



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

February 6, 2013

Topic:

Wellness Promotion Task Force – 3rd 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:

Alana Shawah	Connie Siskowski	Janet Duncan	Lynn Hays	Paul Gionfriddo
Allison Monbleau	Consuelo Avila-Ramsey	Jasmine Bharj	Marge Sullivan	Paula Triana
Alma Horne	Cynthia Clayton	Jeannine Rizzo	Mark Murray	Perry Borman
Amie Schneider	Denise Cargill	Joanne Thornton	Marsha Fishbane	Quinn Hayes
Anitra Moss	Denise Griffo	June Eassa	Mary Banks	Rick Hawkins
Bonnie Rawlins	Domenick Marci	Kay Stagra	Matt Jarsen	Robert Canane
Bruce Harris	Edwarda Lombi	Keith Oswald	Michael Owens	Samantha Whiteman
Candace Doon	Elly Zanin	Kim C. Williams	Michael Wallander	Sara Jones
Cathy Burns	Erica Whitfield	Kim Mazauskas	Miguel Benavente	Seth Bernstein
Chantal Gellermann	Flo Davis	Kim Sandmaier	Mike Murgio	Stacey Lazos
Christina Shaw	Fran Hickman	Kirstin Voitus	Mindy Haas	Steve Bonino
Christine Koehn	Ginny Keller	Lauri Ann Basel	Nadilia Charles	Sue Grammond
Christopher Shouff	Heidi Schwab	Lee Kolbert	Natalia Arenas	Tom Aguanno
Christy Potter	Jacques Nicholas	Linda Ashkin	Nicole James	Walter Ames
Cindy Robinson	Jane Solomon	Liz Shapiro	Pamela Gionfriddo	Will Gordillo
Clay Walker	Jamie McCarthy	Lori Dornbusch	Patrice Schroeder	Yelena Gonzalez

Discussion/Progress:

The meeting began at 8:35 a.m.

Paula T. Good morning and welcome everyone to the 3rd Wellness Promotion Task Force (WPTF) meeting for the 2012-2013 school year. We want to wish all of you a Happy New Year. Thank you all for taking time out of your busy schedules to be here today. Let us all stand for the *Pledge of Allegiance*...

Steve B. Good morning and thank you all for being here. Happy New Year and for those who I have not seen – this is the first meeting of the New Year and we are very excited to be here. I would like to recognize Mr. Mike Murgio our **District 1 - School Board Member**. We appreciate you being here and Mike you are now officially on the WPTF and the School Health Advisory Council (SHAC). I would like to mention that the District in the first half of the school year was recognized as a 2012 **Broad Prize for Urban Education** finalist and received \$150,000 towards student scholarships. School districts cannot apply for the Broad Prize. To be eligible for the Broad Prize for Urban Education - districts must meet certain criteria related to size, poverty, minority enrollment and urbanicity. They research your district and they look at gains being made with graduation rates overall and specific to African American and Hispanic students. The District has been doing an exemplary job in making those gains. It is a fantastic



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honor to receive that Broad Award finalist status.

On January 30, 2013 the District was in the midst of a Re-Accreditation process. The School District of Palm Beach County has been re-accredited for the next 5 years by one of the organizations both national and international called AdvanceED and its Commission. Included in that was a piece of Wellness – what Kim S. does and what we do together. It comprehensively shows that we are all moving together for the benefit of **Kids First**. Thank you all for participating.

Paula T. We were very privileged to have the opportunity to present our 5th edition of our **WPP Annual Report** to the School Board on December 5, 2013.

The 2012 WPP Annual Report was shown www.2012wellnessannualreport.com/

We wanted to take this opportunity to show you the welcome message and to thank you for the time that everyone allotted to contribute to this important annual report. One of the key-words of our Task Force that I will say this morning is the word **“together”**. When we started in the year 2006-2007, we knew there were a lot of silos within our district and community...but as you witnessed the participation of this morning...this truly shows how **“together”** we are and have become as the years progress. We should all be proud as a district and community...we have come a long way. We still need to do more and give more...and as our former Chief Academic Office - Ms. Judith Klinek will say let's **“Keep pressing on!”**

I am going to guide you a little bit through the **Introduction Chapter, Nutrition Education, Physical Activity, Other School/Department Based Activities, Nutrition Standards/Promotion and United Resources**. The **WPP Annual Report** can be found in every tab of the District's website – **Students, Parents, Employees and Community**. We have to present this by law not only to the Task Force but to all the public...as this Annual Report serves as a historical public record. It shows fidelity of implementation of programs/initiatives undertaken. We are working hard with initiatives and we commend all of you for the dedication that you give to your agencies and the District. However, if you are not documenting the progress of programs, if you are not writing down its history...then it really is not anywhere and the beauty of this District's Annual Report is that it has been kept as a total historical document since its inception in the year 2006 through the **United Resources** tab under **Archives**. The archives are located under the **Introduction** tab as well in this new edition. The initial report in **2006-2007** was a Progress Report totaling 36 pages. Then we moved into the 1st Annual Report completing **68** pages. The third year - we saved trees and went green...and this Annual Report became a massive elephant. We recognize that it takes time and effort...thank you all. Presently, we are living the year **2012-2013** and we hope that you are putting your efforts to keeping your due diligence and putting your story together because soon enough we are going to have a meeting to discuss how we are going to tackle our 6th edition of this WPP Annual Report and the collection of materials/assets. Again...*thank you all very much!*

This past December 5, 2012 we were privileged to have our 2nd Annual **Wellness Celebration**. It was because of the Task Force feedback and recommendations that we were able to recognize that some people were unable to come to morning meetings. Therefore – we changed two meeting to the afternoon. We wanted to have parents, children, teachers and other people to come. The 2nd Annual **Wellness Celebration** was awesome and over 300 people attended.



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TEN Video was shown...the 2nd Annual **Wellness Celebration** event was *beautiful, fun and extremely magical*.

