



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

March 14, 2013

Topic:

Wellness Promotion Task Force (WPTF) – Small Group Meeting (FY 2012-2013)

School District Goals:

☒ Effective Governance

☐ Customer Service

☐ Safety

Current Policy, Procedure and/or Situation:

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Meeting Attendees:

Allison Monbleau	Donna Winter	Kim Sandmaier	Michael Kane	Rick Lewis
Bruce Harris	Elly Zanin	Kim Williams	Nancy Reese	Robert Canane
Candace Doon	Jamie McCarthy	Lauriann Basel	Natalia Arenas	Stacey Lazos
Christina Davis	Jeannine Rizzo	Lisa Richman	Olivia Rogers	Steve Bonino
Connie Siskowski	Kathleen Moore	Liz Shapiro	Paul Strauss	Tom Aguanno
Denise Griffo	Kim Mazauskas	Mark Murray	Paula Triana	

Discussion/Progress:

The meeting began at 8:35 a.m.

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

Steve B. Good Morning and thank you so much for being here today. Today we will discuss the expectations for the “2013 WPP Annual Report”. This year we have an organize method for putting the annual report together. We have created an internal Gantt chart to monitor progress and be more efficient. Ms. Candace Doon will be contacting each of you as needed to verify changes, additions, and deletions that you may have in reference to your tabs and subtitles. Mr. Robert Canane our website designer will be responsible for creating the Annual Report online. We want to make sure all the pieces go well together.

Paula T. From previous history it shows that organization and timing is the key. In addition, this year we have an administrative team within our SFS Department to assist with the editing of this 7th edition annual report to ensure accuracy and consistency.

Our goal is to have the opportunity to present this annual report to the School Board and District Leadership by either November or December 2013.

We have the privilege today to bring to you an inspirational and motivational speaker ~ Ms. Jeannine Rizzo. Kim Sandmaier invited Ms. Rizzo to the last WPTF meeting on February 6th...and both Kim and I took the opportunity to invite her here today.

We keep pressing on....collaboration and teamwork is what these annual reports have created. Our themes started with Change, Unity, Transformation, Personal Responsibility, and Perseverance. We will continue with the theme of Perseverance and maybe add a tagline to it together.

I am honored to introduce Ms. Jeannine Rizzo this morning. Purpose, Passion and Commitment are three characteristics that well define Ms. Jeannine Rizzo. From an early age, she has honored her deepest desires, and has met with success. A New York State and Eastern Seaboard



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Regional All Around Champion were notable accomplishments during her tenure as a 13 year competitive gymnast. Leveraging her Undergraduate Degree in business, and her Master's Degree in Psychology she began her career in the Learning and Development industry working for the world class organization, Dale Carnegie. Her dynamic presence and genuine passion for people contributed to her success as a Consultant, Speaker, Executive and Life Coach. The impact she has on others and results she delivers led to the establishment of "The Inside Edge" where she debuted internationally working with leaders globally --- so far, 15 countries in addition to the U.S. She released her first book called, "The Inside Edge: 21 Insights to Align Your Success," in 2012, and has now added the role of a Co-Host of the International ITV Radio Show, called "Navigating Life" to her list of accomplishments.

Please help me welcome Ms. Jeannine Rizzo.

Jeannine R. It is my pleasure to be here today. When I attended the last WPTF meeting on February 6th I was blown away and would like to commend all of you for the work being done. Regardless of your individual roles within the District - all of you are coming together for wellness and this is extraordinary. I spoke about the wonderful things that are being done here on my radio show. This is your 7th year and continuous progress is being made. You do not see change while it is happening...you only see change when you look back.

You are contributing to the revolution and evolution of the healthcare industry. Introducing wellness to children is bringing a new perspective, and culture to help them as they grow. We are like sheep following paradigms whether favorable or unfavorable. Greatness is inspired by creating unconventional ways. Differences make us unique. This is the practice of intrapersonal management. It is about managing oneself. It is the practice of understanding who we are and what we do on a daily basis and harmonizing our two worlds. It is the inside world and the outside world. We have feelings and we need to be courageous to move forward.

The goals that you set today are important because they set the trajectory. Everyone that is here has expertise and your collaboration is what creates something amazing. Ultimately you are here to bring wellness together and you are bringing your expertise secondary to the overall mission.

