Beach County (PBC). November 10-18, 2012 is National Hunger and Homelessness Awareness Week.

**Lori D.** Over 27 years ago when I first started with the District, free and reduced participation was a low percentage. Every year that number increases because the economy is treacherous. We are now up to almost 57% of free and reduced participation in PBC. My concern is for those gap children who do not qualify for free and reduced and whose families do seem like they are doing just fine – but, they are not. Those are the children that we are happy to reach with this program - with breakfast in their stomach it will allow them to start the day well.

**Paula T.** Thank you Lori.

Next we have Stacey Lazos from HealthTeacher.

**Stacey L.** Thank you for inviting us back. HealthTeacher is a free resource available to teachers. We are sponsored by Miami Children's Hospital and the program is in Palm Beach, Broward and rolling into Dade this school year. Today I brought my boss – Ms. Debra Hopkins, Regional Vice President and she will present all the new additions that HealthTeacher has that we are so proud to offer.

**Debra H.** Good morning...I am absolutely delighted to be here from Nashville, Tennessee. We all share a common spirit to lift up and celebrate health throughout Palm Beach County. How many of you face barriers in the work that you do? We at HealthTeacher have spent the last year trying to remove the barriers. Teachers say they do not have enough time – time is a barrier. Another barrier is the focus on FCAT and now the Common Core Standards. We will show you some of the things to get people excited about integrating health into the day from our HealthTeacher website. We are adding 5 new lessons a month. They align with the Next Generation Sunshine State Standards, Common Core, and Marzano. All lessons take 15 minutes and we want to make it easy for everyone. How many minutes of physical activity do you need every day? This information is smart-board compatible and it is interactive. It is not natural for



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

kids to sit for hours. We are going to build in physical activity during the day. *Interactive video was shown...*

The energy level and excitement that this brings into the classroom is easy for teachers to do. There are lots of reasons why people do not exercise. *Video was shown...*

Real instruction is based around these videos which are used to set the stage. The text is written at grade level appropriate. The kids get to read informational text based on a health topic and then they get to respond with Common Core Standards formatted questions by asking them to give two examples from the text. When we assess we offer a rubric which offers career readiness type skills like decision making and goal setting.

We want to reach out to parents as well so we created a parent website with wonderful newsletters on trending topics about health. We have a new anti-bullying website as well <http://awesomeupstander.com/>

We are so proud to work with The School District of Palm Beach County and thank you for the invitation.

**Paula T.** Thank you Debra – your presentation was *Awesome*.

I would like to introduce Perry Borman, Executive Director of the Palm Beach County Food Bank – formerly the Department of Children and Families' Circuit 15 Administrator.

**Perry B.** I am here to thank Paula, Steve, the Wellness Promotion Task Force, the SFS Department and the entire school administration. We just recently launched the **Soul Source Project** where each school in the District will have the ability to collect non-perishable goods with Principal's approval to support our community of Palm Beach County.

The Palm Beach County Food Bank is a new name. We got incorporated in February of this year and moved into a food bank facility 45 days ago. The Food Bank is absorption of a community food truck organization that has been in existence for the past 9 years called the Community Food Alliance. Our purpose and our mission are to do more for our agencies that take on the responsibility of feeding the hungry every day. Strengthen the wholesale distribution which is the priority and mission for the Palm Beach County Food Bank. The significant need in our hunger supply chain is to strengthen the wholesale distribution system. There are hundreds of organizations in PBC like small church pantries – Boca Helping Hands, Palm Beach Soup Kitchen, El Sol that need help with food.