It is our responsibility to keep evaluating and assessing the WPTF meetings. We need and want to hear your feedback to confirm if we are moving in the right direction. Please refer to the blue sheet in your Agenda packet for the October 17, 2012 WPTF meeting feedback.

We create a meeting survey through SurveyMonkey a couple of days after each Task Force meeting...please take only 2-3 minutes to complete it – we appreciate the input of all attendees. And now - Steve will review the December 6, 2012 2nd Annual **Wellness Celebration** event feedback.

Steve B. We have a responsibility to survey our events and not only from a public law standpoint but to see how we can improve the events as we move forward from year to year. There were 6 questions specific to the 2nd Annual **Wellness Celebration** and there were 80 responses to the survey as follows:

1. How organized was the “Wellness Celebration” event?

- 95.87% (77) stated Extremely Organized

2. What did you enjoy most about this event’s “Meet and Greet”?

- 18.9% (16) stated Networking
- 12.17% (9) stated Hors d’oeuvres and beverages
- 5.33% (4) stated Location and Time
- 63.6% (51) stated All of the above

3. How useful was the information presented at the “Wellness Celebration” event?

- 99% (79) stated Very Useful and Useful

4. How would you rate the presentation by the Keynote Speaker Dr. Brian Sheen?

Appropriate for the Event

- 68.13% (52) stated Excellent
- 26.3% (22) stated Good

Overall Presentation

- 60.0% (43) stated Excellent
- 35.7% (29) stated Good

5. How was this “Wellness Celebration” meaningful to you? (I will mention a few)

- Increased my awareness in all of the efforts by various individuals and groups to promote wellness in our district.
- It gives you a sense of a lot of people working toward a common goal
- It was quite meaningful. I am glad that someone is appreciating the efforts of the Wellness Champions and others in support of the Wellness Initiative.
- Glad our efforts in Physical Education are noticed given the difficult circumstances that we have to work in these days in education.
- I really enjoyed seeing people getting recognized for the work they do!
- Provided inspiration to continue improving my health.
- It meant so much to be honored in a way we are often forgotten. Thank you.
- Seeing the Administration and School Board Chair take the time to attend and speak



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to us. I was impressed that the Wellness Program has taken off and is supported by the administration of the school district.

6. Please provide any additional comments or feedback so that we can improve the 3rd Annual "Wellness Celebration" on December 2013.

- I personally stayed to see the whole event as I wanted each award winner to feel honored... the program was a bit too long but I wouldn't know how to shorten it other than do half the organizations then another day the other half.

Putting together an event like this in 2 days will be extremely challenging. To try to shorten it will be challenging too but we do have a challenge because there were a number of people that said the event was too long, we need to figure out how to make it more exciting than it was this year, shorten it and making it more impactful. We are looking to all of you for some recommendations. Next year, we would like to provide prizes for the people in the audience like giving away a trip or a grand prize at the end and having more testimonials. We are open to any recommendations that you may have because we have to start planning now. So if you have any fantastic ideas we would love to hear them.

Paula T. We are honored to have two wonderful people to address the issues of Mental Health. Pam Gionfriddo has more than 20 years of experience working with the nonprofit, public, and philanthropic sectors nationally. She is the CEO of the (MHA) Mental Health Association of Palm Beach County, Inc. www.mhapbc.org. Before moving to Florida five years ago, Pam was the Director of Consulting for a Management Support Organization in Austin, Texas where she provided board development, planning, evaluation, fund development, and organizational consulting for health and human service agencies, housing, environmental, education, public agencies, and cultural groups.

Paul Gionfriddo has been a mayor, six-term state legislator, policy consultant, and nonprofit executive during his career. He has focused his work on public health, mental health, children's health, community health, primary care, and long term care policy. He has been a member of the adjunct faculties of Wesleyan University and Trinity College. He is the sole author of **Our Health Policy Matters**, launched in 2010 to bridge the gap between policy and information. He has an informative blog that I enjoy reading.

Pam G. Hello friends and colleagues – Paul and I met because of our work and we have personal experience with a family member with serious mental illness. We have a unique perspective on the issue of mental health and wellness. We were invited to do this event before **Sandy Hook**. Sandy Hook has raised the issue of mental health and wellness to a new level and is shining a new light on mental health and how we can prevent tragedies like Sandy Hook. There is always the danger that people think mental illness is equated with violence. People with mental illness are more likely to be the victims of violence than the perpetrators. However; there are some instances where a person with mental illness can have really bad outcomes. But it can be prevented. We can prevent mental illness from escalating into full blown tragedy.

There is a prevalence of mental health issues in our society.

- 1 in 4 adults have a mental health condition
- Half of our population will be diagnosed with a mental health condition at some time during their lives



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- 45% of those have 2 more co-occurring conditions
- 6% have a serious mental illness
- 20% of children will have a mental illness
- “Half of all lifetime cases of mental illness begin by age 14.” – NIMH
- Treatment is typically delayed by 10 years

We need to catch and identify kids earlier. We need to get them the help they need. “For the first time in more than 30 years, mental health conditions have displaced physical illnesses as the top five disabilities in U.S. children.” ~ JAMA, July 2012

“One out of every ten children or adolescents has a serious mental health problem, and another 10% have mild to moderate problems.” – APA

These kids are in schools and many of them need help. **54,000** children in Palm Beach County either currently or at some point during their life, have had a seriously debilitating mental disorder. More than **17,000** children ages 8 to 15 have a mental disorder each year. The number of children being Baker Acted in schools is going up dramatically. We know that the problem is big and I have a particular problem with kids being led by police in handcuffs. Florida is 49th in spending for mental health services. We spend \$30 per person versus a nationwide average of \$120. Here locally we had a **\$12 million** cut this year alone in funding for mental health services. Mental illness is a disease similar to cancer and diabetes. Kids in school are targeted for acting out or behaving inappropriately. Those kids may have a physical disease that needs to be treated and it is not a behavioral choice. How would you like to be blamed for your behavior if you had cancer? Mental illness cost our nation so much – similar to the cost of cancer. The costs go far beyond dollars. It affects how families are functioning and how kids function in school and how schools meet their educational outcomes. Paul will give you a real life case study which has been recently published in **Narrative Matters**. It has become one of their most popular articles ever. I encourage you all to read it.