Most people do not like change and they resist it. We only like it when we decide that we are going to change. Fear influences how people respond to situations. The time continuum only goes forward – do whatever you can do today. It is better to try and be unconventional than to do nothing at all. ***"We don't know, what we don't know, until we know we don't know it"*** – Albert Einstein.

My challenge to all of you is to shoot high and to continue incorporating practices. I welcome the opportunity to join you in your endeavor of the evolution of children by bringing them new thoughts, ideas, and ways of being so that they are courageous in becoming what they are intended to be.

Challenge yourself, take a chance because the outcome may be better that you thought it would be.

Thank you for the opportunity to be here today and I look forward to contributing to anyway I can in the future.

Steve B. Jeannine – thank you for your perspective on change and your passion and energy.



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We appreciate you being here today.

Paula T. Steve and I are honored to be the chair and co-chair of the WPTF. We need all of you to work with us so that we can produce a wonderful annual report. Thank you Jeannine for giving us purpose and inspiration this morning...much food for thought. The School Food Service Department's mission statement is "Kids First" -- they are the future of society.

Please refer to your packet to discuss the annual report project expectations. We would like to highlight and have the ability to discuss further regarding our "Perseverance" theme. We agreed that Perseverance has been essential and we have accomplished much but we must keep pressing on.

Steve B. This meeting is informal and is about project expectations. We just got done with last year's annual report and we are starting the new one. Last year when we met we discussed that Perseverance was going to be our catch phrase and mission moving forward. We believe that perseverance is what we continue to do every single year. We want to know from everyone here today if there is a tagline suggestion to add to Perseverance. Everyone here adds value to what we are doing.

- Perseverance – *Keep Pressing On!*
- Perseverance – *Together We Press On!*
- Perseverance – *Pressing On Together!*

Olivia R. How do we show improvement along with perseverance?

Robert C. Keep Pressing On! – What I like about it is that it is short...but it should say something about wellness and it does not. Taglines typically have something to do with what they are selling. It takes time to find the perfect tagline. It needs to make a short and bold statement.

Natalia A. Can we include the fact that we are here for the kids? We are integrating the child as a whole and wellness does that. We should incorporate that focus.

Jeannine R. Write down what comes to you.

Paula T. Please send us your thoughts and suggestions.

Rick L. Maybe we can have a visual with Wellness on it with adults kneeling next to children – lifting this Wellness Block smiling – pressing on. Combining the wellness theme, combining adults and kids.

Steve B. Making sure that the visual is as important as the words.

Kim S. My suggestion to Paula is to have a voting system for the tagline with a few choices and also a request for suggestions. The focus this year has been mental health -- so someone might have a suggestion along those lines.

Jeannine R. Mental health does not always sound good – so you may want to call it mind, body connection because words matter. Neuro-linguistic programming (NLP) is the study of how words impact the mind and influences behavior. Everything that we think about is what we do not want because the first word we learnt was "no".

The challenge is moving toward what we want to accomplish -- for example we want to move away from bullying by establishing camaraderie. The war on terror is all about fear, if we talked about creating peace in the world now we are opening up the topic to something more extraordinary. If you talk about what we can do...we can move to greatness. If you talk about



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what you do not want...you will stay where you are. Nancy R. just wrote "*what you think about grows*" so you want to give your full attention to where you want to be. It is challenging because we do not think that way.

Steve B. I like that line "*what you think about grows*" because I believe what we do here comprehensively really has helped us to grow.

Christina D. Maybe the Prize is the total well-being of the child.

Elly Z. I remember what Mother Theresa said - "*If you have an anti-war rally do not invite me, if you have a peace rally invite me.*"

Thoughts precede action – Deepak Chopra said "*If you wonder how you ended up where you are today, what were you thinking three years ago?*"

Jeannine R. Deepak Chopra has a 21 day Meditation Program on health. It is free online and it is amazing.

Steve B. The term "Peer Pressure" sounds negative and we have made it into "Positive Peer Pressure" taking it from negative to positive. We are influencing, networking and thinking at a grassroots effort to make change. "Peer Power" sounds even better.

Paula T. We will summarize all the suggestions and send out a survey for your recommendations.

In our past presentations to the School Board the question has been about what we are doing for Mental Health? How are we addressing stress? And how are we serving fresh fruits and vegetables? We may want to have a white paper incorporated in the annual report to address these questions to the School Board.