**Paula T.** We had the privilege to recently present the **Soul Source Project** to the Superintendent's A & S meeting on October 9, 2012. We will start this project with our SFS Managers as being the conduits at the school sites. The collecting *green bins* can be placed in the cafeteria area or wherever the School Principal/Administration decides to place them – either the front office or any other logical location. We want to start collecting from the staff and let them be the example leaders. If some schools wanted to promote it through the students we could do that - but at first we will like to start with the school staff. Many others do things already in their schools collecting food - we are trying to connect the dots and help our community even further. The District also has supported the Channel 5 – Food for Families campaign for many years. I know that Perry is working with key individuals at Channel 5 to see how we can further this collaboration and make the **Soul Source Project** sustainable in the District. We will report to you the total collections from this project throughout the school year.





## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

The project's motto is ***People Helping People***...we would like to ask and promote for Wellness Promotions Task Force attendees to bring non-perishable items to future meeting this school year. Also, thanks to Natalia Arenas, Kim Sandmaier, and John Sanchez marketing of this project is being spread around the District building and people are giving to this valuable cause. Thank you all!

Again - we will continue to do this effort in all our Task Force meetings except the **Wellness Celebration** in December 6, 2012. Lastly, we would like to thank Perry for welcoming this opportunity and really connecting the dots for making wonderful efforts here in Palm Beach County to support and help families to be stronger in our community.

**Perry B.** In addition, in your agenda packet - information on October 24, 2012 is shared. This day is national "Food Day" and the Palm Beach County Food Bank will be hosting an event at Mounts Botanical Garden from 1:30p.m. – 4:00p.m. Steve and Paula are part of a panel discussion along with representatives from the agricultural community, Localecopia, and the Cooperative Extension Service. The panel will be moderated by Jan Norris – former Food Editor from The Palm Beach Post. Food Day is about 5 principles:

- ✓ Promote safer, healthier diets
- ✓ Support sustainable and organic farms
- ✓ Reduce hunger
- ✓ Reform factory farms to protect the environment and animals
- ✓ Support fair working conditions for food and farm workers

The panel discussion will be followed by a cooking demonstration from a partner called FLIPANY. To RSVP – please contact [sara@pbcfoodbank.org](mailto:sara@pbcfoodbank.org)

**Paula T.** Thank you Perry...we are so excited to work with you and the PBC Food Bank.

At the last Superintendent's A & S Meeting - Keith Oswald presented a campaign that is coming up on November 5<sup>th</sup> – November 25<sup>th</sup> from United Way. ***Video was shown...***

**Christine K.** Congratulations to the WPTF on 7 years, I remember meeting in a small room in Riviera Beach with just a few people. This is a spectacular group and I congratulate you on all you do. I also want to thank the School District on all their support to the United Way. Thank you - Keith Oswald and Seth Bernstein for being Board Members. Steve and Paula - thank you for your participation and support.

Everyone can donate to the United Way and designate your dollars to a specific non-profit or you can contribute to United Way's Community Care Fund. There are 50 programs this year funded with your dollars based on the needs of the community. We are focused on three areas such as: education, meeting basic needs such as housing and healthcare needs, and skills to be financially stable moving forward. It is clear that people are struggling and need our help. Through these 50 programs last year, we served more the 200,000 people. These people served are family members, friends, neighbors, and in some cases ourselves. Thank you for your partnership.

**Seth B.** The School District has always been on the top 10 campaigners in PBC. If you are an employee of the District - please help us to continue this tradition. If you are not an employee you can still give by going to the United Way website <http://www.unitedwaypbc.org/>

**Keith O.** Thank you Christine for being a great part of the partnership between The School



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

District of Palm Beach County and the United Way. Christine makes sure that our funds are fulfilling our mission on a day to day basis. United Way has been strategic in visiting agencies to ensure that funds are being used appropriately. It has been great working with Dr. Koehn.

#### **Other School/Departments Based Activities - Updates:**

**Keith O.** *Division of Curriculum & Learning Support* – The School Board has approved a Student Code of Conduct which has not been revised in years. We have 100% of our schools that have implemented school-wide positive behavior support. In every school we have universal expectations around student behavior. We are going out to schools and teaching behaviors in school campuses in a positive way in order to reduce the number students getting suspensions and referrals. We are working to strengthen School Based Teams (SBT) by working with partners like United Way and numerous agencies like 211 in our community to provide social-emotional support.