Paul G. In that overview Pam made that very important point that mental illness is an organic brain disease not just bad behavior. We often default because the symptoms are behavioral and for reasons of stigma we talk of behavior instead of mental illness or addiction. It is often difficult for people both in the school setting and in the community setting to recognize people with mental illness as easily as it is for people to recognize children with other kinds of chronic conditions and disabilities associated with chronic conditions such as obesity. Kids with mental illness do not look any different from other kids. As a result when Timothy was in 6th grade he was most often blamed for his own mental illness. Principals and teachers just wanted him to follow the rules and everything would be okay as if it were possible for Tim. Tim’s parents were often blamed for his mental illness. When Tim’s special education teacher was asked under oath what Tim’s major problem was – his answer was overprotective parents. Tim’s kindergarten teacher noticed some of the differences:

- **Isolation from other students**
- **Inability to stay organized**
- **Difficulty in following directions**
- **Difficulty in pursuing work to completion**
- **Wrote poorly**



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That was a constellation of symptoms that was sufficient for Tim's kindergarten teacher to recommend an evaluation for additional services. It took more than three years for Tim to be admitted into the Special Education Program and another year for services to begin because on the other side:

- **Bonded well with adults, and aimed to please**
- **Excellent communication skills**
- **Participated in age-appropriate activities**
- **Excellent gross motor skills**
- **Read well**

So what did Tim look like – a boy who was showing signs at the age of 5 when he laid down in the middle of the street just to see whether a car would run him over. He was exhibiting the early symptoms of schizophrenia – this was the profile with which educators and clinicians were confronted with. Tim did not look any different from other children and in many respects the mixed bag of presentation of symptoms that Tim had was very similar to those of any typical 5 year old. So what happened to Tim over the next 10 years:

- It took three years to get Tim enrolled in special education, and another year for services to begin
- It took four years and a suicide attempt before Tim received a diagnosis of a mental illness
- He changed schools five times
- He was removed from schools at least 4 times for behavioral reasons
- He made no progress in math or spelling after 3rd grade
- He entered the juvenile justice system
- Then he was ready for high school

So what happened in high school for Tim? Tim had a 35 month Freshman Year. He attended a technical school, regular public school, private school, boarding school, hospital school, and then a charter school. None of them work, neither private nor public, neither specialized nor generalized educational setting. He had at least 4 short-term hospitalizations and 2 long-term hospitalizations in Idaho, Connecticut, and Texas. He had at least 2 fights that got him suspended from schools – behavioral concerns because he could not follow the rules. He was sent once by the courts to drug rehab and once by his insurer. Neither time was he actively using drugs there were other times when he was but not sent. Tim was finally diagnosed with schizophrenia at the end of his 35 month freshman year. 12 years after he began to show symptoms, and 7 years after he first reported hearing voices. We did not identify Tim, we did not intervene affectively and yet he had a wealth of clinical and educational support services that were being provided. Sadly Tim got caught up in a chain of neglect – how public policies fail people. While symptoms of mental illness most often appear during childhood, we typically do not begin to treat it appropriately until children become adults. This is because of resistance on the part of parents, educators, and clinicians none of whom really want to face the realities of serious mental illness in young children because they involve us all doing a great deal more than we are otherwise willing and able to do. As a result, adults with mental illness **41%** are receiving no treatment but **49%** of children are receiving no treatment. **20%** of children have



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mental illnesses, but only **0.8%** is identified with emotional disturbances for special education. In any given school system we are providing services to **1 out of 25** kids who need them. The number served has been going down every year nationally since the mid two thousands. We are now at levels of identification that are remarkably similar to when Tim was 5 years old in 1990 – 1991. It is a result of what happens when we fail to address these issues and fail to enroll these children in special education. We move them from classrooms to Scream Rooms. Not every child who is removed voluntarily or involuntarily has a mental illness (removed through suspension, expulsion or because parents withdraw them). But every child like Tim with mental illness has been removed from school at some point. Schools now move kids to in-school suspension. In Middletown, Connecticut they made the news because they were called Scream Rooms and they made the national headlines because kids were literally being put into closets in a progressive school district to get them out of a regular classroom and help them calm down when they have behavioral incidents. This went to the Superintendent who said that we should not be doing it for all kids only the special education kids from now on. Students go from Scream Rooms to prisons. The three largest mental health facilities in the nation are Riker's Island, The LA County jail, and the Cook County jail. Tim's most stable addresses in his adult life have been the Travis County, TX jail and the San Francisco jail. While **6%** of the general public has a serious mental illness, **15%** of male prisoners have a serious mental illness, and – **31%** of female prisoners have a serious mental illness (*a group that we often do not talk about*) end up going from jail cells to homelessness. A felony conviction is all it takes to disqualify someone from regular rental housing. Tim has had some felony convictions but even before he had his first one he lost three supported housing placements that Pam and I found for him in Austin, TX. Then the housing coordinator refused to give him a reference and as a result he moved to homelessness. **33%** of homeless people have a serious mental illness. **38%** are alcohol dependent and **26%** are dependent on drugs. Then they go from homelessness to hospitalization. **12%** of all emergency department visits are for mental illness or substance abuse. Mood disorders are the 3rd most frequent hospital diagnosis among all people up through the age of 45. Other than live births, mood disorders are the most common diagnosis among Medicaid recipients, and the most common diagnosis among the uninsured. Tim exhausted his "lifetime" mental health benefits when he was a teen. People with serious mental illness live more than 25 years less than people without mental illness because of ineffective treatment for other health concerns. Many of the chronic conditions are being attacked by the strategies of the Wellness Promotion Task Force. This means that we cannot look at one part of the individual we have to look at both physical health and mental health. States cut **\$4.6 billion** cut from MH services from 2009 through 2012. When Tim finally agreed in 2012 to wait in jail for a treatment bed to open, he waited for 3 months, and then decided to return to the streets. This is the chain of neglect that we have built through many years of poor policy decisions and many years of implementing those decisions in ways that are inappropriate for parents, children, and for all of us professionals who work on behalf of children and their families. There are effective ways of breaking the chain of neglect. The Mental Health Association of Palm Beach County, Inc. is working at the forefront of these and Pam will share some of these with you in a minute. You can read the details of Tim's story by visiting: <http://pgionfriddo.blogspot.com>



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You will be able to get a narrative and all the links associated with Tim's story. In the absence of policy changes being made it is great that we have people like Pam doing the work that she is doing.