Kim C-W. As far as Mental Health we are doing amazing work with Action Alliance and the Mental Health Association. We will be introducing a play called "Weight of Words" to our District Leaders and we want to extend the invitation to the WPTF members. It is about Bullying and under the umbrella of Mental Health. The play was written and is being performed by Broward County students and the play is sponsored by Action Alliance.

Jeannine R. How do you define Mental Health?

Kim C-W. There is Mental Health and Mental Illness – and they are two different things. Mental Health is like depression, schizophrenia, bipolar where students suddenly do not want to attend school.

For us we need to bring this awareness to teachers. There is a group of kids in Boca called "Friends" who have created a DVD that will be included in a packet to principals. The outcome is for awareness and early intervention so that Sandy Hook does not happen again. We are addressing kids being Baker Acted as well.

Kim S. My suggestion for the 2013 WPP Annual Report presentation to the School Board – we could do a white paper with a summary to highlight greatest accomplishments or a 5 minute video clip instead with a voice over to highlight certain areas.

Steve B. The School Board has a certain amount of questions for clarity when we make the presentation and last year the questions were centered on Mental Health. They guide us indirectly towards certain themes.

Kim M. In our work Mental Health is a state of well-being not some type of disease. We think of what we need to promote positive productivity for each child to reach full potential – mental,



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physical and social health.

Steve B. When we address Mental Health...is there a more positive way to phrase it such as mental well-being? So let us change our mindset a bit for this annual report to make it sound more positive.

Paula T. The 2013 WPP Annual Report runs from July 1, 2012 – June 30, 2013 and all materials need to be due on by **Thursday, July 18, 2013**. We can have conversation if you need an extension for further data collection/assessment.

Please use the edited material from last year's annual report as your foundation, however do not use the same material and just change your numbers. Be mindful that some people are reading the annual report and it can be used as a marketing tool for your department or organization. Please add new topics, programs, initiatives and Candace will reach out to some of you for any changes with your tabs and subtitles.

We encourage you to communicate with your entire team prior to submitting your final documents. We also need a list your contributors with position titles and credentials. We recommend receiving high resolution pictures/photos for infusion. If you need assistance with pictures for an event or photography – please let us know ahead of time and we can work something out with Robert Canane.

Please provide us with your documents in Word format – carefully proofread and edited. Our editing is done to be consistent from subject to subject, tab to tab etc...

Get quotes, testimonials, key facts, graphs, links, videos, agendas, minutes, and keep all progress documented.

Kim M. Can we come up with an icon that distinguishes where our work falls so that the School Board can identify the different representations?

Paula T. We have the eight areas of coordinated school health intertwined with icons.

Steve B. Yes Kim -- Robert and I will discuss that. We can have a key to identify where each tab falls under.

Paula T. Through attendees meeting feedback, as a suggestion we changed two of our WPTF meetings to the afternoon to have more access to students, parents, teachers etc.

The 3rd Annual “Wellness Celebration” is scheduled for December 5, 2013. We had a discussion about the time and the layout of the event and decided to change the time of the meeting from 2:30 p.m. – 4:30 p.m. The Meet and Greet will be held from 4:30 p.m. – 5:30 p.m. We hope to have more people staying to the end of the event. We will be having another meeting to discuss the “Wellness Celebration” and if any of you would like to participate and/or nominate anyone from your group please feel free to do so. Our next planning meeting will be held on Thursday, April 18th at our School Food Service Department office. Again - if there is anybody who wants to attend please let me know.

Our FY 2013-2014 WPTF meeting dates have been set for next year. Please feel free to mark those in your calendars.

Our collaboration and partnerships have been very successful...*thank you all!*

Steve B. Thank you all for being here today and Jeannine – thank you for your input and help. Candace will be contacting each of you. She is the contact person for this annual report and she will be very happy to help answer any questions.



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Meeting adjourned at 10:15 a.m.

Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ YMCA – Healthy Kids Day Saturday, April 13, 2013 ❖ The Lord's Place 6th Annual Sleep Out – Friday, April 19, 2013 ❖ Camp Boggy Creek, Asthma Summer Camp July 24-29, 2013 	<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 Tips for Mental Health

Assignments:

Person Assigned	Details	Date Due
Paula Triana/Steve Bonino	Planning WPTF Agenda and collecting assets from presenters	March 4, 2013 – April 1, 2013
Paula Triana/Steve Bonino	Planning for 2013 Wellness Celebration	April 18, 2013



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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.