**Eric S.** *Division of Curriculum & Learning Support* –

- Miami Children's Hospital chose The School District of Palm Beach County for HealthTeacher before Dade and Broward schools because of the work of the special people in this room.
- Perry - we have collected over 3,000 pounds of food from our PE team for the past 4 years. A healthy food choice is an admission ticket to our Professional Development Trainings.
- Mindy Haas is here and has a 6 year commitment to Florida PTA Board and health and wellness is her platform throughout the state.
- The year 2 PEP grant for PE programs was re-funded. We received the award letter on October 1, 2012. We will work with an additional 36 elementary schools in addition to the 36 from last school year. This will include Royal Palm School and Palm Beach School for Autism.
- We are honored that Patricia Martin from John I. Leonard High is in the audience today. She was named the Florida High School Physical Education Teacher of the Year.
- Our schools have just completed a Fuel Up to Play 60 grant cycle in which we have received over \$50,000 in grant money so far. This is a partnership with the NFL and the National Dairy Council.
- We have the 2<sup>nd</sup> South Florida Fair Kids Mile on January 19, 2013 and we need volunteers. Last year there were 1,800 kids in the race.
- I am on the Executive Committee for the Florida Action for Healthy Kids and the Coordinated School Health Partnership with the Department of Health and the Department of Education in Tallahassee.
- In 2009, a small committee of us from this room completed a Florida Healthy School District Self Assessment Tool that the state put out. The School District was awarded Silver Level recognition for 2009–2011. This year we were awarded Gold Level recognition for 2012–2014. There were only 3 school districts in Florida that received the Gold Level Status. We are so far ahead when it comes to Wellness.

**Erica W.** *Healthy Kids, Healthy Communities* –

- I just want to recognize the two funders Quantum Foundation and the Palm Healthcare



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

Foundation who provide funds that match the Robert Wood Johnson Foundation (RWJF).

- North Grade Elementary. We had a planting on October 10, 2012 at North Grade Elementary. Deputies from the PBC Sheriff's Office put in the irrigation system with the support of our Facilities Department. We installed a wheelchair accessible sidewalk. It has been an amazing partnership. Channel 25 provided coverage of the event which will air in November. [RWJF Presentation](#)
- The 2012 Learn Green Conference is going to be held on October 19, 2012 and we have over 1,000 people registered. Whole Foods is sponsoring breakfast and lunch. Please sign up. You can learn about all the different projects going on at The School District and around Florida regarding greening schools, fighting obesity, and making kids healthier.
- On November 14, 2012 is the Grand Opening of the first Fitness Zone in PBC. It is an outdoor gym that we built with funding from RWJF, Quantum Foundation, Palm Healthcare Foundation, Trust for Public Land, Wells Fargo, and the City of Lake Worth. The gym is located at 211 North H Street in Lake Worth. We are also going to do a planting there this Tuesday with about \$2,000 worth of plants to make the park look beautiful. We need help – just let me know if you are interested in any of these projects.

**Kim M.** *Single School Culture© Initiatives* – I worked with formerly Department of Safe Schools which is now Single School Culture© Initiatives. I work on the compliance for Policy (5.002) *Prohibition of Bullying and Harassment*. Please look at the policy it is a working policy and will be revised. Many of you have received an email in reference to updating this policy. Bullying is an important topic it must not be looked at in isolation. We need to work on all levels to provide education, training, remediation and investigation to incidences. Our initiatives are aligned with multi-tier systems of support. I am speaking in reference to climate but I would like to send Paula a description of all the initiatives within our department. Wouldn't it be wonderful for all our kids to be able to get up and dance like the kid on the icebreaker video or wouldn't be nice if our adults can come to work happy every day. I do focus groups with students and I think it is important to say that kids use power over others because of food and things. I was reminded of this by a presentation that I did at Bridges in West Palm Beach. Students from ages 8-16 were open about their experiences with nutrition – their fights over food and snacks. I am going to ask Paula to forward you a sheet on our new website with all the different resources and a description of our different programs.