Pam G. Tim's story is an extreme case. Only **6%** of people will develop a mental illness like schizophrenia. Tim was adopted by Paul as a baby along with three other beautiful babies. Tim is my stepson.

Seth B. Pam we really appreciate your presentation. You are an awesome presenter because you get to the heart of the matter with mental health and what needs to change. Many people in this room are involved in the School Health Advisory Council (SHAC) and one of the recommendations is to work with the District to improve School Based Teams (SBTs) – there task is to focus on academic and non-academic needs of kids. Screening is something that is very important and for the SBT to know about community based resources and where to turn for help and not being afraid of talking with families around social-emotional behavioral issues with their kids. Boys Town also screens kids in school. Right now we are screening about 2,800 children in elementary school for social-emotional behavioral issues. The screening is done in 12 elementary schools and the program is funded by Children Services Council of Palm Beach County and 2,800 out of 180,000 is a small number.

Connie S. Let's not forget the children who are caring for adults with mental illness. It takes a toll on the kids. The recognition of the children in that role is also important.

Will G. This is close to my heart, I have worked all my life with students with behavioral emotional disabilities and I have worked with many entities trying to address the mental health and well-being of students. There is an acute need in Palm Beach County. I like the platform of awareness, early identification, and addressing stigma for parents to come to terms with their children. If we were able to accept and recognize and start early, we would see that our children would benefit from it and do better and stabilize. Mental illness is treatable, lifelong illness and it needs to be managed. In order for individuals to be valuable in the community, mental health is value added and we need to respect and do everything we can to make sure that we have the best mental health in our community because those are the citizens will continue to make our community prosper in the future. Children with mental health issues are in our schools and just because children have mental health issues they do not have to be put in special education. There are children who are maintained in general education who have the key components like physicians treating them, wrap around services, parents working with support organizations for the students to be doing as well as they are doing. Within our school district we do have processes in place such as SBT in being able to determine a diagnosis for that particular child and if the child is eligible for services under ESE. We provide family counseling in our schools and in our center school Indian Ridge which serves the children that have the most intense need we offer counseling, psychiatric services to manage medication issues. I want to thank you for your presentation and I am glad to hear what is happening in the community and I hope to be able to collaborate. We have lost funding through Medicaid and manage care and we need to bring these resources back.

Paula T. Thank you Pam and Paul for coming this morning to present at the Task Force. This is a serious matter and a sensitive topic. Some of us may be experiencing situations which we



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do not realize with our own friends and family members and we are put in situations that are awkward. Mental illness as a disease that sometimes the resources seem a little intangible. With cancer the resources appear more tangible than Mental Health. It is scary when you do not know how to give help and provide the appropriate resources to someone you love. It was definitely a valuable presentation and we appreciate both of you coming this morning to the WPTF meeting. The ***Soul Source Project*** is an effort with The School District of Palm Beach County and the Palm Beach County Food Bank. Mr. Perry Borman, Executive Director is here and again this initiative started with our Task Force...this will be our 2nd Collection Period. There was a Bulletin out to all school principals through the district leadership to support collecting for this valuable effort. Our first collection period started with the October 17, 2012 WPTF meeting collecting 129 pounds and our schools collected a total of 2,672 pounds. We will report on our progress at every meeting.

Palm Beach County Food Bank video was shown...we encourage you to bring a few non-perishable goods to our meetings. *We appreciate everyone's support.*

Perry B. I would like to thank Steve and Paula for this partnership. We are excited about the opportunity to change the landscape of hunger relief in Palm Beach County (PBC). PBC has never had a locally governed food bank before and we need one. We appreciate the partnership between the District, the schools and the School Food Service Department – it's phenomenal.

Paula T. Thank you Perry – we have also been supporting the Community Blood Centers of Florida, Inc. in the past several years – thus far; we have not reached our goal of collecting 150 pints of blood. This school year - the District building with the support of the WPTF meetings have collected 71 pints thus far...we still need **79** pints to get to our **150** goal. We encourage you all to donate blood today. There is a Blood Drive van outside and if you donate today you get a movie ticket. *Please help us reach our goal!*

Other School/Departments Based Activities - Updates:

No Update from *Curriculum & Learning Support*

Kim M. *Single School Culture© Initiatives* – Good morning, I want to thank the WPTF for all efforts made to include my work on Bullying Prevention. I appreciate all your efforts to provide employees, adults, and students with all the necessary pieces. Your initiative is one that is used as a model for all of us to sustain our piece. The Department of Safe Schools has been renamed to Single School Culture© Initiatives and there are two parts – Student Intervention Services and Single School Culture© Initiatives. When we think about our work in Bullying Prevention we are still remembering to promote all those positive ways that we need people to interact. Valentine's Day is coming up so if you can show appreciation to anyone and identify the people in the school that you service please thank them. If there is any way you can, please support our Guidance Counselors, School Based Team Leaders, and School-wide Positive Behavior Coaches in the work that they do. They are there to take care and look deeper into the child as Paul and Pam mentioned. Rick Lewis and I work on the Climate and Behavior area of Single School Culture© Initiatives - we bridge the gap between Curriculum and Student Intervention.

- We continue to work on the **Prohibition of Bullying and Harassment Policy 5.002** which has been revised. It now includes and has emphasis on not only the Bullying but if incidences do not meet the criteria for bullying and it is a systemic pattern of behavior



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there are other statutes and laws that we must adhere to. We are continuing to respond to all incidences of mistreatment or social cruelty.

- We are working with the Legal Services Department to provide Administrators with guidelines and procedures in responding to bullying by interviewing, investigating, and supporting.
- The latest research shows that unless we are supporting both the student and the victim that the bullying incidences are not going to change. Our efforts go beyond compliance to moral obligation to make sure everyone gets the help that they need. Training our school personnel in establishing behavior expectations and promoting the way in which we want our kids to behave and how to handle violations.
- We have increased our effectiveness by having students and adults report issues involving mistreatment and bullying. There are many in here that provide us with support **211 Palm Beach County** – thank you Patrice and the Mental Health Association of Palm Beach County, Inc. This year we are working on improving our student-led initiatives involving students in the process of making schools safer. We worked very closely with the Student Council who has asked the School Board for groups on campus that is inclusive to all, where kids can go and deal with adolescent issues.

Seth B. This week is **National School Counseling Week February 4-8, 2013**. I just wanted to recognize these individuals. I think that there are over 400 Counselors in the District and they are a part of the solution that Pam and Paul are talking about along with School Psychologists, ESE staff, and Family Counselors.

Paula T. The School Counselors were going to be here today but there is the School Counseling Association Conference this week. We are going to have them in the April 3, 2013 WPTF meeting as speakers. The key word of our success is **“together”** - our success is because we are collaborating, networking, supporting and helping each other to put **Kids First** in Palm Beach County.

Will G. *Exceptional Student Education (ESE)* –

- I am fortunate that the department that I work with really embraces the culture of wellness. We embrace the disability community and jump right in to support any endeavor that we can.
- We also fund a discretionary project which is **SEDNET – a Multiagency Network for Students with Emotional-Behavioral Disabilities**. Ms. Joanne Thornton is our **SEDNET** representative. This project which is funded by the Florida Department of Education works with all mental health providers and community organizations to address the mental health needs of our students. With regards to our department there is a rich culture and history of wellness activities.
- We had a team for the **Buddy Walk** – which was held by the Gold Coast Down Syndrome Organization. We raised a lot of funds for that event. I am the Chair of this year's Autism Walk that will take place on **March 3, 2013** at the Meyer Amphitheater. We are also doing a **5K Run**. We have a team to support this event. These activities unite us for a cause and have a wellness component directly related. Our department has done an Apple a Day and we will be promoting WonderFit.



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- We have stress busters and activities to embrace us as a family. We have a calendar of events that we do during the year such as thematic luncheons. We try to build fun activities such as line dancing night, Chili cook-off and staff picnic. I encourage you to look at all the different activities that you can do to promote wellness within your departments.

Kim C-W. *Student Intervention Services –*

- We are excited to roll out an alternative to suspension replacing our FACE IT program. We have started it in 3 sites. It allows youth who have made mistakes related to alcohol, tobacco and other drug use to attend these sessions in lieu of 5 days suspension. The program started 2 weeks ago at Santaluces Community High, Spanish River Community High, and Palm Beach Gardens Community High.
- We work with the Action Alliance and the Mental Health Association of Palm Beach County, Inc. We had 70 parents show up on Saturday, January 26, 2013. These parents are crying out for help.
- There will be another **Breaking the Silence** series event in March 2013.
- We have coordinated **Do the Write Thing** with the District. This is a middle school essay contest. The winner goes to Washington D.C. to meet the President. Bill Bone's Law Firm sponsors this with our Sugarcane Industry. The top 3 winners attend a luncheon held at the Kravis Center.
- **The Ethics Bowl** in conjunction with **Character Counts** will be held on February 16, 2013 at Lake Worth Community High. Thanks to all of you who have committed to be judges and moderators. We have 8 schools with 20 teams. The winner this year will get to know to nationals in North Carolina.
- We have 2 walks coming up for the Homeless population and Foster Care. The Kiwanis is sponsoring a walk on February 23, 2013 at 8:00 a.m. at Lynn University. If you live south and you want to walk to help pay for scholarships for our homeless seniors please join us there or the Palm Beach Homeless Coalition is having a huge walk downtown both are on the same day.
- We have sent out the **Florida Use Substance Surveys** and we will collect them on February 12, 2013

Cathy B. *Student Intervention Services –*

- I do not have anything from Health Services but I would like to say the walk on February 23, on our Homeless program – the acronym is called **HEART** and it is also during the month of February which recognizes the impact of heart disease in women. Support our **HEART** program and support your own heart.

Paula T. Lauri Ann B. we are glad that you are here to represent Dr. Janis Andrews.

No Update from *Chief Academic Office*

Miguel B. *Choice and Career Options –*

- We had the Health Occupation s Students of America (HOSA) Regional Leadership Conference that happened 2 weeks ago at Keiser University. There will be 15 high schools represented from Palm Beach County attending the State Conference.
- Palm Beach County Medical Society is nominating students and 15 medical academies



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are selecting one student competing for the Heroes in Medicine Award. One of our students won with another student from FAU last year.

- We have the first Bio-Medical Veterinary Technology Academy at Acreage Pines Elementary opening in August 2013. This is the first in Palm Beach County. We are trying to be a model academy for the state and nationally.

Liz S. *Choice and Career Options –*

- February is **National Career and Technical Month**. We have an awards dinner to honor our teachers, administrators, academy coordinators and the dinner took place last night at the Kravis center. We had almost 400 people attending and we give out awards in the various categories. We know that our teachers and administrators work hard and need recognition.
- So far we have had **17,200** applicants for the Choice Programs. We are going to have a lottery in March and then in April we send out the Letters of Acceptance to students.