**Paula T.** Thank you Kim. I will definitely forward anything that you send to our Task Force. Our Task Force membership is over 600+ people. In addition, I would offer you one of our future WPTF meetings to do a 10-15minute presentation...maybe working with Keith Oswald's team and your team to discuss the progress that has been done, and the changes that are taking place or will be taking place in the future.

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

- We would like to welcome our new Director – Will Gordillo. Will is from Dade County and is busy today but will join us soon.
- Joanne Thornton who is our SEDNET Coordinator is our new Wellness Champion.



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

- The agenda packet today already contains some of the activities that our department is involved in.
- The STARS Conference will be held on Saturday, October 20, 2012 8:00 a.m. - 12:30 p.m. at John I. Leonard HS. It is a free conference for families of teens with disabilities.
- There is the 18<sup>th</sup> Annual Buddy Walk at John Prince Park at 9:15 a.m. It is a 5 mile walk and you can join our group. Please support our families. Call (561) 912-1231 or [gcdso@bellsouth.net](mailto:gcdso@bellsouth.net) for more details.
- Will Gordillo is the Co-chair and serves on the Board of Directors for Walk Now for Autism Speaks. On March 3, 2013 there will be a walk in West Palm Beach and we will have a team from our department.
- We will be presenting a proclamation to the School Board at 5:00 p.m. today. October is **"Disabilities Awareness Month."**
- Meet the New Director of Exceptional Student Education – Mr. Will Gordillo will be at various area locations from October 16<sup>th</sup> – November 29<sup>th</sup> throughout the county.

#### **Kim C-W.** *Student Intervention Services –*

- Dr. Joseph Lee is the Assistant Superintendent overseeing our department. This year we have moved forward with Character Education within our elementary schools. In high school with the recommendation of Keith O. we have Ethics in Action.
- We had 14 teams participate in the Ethics Bowl last year.
- The Tobacco Online course is free for teachers with 60 inservice points. Last year we reached over 26,000 youth.
- Washington Elementary is embracing and infusing our social and emotional program into their daily activities.
- Our HEART located in 5 areas has identified approximately 600 homeless students this year.
- Middle income families are going into foreclosure and we are trying to assist them.
- Last year we had 1,600 homeless students.
- Foster care went well this year with the kick-off. ChildNet our partners are pleased that we have our foster kids in schools.

**Paula T.** Please vote for Dr. Connie Siskowski, she has been named one of CNN Heroes Top Ten for 2012 <http://www.cnn.com/SPECIALS/cnn.heroes/> You can vote up to 10 times a day. It is a United Way funded program.

#### **Cathy B.** *Student Intervention Services –*

- We have two initiatives in our schools based on collaborations with the Health Care District of Palm Beach County's – School Nurse Program and the Palm Beach County Health Department's - School Health Program. We are doing ongoing screenings for vision and hearing in K-9<sup>th</sup> grades. The program is extensive and involves collaboration with nurses, parents, students, and school staff. In addition we have contracted with the Heiken Vision Company which provides vision service and has been to 4 of our schools with their vision van. They provide onsite optometrists who examine the kids and provide glasses.
- The Health Care District of Palm Beach County has also worked with us to provide the



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

KidCare Program. They provide postcards about the program for every child in the District.

**Lauriann B.** *Chief Academic Office* - Dr. Andrews is attending the Council of the Great City Schools. I am new to my position and this whole WPTF is truly awesome.