Steve B. As a proud district employee, the 236 Career and Choice Academies the Palm Beach County school system are just top notch. As a proud father, my son participates in the HOSA Program and did go to Keiser University for the competition and will be going on to the State's Final. What a wonderful event it is to see those kids beaming with pride at the award ceremony was wonderful. *Thank you for everything that you guys do.*

Kim S. *Employee Wellness –*

- The **WonderFit** wellness competition begins today. We hope to have employees get fit and feel wonderful with this district-wide competition. We have 1,000 employees registered to date. We hope more people will participate. It is similar to our Apple a Day program.
- **Wellness Champions** are busy implementing a lot of great programs. In January we hosted a mid-year Tea Party which was fun, informative and relaxing. We treated them to tea, treats and massages. Thanks to everyone that helped and participated and thank you to the Wellness Champions that are here today.
- We are getting ready to host the 2nd Technical Assistance training for the **Alliance for a Healthier Generation** for the 22 schools involved. We have several schools interested in applying for national recognition. We are adding any school that wants to participate and get more support for 2013.
- We have begun outreach for our **Wellness Rewards Program**. Our 2013 program offers new deadlines, some more flexible options for additional preventative exams, online and telephonic health coaching. We are going into our 3rd year and it is exciting to see **80%** participation. We are starting to see positive trends and costs savings.
- We continue to work with Transportation. We offer onsite screenings, mammography, nutrition classes, exercise classes, and weight loss competitions.
- We continue to work with the **Employee Assistance Programs** (EAP) to find solutions with work related stress. Our EAP Committee meets next week and in addition to expanding our work-life benefits we have added a new component called **HealthAdvocate**. This helps employees and family members navigate the complex health care system. It is a great no cost benefit to our employees.



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- We have two grants that are doing well. **The Florida KidCare** school partnership project helps to get uninsured kids access to health insurance. We have partnered with the Palm Beach County Health Department to promote 16 week coaching classes for **Diabetes Prevention and Control**.

Paula T. There is a lot going on in our district. It is amazing when we go out to the schools and I hear from Principals, Teachers, Wellness Champions and so many others. The changes and the efforts that are happening are quite positive. People are losing weight, people are more mindful of healthy behaviors and they are also being much kinder to each other and working on how to manage stress. Creating a wellness culture takes a grassroots effort and time but this culture is slowly showing all over our school district.

No Update from *Environmental & Conservation Services*

Natalia A. *Public Affairs* –

- Scholarships are available for those preparing for college. Check out our Facebook page the scholarships are listed there.
- Two major conferences coming up – the **2013 National Green School Conference** will be held on February 22 – 24 at the Palm Beach County Convention Center. There is a great discount for teachers. Buy one get one free. Visit the website for more info: <http://www.greenschoolsnationalconference.org/>
- We also have a Technology Conference coming up on Tuesday, February 19, 2013 at Santaluces Community High School. Lee Kolbert is here to answer any of your questions.
- We had more than **1,300** entries for the **Alcohol Prevention Poster** contest. The six winners from each category were from **Morikami Elementary, Freedom Shores Elementary, Okeetchee Middle, Roosevelt Community Middle, Boca Raton Community High and South Tech Academy**. You will soon see those posters in the buses. Please email me if you would like to volunteer to put the posters in the buses.
- College is Possible is another event that we will be having for high school juniors and seniors. It will be held on February 23, 2013 at Palm Beach State College in Lake Worth. This is a partnership with ASPIRA and Palm Beach State College and is a preparation event with guidance on going to college.
- If you have any events – Public Affairs is here to help in any way that we can to disseminate the information. Subscribe to **Get in the Loop** and like us on **Facebook**.

Paula T. In your Agenda packet you received a sheet with **Community Events and Announcements** - please send us your events so that we can promote them on your behalf.

Michael O. *Planning and Real Estate Services* –

- With regards to our involvement in the **Safe Routes to Schools Grant** – it was extended until May 2013. This will enable us to continue the non-infrastructure efforts in a number of elementary and middle schools involved.
- We have a **Safety Poster Competition** for 5th graders. It involves students watching a 20 minute video about walking and biking to school safely. 12 posters will be picked for a calendar for 2014.
- We are working on a **FDOT Bicycle Training** to be done before the end of the school



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year. We had a conflict with dates and unable to do it in February.

- We have hired a Health Coordinator for Gove Elementary to monitor Commit 2B Fit Program for the 6th graders. It falls under the SAC program.

Paula T. *Nutrition Education*

One of the important things is changing the lives of children and we cannot do it without schools changing their practice. Through the past years the School Food Service Department have supported Health Fairs that have changed the lives of children in a day. We wanted to highlight an event that we had in November 2012. These events are happening in many schools as we approach March which is National Nutrition Month. We know that schools will be having events and we are hosting one on March 20, 2013 at Seminole Ridge Community High School. It is the smiles of the children that change your lives. It is these children that we are touching with a breakfast meal, a lunch meal and thank you to all the collaboration of our partners:

- ♥ Palm Beach County UF/IFAS Extension Agency
- ♥ The Center for Group Counseling
- ♥ ABCD Eat Right
- ♥ Kawa Orthodontics
- ♥ The DeVos-Blum Family YMCA of Boynton Beach
- ♥ Caridad Center
- ♥ Campbell's North America
- ♥ Erneston & Sons Produce, Inc.
- ♥ Short on Thyme – Chef Shelley
- ♥ Drowning Coalition, Palm Beach County
- ♥ District Employee Wellness
- ♥ Hammock Pointe Parent Teacher Association (P.T.A.)
- ♥ Hammock Pointe Physical Education Teacher and School Health Nurse
- ♥ Hammock Pointe students showcasing their talents in singing and cheerleading
- ♥ The School Food Service Department promoting “***Fruits & Veggies More Matter***”

I want to thank our team in the SFS Department – especially Ms. Chantal Gellermann, our Nutrition Educator who has taken over the responsibility of organizing the Health Fairs and she has done a fantastic job. Also, thank you to all the cafeteria staff and the SFS Managers.

Denise G. *Physical Activity* –

- Eric S. is attending a 4 day workshop in Orlando on how to measure assessments to develop K-8 Physical education and exams.
- I would like to share quote that we live by “***Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work.***” - Vince Lombardi
- Up to **2,000** students from 33 district schools participated in the **2nd Annual South Florida Fair, Kids Read & Run Marathon Mile** on January 19, 2013. School Board Members Mrs. Jenny Prior-Brown, Mrs. Karen Brill and Board Chairman Mr. Chuck Shaw congratulated students with their award medal at the finish line. Thanks to everyone that assisted with that event.
- On January 17-18, 2013 a NY Times reporter observed physical education lessons in the following schools: Manatee Elementary, Everglades Elementary, Indian Pines



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Elementary, and Seminole Ridge Community High School. As soon as the article is published we will share it with everyone.

- The Honda Classic Art Contest for K – 5th grade was held in December 2012. This year's art themes were: The Fun and Excitement of a Honda Classic, and Playing Golf with Family and Friends. This year's winners will win free tickets to the event and their school will receive a cash award and the art will be used to design the Kids Classic Tickets. The 2013 Honda Classic Golf Tournament will be held on February 25 – March 3, 2013. The winners were 3rd Place – Hammock Pointe Elementary, 2nd Place - Beacon Cove Intermediate, and 1st Place prize went to Heather Slay from Timber Trace Elementary.
- Eric S. was one of twelve leading physical education experts from across the United States selected to be a part of the CDC's first ever National Urban Physical Leadership Coalition. The 1st meeting was held in December 2012. The main focus of this coalition is to develop a National Physical Education Policy. The next meeting is scheduled for April 2013.
- On February 19, 2013 at John I. Leonard High School will have Professional Development training for all middle and high school PE Teachers. This training will emphasize sharing best practices, how to implement assessments in the next generation Sunshine State Standards within the PE curriculum.

Erica W. *Healthy Kids, Healthy Communities –*

- It is a pleasure to work on this grant. We have had such a great few years. Come to the quarterly meeting tomorrow to find out more. We will be talking about our plans for the future.
- We had our first joint use agreement approved by the School Board. It is at Berkshire Elementary and the goal is to open up the school grounds to the public after school hours such as weekend and holidays. A fence was installed to separate the main school from the play area. This will be presented in our meeting tomorrow by PBC Parks and Recreation Department. It will be available by summer for use.
- In November 2012 we had the 1st Fitness Zone go in. It was an amazing project with many partners such as Lake Worth CRA, Palm Healthcare Foundation, and Wells Fargo. The project was funded by the Quantum Foundation. It was a part of National Diabetes Week. A Fitness Zone is an outdoor gym with equipment; it located north of the Sheriff's Office in Lake Worth. A great location behind Compass and the targeted group are the ones using the Fitness Zone.
- PBC Parks and Recreation put together their first vending agreement to improve the food in the vending machines. This has been a great policy change.
- We also have 21 community school gardens and are trying to get 5 more by the end of this year. They consist of hydroponic beds and we just planted strawberries at North Grade Elementary. We have been partnering with the Sheriff's Office and they have done an amazing amount of work for us. You can get to the garden without going on to school grounds. It is on the corner of 8th Ave N. and K Street in Lake Worth across from the street from North Grade's front door.



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- Lake Worth Middle is producing about 20 lbs. of food a week that they are giving out to their students. We really are getting this food and getting it out to the community.
- We got an agreement from the Facilities Department to do the maintenance on the Bike Trailer. We have been using volunteer support so far and this agreement will allow the trailer to stay up-to-date and functional as possible. It has been going to 9 schools per year and we are hoping to apply for some more grant funding to apply for more trailers. But for right now the students who get the trailer learn about how to ride a bike and all about bike safety.
- We are going to be a part of the 2013 Green Schools National Conference and we will have exhibits there showing all the different ways we grow fruits and vegetables at our schools. We are setting some pictures up and we will have a demonstration of hydroponic beds, some fruit, and butterfly trees.

Amie S. *PEP Grant –*

- We are currently in the 2nd year of the PEP Grant and we have added another 36 schools and 2 special needs schools. As of today the PE Teachers have received most of their equipment and they have had 3.5 days of Professional Development training and are currently collecting data for us. They are scheduled for 2 more days of Professional Development training on February 19-20, 2013 by a SPARK trainer.

Stacey L. *HealthTeacher –*

- I am the Health Coordinator for HealthTeacher and we are sponsored by Miami Children's Hospital. Miami Children's has 2 outpatient centers in the county – one in Loxahatchee and the other is in Legacy Place. We work with teachers to make health education exciting and inviting. We are upgrading lessons to make them more innovative with Common Core Standards and Marzano. I go out to the community and present to the teachers. I work with them to help them teach more health education in their classrooms.
- In January 2013 we launched a new interactive game called GoNoodle which provides quick fun brain breaks to help re-engage and re-energize students. There are 4 games which are 5-6 minutes. Two have been launched and we are getting great responses so far from both students and teachers.

Jamie M. *Nutrition Standards and Nutrition Promotion*

- Regarding the USDA Nutrition Standards that came out last January 2012 for SFS Departments across the nation – this school year was the first major implementation and it really affected how school districts needed to create lunch meals for students. It was looking at increasing fruits and vegetables, whole grains, low-fat dairy options and by February 2013 school districts across the country needed to go through their certification process to ensure compliance. We started the process in October 2012 and we completed our onsite review at 5 schools in December 2012 and Palm Beach County was certified. Our breakfast and lunch meals even the high school and middle school re-engineering programs are in compliance with USDA Standards. It was a tedious process but it is good for our district and we are excited to continue the process of improving the nutritional integrity of school meals.



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- We have been working with our local farms over the past years to increase the Farm to School products being offered through the lunch menu. This year our state through the Florida Department of Agriculture – Food, Nutrition and Wellness Office has also put out a Farm to School bid. We have been using our local Farm to School bid and the state bid as well. We have been serving sweet corn, green beans, yellow squash, zucchini, carrot and green bean medley. These products are coming from Delray, Boynton Beach and Belleglade. This week and next week we have strawberries coming in to the schools along with Florida oranges and mini sweet peppers. The Farm to School is really kicking off and we are really exposing kids to fresh locally grown products which are delicious and fresh.