**Kathleen M.** *Afterschool Programming* –

- We are celebrating the Proclamation for Lights on Afterschool at the Board Room tonight. There is a rally at the West Palm Beach City Center Plaza tomorrow and we hope that everyone can join us. There is a need for children to go to a safe place after school. This will bring national awareness to it.
- We provided SPARK training with trainers from California. We worked with our Directors, Assistant Directors, and Activity Leaders from our 96 programs around the county. We have incorporated the training in summer camp and now throughout the school year.
- We had a Professional Development workshop for our Directors. It was a two day workshop in which we incorporated a Wellness Workshop thanks to Stacey Lazos from HealthTeacher.
- Our 21<sup>st</sup> Century Learning Centers was awarded two additional grants and now we are up to 15 schools. Now 60 additional students from each of the 15 schools will now have a safe place to go until 6 o'clock every day.

**Miguel B.** *Choice and Career Options* –

- Last night we had the **Showcase of Schools** at the South Florida Fairgrounds. It was the best that we have had over all these years. We want to thank everyone for being a part of it. The deadline for the application is December 14, 2012. We want to encourage the parents to apply online.
- The Biomedical and Veterinary Technical Academy will be opening at Acreage Pines Elementary next year. This is the first time that we are offering this biomedical program at the elementary level. This is to support FAU's College of Medicine.
- We have a Health Careers Program which has been expanded to attract students from middle through high school to go into the medical program at FAU. We are trying to keep the students locally in PBC. The schools participating are Roosevelt Middle, Lake Worth Middle, Lake Worth High, and Palm Beach Gardens High in the future. I would like to thank the Education Foundation and the Quantum Foundation for continued support and for funding 6 middle schools.

**Liz S.** *Choice and Career Options* –

- Pre-academies are the middle school level and at this time we have a lot of interest. This fall we had two Food and Nutrition Programs that restarted at Western Pines Middle and Osceola Creek Middle.
- I belong to an organization called American Chef Federation (ACF) and every year they have a Childhood Hunger Day. This was held yesterday at Meadow Park Elementary. Professional Chefs came in and put on a food show for the students which emphasized on healthy eating and lessons on nutrition. This community event is done every year.

**Kim S.** *Employee Wellness* –





## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

- We are excited about our *Apple a Day* wellness event. We all know that “An Apple a Day Keeps the Doctor Away” so we are challenging the District to eat an apple a day and get involved in the competition. It is simple - eat an apple, take a picture and earn points for your team. Check out [pbapples.org](http://pbapples.org) to see all the smiling faces. This was a fun competition to start the school year off and to motivate people to eat healthy. In the first week we had over 1,000 people registered and over 1,900 photos.
- The Wellness Champions are off to a great start, we currently have 190 this year. We decided to host a Meet and Greet Event in September and offered 4 different locations in the county so they could network with other people and get successful ideas from others and create an action plan. I invited them here today and wanted to thank them for being here. They are the key to our successful program.
- The Alliance for a Healthier Generation – Healthy School Program had 2 schools in our district receive national bronze awards recognition – Berkshire Elementary and South Olive Elementary. We will be going to Little Rock, Arkansas this weekend for the National Award Ceremony. They join Hagen Road Elementary, Crosspointe Elementary and Banyan Creek Elementary who were previous winners. We have 22 schools that currently work with the Alliance for a Healthier Generation – Healthy Schools Program and we are looking to expand it.
- Transportation is currently doing nutrition classes, weight challenges, diabetes education, health screenings, as well as workout that they can do on the buses.
- Mental health is important to us as well we work on identifying solutions to workplace stress and continue to work closely with EAP. I am offering some training that give professional development opportunities as part of our efforts to deal with stress in the workplace.
- Last year I received a grant to get involved in Florida KidCare school partnership program. Our goal is to identify uninsured children in the county and help families to apply for this benefit. I have hired an Outreach Specialist who will start next week.
- I will need some assistance from some of you. I would like to thank everyone for participating in the Wellness Rewards Program last year. I do encourage everyone to read the materials that you receive during open enrollment. There are going to be some premium changes. You may need to make some different selections next year. Our new Wellness Rewards Program will start in January 2013. We have new dates and more flexible options for employees and we have a new look and feel to the health and wellness page.