Paula T. It is exciting to collaborate on the Farm to School efforts and help our economy here in Palm Beach County with more employment due to the increased supply vs. demand.

Again - we appreciate your feedback...please complete the SurveyMonkey survey - your comments/feedback are important to our Task Force.

We want to thank our wonderful speakers this morning. Mental Health is a critical topic of discussion at this time and we need to be mindful and continue to assess this critical topic by bringing other experts to our future WPTF meetings.

We would like to thank our Board Member Mr. Murgio for attending today.

Mike M. Thank you very much and it is a pleasure being here and I would like to thank everyone for all the energy effort that they put into wellness. With regards to the Gionfriddo's and early intervention – one sad thing as a nation is that we tend to look at things too far down the road and early interventions whether it is for wellness, mental health, physical and/or academics – we need to start looking at children when they are very young. We need to get that word out to our legislators starting at pre-school – that is really where it needs to happen. We are waiting too long to address issues. If we do not change things it will never get better. Thank you for the message that you brought to us this morning.

Seth B. There is a School Effectiveness Questionnaire that is being done this year on the district's website. I strongly encourage you to complete it. Parents can go onto their Edline and ask for the survey in Spanish and Creole at their school. It is open until February 2013. It is a great survey to collect information at the school level. If 10 or more parents complete the survey they can use the data. It is completely anonymous.

Meeting adjourned at 10:30 a.m.

Question & Answer Session

Q. My biggest concern is that children up to the age of three demonstrate and mirror everything that is demonstrated for them. When there is detection of dysfunctional behavior how is it that we are not looking at the family? My concern is that children diagnosed based on a dysfunctional environment. What is out there to determine and decipher for people if a child is experiencing a mental illness or is it behavioral issues?

A. People thought that my family was dysfunctional because of the symptoms that Tim was exhibiting back when he was three to four years old. It was only after the other children younger started to age that people realized that they should not blame the parents. If a simple screening



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tool was used there would have been questions asked and answered about him which would have created a different trigger. We can identify one child from another in a similar environment with the screening tools that are available and intervene earlier. Why not make mental health screening a part of a required screening to be covered by insurance. We are working with pediatricians so they can learn how to do these screenings. It will improve access to care.

Patrice S. – *211 Palm Beach/Treasure Coast*

We are often the first call for help so we are a community partner that is here for you. February 11, 2013 is **211 Awareness Week**. We are doing a campaign to encourage people to upload a picture of their dogs on our Facebook page with a phone. It is an unusual campaign because we deal with so much tragedy throughout the day.

Mindy H. *The Palm Beach County Council of PTA/PTSA*

We are hosting a Family for Fitness and Fun event at Spanish River Community High School on February 23, 2013 from 2:00 p.m. – 4:00 p.m.

Paula T. Thank you all for coming. Please donate blood and we are excited to start WonderFit. See you all at our next WPTF meeting scheduled on Wednesday, April 3, 2013.

Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ Homeless Coalition of Palm Beach County, Walk to End Homelessness 5K – Saturday, February 23, 2013 at 9:30 a.m. Location: Flagler Drive – downtown West Palm Beach ❖ 2nd Annual Families for Fitness and Fun – Saturday, February 23, 2013. Spanish River Community High School - 5100 Jog Road, Boca Raton, Florida 33496 Time: 2:00 p.m. – 4:00 p.m. ❖ The Young Adults Recovery Support Group is back...this group is for young adults aged 18-28 who are living with mental illness and the group will be facilitated by Dr. Jerome Goodman. It will start on Tuesday, February 26, 2013 and will be held every Tuesday at the Lake Worth Office Location: 1520 10th Avenue North, Suite D, Lake Worth, Florida 33460 Time: 3:30 p.m. – 4:30 p.m. ❖ Community Caring Center of Greater Boynton Beach, Inc. ~ Annual Hunger Walk – Friday, March 1, 2013 & Saturday, March 2, 2013 Location: 129 E. Ocean Avenue, Boynton Beach, Florida 33435 ❖ Pink Shirt Day – Wednesday, February 27, 2013 ❖ Walk Now for Autism Speaks: Palm Beach – Sunday, March 3, 2013 Location: Meyer 	<ul style="list-style-type: none"> ❖ 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 ❖ Continue to support the Soul Source Project with collaboration of the Palm Beach County Food Bank at the school and district levels. The next collection period for FHESC: March 18, 2013 – April 2, 2013 ❖ Support the Robert Wood Johnson Foundation's - Healthy Kids, Healthy Communities Initiatives Grant ❖ Create partnerships to sustain continuity of existing programs once the Robert Wood Johnson Foundation's - Healthy Kids, Healthy Communities Grant expires ❖ Continue to seek community stakeholders that bring value to the district's Wellness Promotion Task Force. ❖ Promote the Wellness Rewards Program that begins in January 2013 ❖ Continue to support the Safe Routes to Schools grant extended until May 2013 ❖ Support the Biomedical and Veterinary Technical Academy will be opening at Acreage Pines Elementary SY 2013-2014 ❖ Continue to promote EAP's Stress Management



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Amphitheater, West Palm Beach, Florida ❖ The Lord's Place 6th Annual Sleep Out – Friday, April 19, 2013	Tips for Mental Health
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Assignments:

Person Assigned	Details	Date Due
Paula Triana/Steve Bonino	Planning for 2013 Wellness Celebration	February 26, 2013
Paula Triana/Steve Bonino	Planning for the 2013 WPP Annual Report	March 14, 2013

FY 2012-2013 Upcoming WPP Meetings:

Date	Time/Location	Topics To Be Discussed
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) * May 16, 2012 meetings vary in time as follows: 3:00 p.m. – 6:30 p.m.	<ul style="list-style-type: none"> ▪ Nutrition Standards ▪ Single School Culture© Initiatives ▪ The importance of “Mental Health” ▪ The Healthcare District of Palm Beach County – School Nurses ▪ <i>and many more topics to come...</i>

Change in Current Policy, Procedure and/or Situation:

None

Wellness Promotion Task Force – *Mission Statement* ~

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