**No Update** from *Environmental & Conservation Services*

**Natalia A.** *Public Affairs -*

- Next week is the kick-off for Jump Rope for Heart taking place throughout the county. If your school offers the event, please attend. If your school does not offer it please bring it up to the Principal or PE teacher. Last year, 76 schools participated and we received over 9,000 in certificates for PE equipment.
- We have 8 students from JFK Middle attending the Presidential Debate next week and



## The School District of Palm Beach County, Florida

### Wellness Promotion Policy (2.035)

#### Meeting Notes

Date:

**October 17, 2012**

we are excited for them. It is part of their journalism curriculum.

- Many schools participated in the International Walk to School Day. We want to thank all the schools that participated.
- The Educational Foundation Alumni Awards are doing a call for nominations. So if you know Alumni from Palm Beach County that you would like to nominate please contact the Educational Foundation before November 5, 2012.
- Tomorrow is the College and Career Night – we have over 175 colleges, universities, military and all kinds of post-secondary organizations present to show options available to kids after they graduate.
- On October 23, 2012 from 11:00 a.m. - noon there will be a watch party for the Broad Award. \$550,000 in scholarships will be awarded to our students if we win. Please contact Public Affairs if you want to attend. We have limited space in the Board Room.
- Like us on Facebook and Twitter (pbcsd). This is brand new this school year. We post pictures, videos and lots of exciting things that happen throughout the District.
- We are here to support any events that take place like gardening etc. Please reach out to me and send me the information.

#### **Michael O.** *Planning and Real Estate Services -*

- The Safe Routes to School's grant has been extended until January 2013. That will enable us to continue working with the 12 schools that we have: Palm Beach Gardens Elementary, Pleasant City Elementary, Roosevelt Elementary, Roosevelt Community Middle, South Grade Elementary, North Grade Elementary, Okeetee Middle, Forest Park Elementary, Sunset Palms Elementary, Boca Raton Elementary, Gove Elementary, and Glade View Elementary.
- Over 500 students from Gove Elementary participated in the International Walk to School Day in a collaborative effort with the City of Belle Glade. There was a similar turn out at Palm Beach Gardens Elementary. We are also working on establishing a safer route to school, there is an issue with crossing Burns Road.
- A safety video was shown to the students at schools and there is a poster contest in which prizes will be awarded for the best posters.

**Paula T.** – Due to our shortage of time today – “Nutrition Standards” will be discussed in February 6, 2013 Task force meeting. Please provide us with upcoming events for distribution. In addition, after the meetings we will send a SurveyMonkey link – we want to hear from you. It takes no more than 3 minutes to complete. Your feedback is valuable and incorporated for the progress of progress and future direction of the Wellness Promotion Task Force meetings.

In addition, it is with great gratitude that we stand to say thank you to everyone. Our 1<sup>st</sup> **“Wellness Celebration”** event last school year was extremely successful. We had over 350+ individuals – students, parents, school staff and administrators, district leadership, community members – the event was awesome. We want to extend those token of love and gratitude to everybody in our schools and in the community. Please take time to come – we have a great event coming up on **Thursday, December 6, 2013**...RSVP invitation will be forthcoming.

As my son would say... *“from infinity and beyond”*...let's keep pressing on! Thank you ALL for coming out and supporting our efforts. **Meeting adjourned at 10:45 a.m.**



# The School District of Palm Beach County, Florida

## Wellness Promotion Policy (2.035)

### Meeting Notes

Date:

**October 17, 2012**

#### Goals:

Short Term	Long Term
<ul style="list-style-type: none"> <li>❖ Organizing and delivering the Hammock Pointe Community Elementary – Health Fair on November 7, 2012</li> <li>❖ Promote “National Hunger and Homelessness Awareness Week” November 10-18, 2012</li> <li>❖ Participate at the Grand Opening of the first Fitness Zone in PBC on November 14, 2012</li> <li>❖ Promote the United Way Campaign – November 5 – November 30, 2012</li> <li>❖ Open Enrollment – Employee benefits starts on November 5 – November 21, 2012</li> <li>❖ Health Kiosks will be available for employees to check vitals</li> <li>❖ “2011-2012 Wellness Promotion Policy Annual Report” presentation at the School Board workshop on December 5, 2012.</li> <li>❖ Prepare for the next Task Force meeting – <b>“Wellness Celebration”</b> scheduled for December 6, 2012</li> <li>❖ Alcohol Prevention Poster contest deadline December 7, 2012</li> </ul>	<ul style="list-style-type: none"> <li>❖ Continue to support the Community Blood Center of Florida, Inc. (will be known soon as OneBlood, Inc.) at the District building Blood Drives and other locations</li> <li>❖ Continue to support the <b>Soul Source Project</b> with collaboration of the Palm Beach County Food Bank at the school and district levels. The next collection period for FHESC: January 28, 2013 – February 5, 2013</li> <li>❖ Support the Robert Wood Johnson Foundation’s - Healthy Kids, Healthy Communities Initiatives Grant</li> <li>❖ Create partnerships to sustain continuity of existing programs once the Robert Wood Johnson Foundation’s - Healthy Kids, Healthy Communities Grant expires</li> <li>❖ Continue to seek community stakeholders that bring value to the district’s Wellness Promotion Task Force.</li> <li>❖ Promote the Wellness Rewards Program that begins in January 2013</li> <li>❖ Continue to support the Safe Routes to Schools grant extended until January 2013</li> <li>❖ Support the Biomedical and Veterinary Technical Academy will be opening at Acreage Pines Elementary SY 2013-2014</li> <li>❖ Promote the 2<sup>nd</sup> South Florida Fair Kids Mile on January 19, 2013</li> <li>❖ Continue to promote EAP’s Stress Management Tips for Mental Health</li> </ul>

#### Assignments:

Person Assigned	Details	Date Due
Paula Triana/ Steve Bonino/Erica Whitfield/Natalia Arenas/Kim Sandmaier/Candace Doon	Scheduled Planning meetings for the next Task Force meeting. Complete the invitation, agenda and confirm speakers for the <b>“Wellness Celebration”</b> .	October 18, 2012 to December 5, 2012
Paula Triana/Steve Bonino	Present at a future School Board workshop the “2011-2012 Wellness Promotion Policy Annual Report”	December 5, 2012
Paula Triana/Steve Bonino	Planning for the next Wellness Promotion Task Force meeting	February 6, 2012
Jamie McCarthy	Discuss changes and updates on Nutrition Standards	February 6, 2013



# The School District of Palm Beach County, Florida

## Wellness Promotion Policy (2.035)

### Meeting Notes

Date:

**October 17, 2012**

#### **FY 2012-2013 Upcoming WPP Meetings:**

<b>Date</b>	<b>Time/Location</b>	<b>Topics To Be Discussed</b>
*Thursday, December 6, 2012 Wednesday, February 6, 2013 Wednesday, April 3, 2013 *Thursday, May 16, 2013	8:30 – 10:30 a.m. District Office – Main Board Room (10:30 a.m. – 11:00 a.m. with 30 Minutes Networking)  *December 6, 2012 and May 16, 2012 meetings vary in time as follows: 3:00 p.m. – 6:30 p.m.	<ul style="list-style-type: none"> <li>▪ Nutrition Standards</li> <li>▪ Single School Culture© Initiatives</li> <li>▪ The importance of “Mental Health”</li> <li>▪ The Healthcare District of Palm Beach County – School Nurses</li> <li>▪ <i>and many more topics to come...</i></li> </ul>

#### **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.