



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

Topic:

Wellness Promotion Task Force – 4th 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	Debbie Neeson	Janet Duncan	Marta Zuluaga	Paula Triana
Alyn Casal-Fernandez	Deborah Feinsinger	Jeannine Rizzo	Marvin Cox	Perry Borman
Ann Fonfa	Denise Cargill	June Eassa	Meg Chesley	Rick Lewis
Anne Hedges	Denise Griffo	Kathleen Moore	Meredith Pegg	Robert Canane
Anne Kist	Diane Williams	Kathryn Gorman	Meric Tunca	Robyn Raye
Bonnie Rawlins	Donna Winter	Kim C. Williams	Michael Kane	Sara Jones
Bruce Harris	Dora Valdivia	Kim Mazauskas	Michael Owens	Seth Bernstein
Bud Tamarkin	Eric Stern	Kirstin Voit	Michelle Schecht-Smith	Stacey Lazos
Candace Doon	Erica Whitfield	Linda Ashkin	Nancy Reese	Steve Bonino
Cathy Burns	Everett Black	Lisa Richman	Natalia Arenas	Tanya Greer
Christina Davis	Geoffrey Sagrams	Liz Shapiro	Nicole James	Tom Aguanno
Christine Koehn	Ginny Keller	Luzan Phillpotts	Olivia Rogers	William Stewart
Clay Walker	Heidi Schwab	Lynn Hays	Patrice Schroder	
Connie Siskowski	Jamie McCarthy	Marge Sullivan	Patrick McCutcheon	
Cynthia Clayton	Jane Solomon	Mark Murray	Paul Strauss	

Discussion/Progress:

The meeting began at 8:35 a.m.

Paula T. Good morning and welcome everyone to the 4th Wellness Promotion Task Force (WPTF) meeting for the 2012-2013 school year. Thank you all for taking time out of your busy schedules to be here today. We have a district's **"Blood Drive"** today and we are in need of 61 pints of blood to reach our goal of 150 pints for this school year. *Please donate!*

Let us all stand for the *Pledge of Allegiance*...

Steve B. Good morning and thank you all for being here. I appreciate our presenters being here and we look forward to another exciting meeting.

Paula T. Last month - Employee Wellness encouraged employees to take part in their "WonderFit" Wellness Challenge to increase daily physical activity. This challenge was a huge success and a lot of fun. During the challenge they offered a bonus challenge to Wellness Champions if their students and staff participated in a Zumba event. Each school that accepted the challenge and submitted a fun video of their participation was awarded bonus points to go towards their team's score. Over 1,200 students and staff from across the School District participated in the day of dance and submitted videos. So here is a look at some of the Zumba fun from Benoist Farms ES (the overall winner), Polo Park MS, and Discovery Key ES.



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

Feel free to dance along! Ice-breaker was shown... <http://www.onehealth.co/zumba/>

Steve B. Thank you Kim S., Donna W., and your group for this 4 week program. The program created a wonderful buzz about wellness and exercise among the staff. For those employees who made it in to the top 10 – that was amazing. Thank you for a wonderful program that affected everyone in the District.

Paula T. It is amazing that throughout the years we continue changing the culture. We are slowly making great changes in our district. This competition was lovely and everyone was a winner.

Steve B. We received the results of February 6, 2013 WPTF meeting SurveyMonkey and we had 40 responds to the survey. This is the most responses since we have started the survey process. Thank you very much.

Overall the survey was positive and I would like to address an answer to question # 4:

- **Do you have any additional questions or comments for the speakers?**

Although these meetings happen several times per year and many people attend, I do not feel that you are reaching the community at large. I have never heard of the taskforce work on the news or read an article about it in the newspaper. Only directors of local organizations know about it. The community does not know about what you are doing.

The federal law requires us to do this for our students. With Kim S. and her group we have expanded wellness efforts to staff which is above and beyond what public law requires. Additionally, with all of you being here we have expanded this to the community and at the end of the school year we have a very comprehensive, measurable WPP Annual Report. We are going above and beyond what public law requires us to do. How can we expand and market this WPTF and WPP better in our community? To the group – what can we do together to share the wealth of your knowledge and effort with our communities so we can better market it? I feel strong about “fidelity of implementations”. These first few years we have tried to develop a good annual report and I believe the next step is for us to market the WPTF and solicit more assistance, partnership and effort from the community to combat childhood obesity. From a business standpoint for those of you who do market - it takes a tremendous amount of effort and money – the School Food Service Department has done its part - what we are typically supposed to do. Every time we do something for Wellness we contact the Department of Agriculture – Food, Nutrition and Wellness Division for approval. It is going to take ideas, effort, and money and if you are willing to take on the challenge I am willing to stand by you.

Eric S. If it was not for this Wellness Promotion Task Force (WPTF) and the strength that it has built over the past 7 years we would not have **Miami Children’s Hospital** making an extremely large commitment to every school in Palm Beach County and the two very large grants that we received the **Robert Wood Johnson Foundation – Healthy Kids Healthy Community** and the **PEP** grant of \$2.1 million. A large part of the narrative is based upon the success, implementation and growth of this WPTF to show how we are expanding well beyond the school and community that contributes to sustainability. I do not think we would have received any donations and large grants if it was not for the success of this task force.

Steve B. Thank you to whoever wrote that. This is the time where we share what we believe in and these are the times when we make each other think. I felt as though we had to address this



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

comment.

Ann F. I am a community member and I run a national non-profit on \$75,000. We use social media for an event and 118,000 read our Facebook (FB) page and 80,000 the following week. I believe we should put these videos on FB. However, I did not see any obese children on the video maybe one or two. I feel they are being left behind because they feel uncomfortable exercising with other children. It is a concern that I have mentioned before.

Robert C. I think one of the best ways of getting an incredible report that extends on a yearly basis of what happens in this community is to put it up on your websites and link it to the page and talk about it on FB. The best marketing is word-of-mouth.

Patrice S. Is the *WPP Annual Report* website big and bold on the home page of the District? The last time I checked - it was hard to find.

Natalia A. The Department of Public Affairs does the marketing and publicity in the District. It is very easy for the media to cover bad news everywhere. We have to do 100 good stories in order to compensate for one bad one. We encourage everyone to send us your news, events, pictures, videos because we do put them out there and the media does pick up on it all the time. There are at least 3-4 stories about our schools and they are being read. People do acknowledge them and it is nice publicity. Feel free to send us any of your information. In regards to the *WPP Annual Report* being on the homepage – everything should be on the homepage. Everything we do has an impact on our children. It is hard to organize and there is so much on our website. It is hard to determine what should be on the homepage and we are in the process of redesigning and reviewing things. Please send me any recommendations that you may have and I will forward it to the District's Marketing Committee. We want to address the need and feedback of the entire community.

Paula T. Each of you are going to get the WPTF meeting minutes but before that you will get a SurveyMonkey link - please give your comments/feedback on this WPTF meeting so we can evaluate, assess, continue growing and changing.

We are moving towards the development of the 7th edition of the *WPP Annual Report*...with the theme of **Perseverance**. We are excited to put together this wonderful report that showcases and assesses the progress that we have done this fiscal year. In our small group planning meeting on March 14, 2013 – we invited 55 people and we had a turn-out of about 30 people that came. It had great discussion and feedback on our theme of Perseverance and possible tagline. The tagline that won from the SurveyMonkey was **Perseverance...Our key to Wellness!**

Materials for the 7th edition *WPP Annual Report* are due on **Thursday, July 18, 2013**. If your department/agency needs an extension please let us know. Materials are to be sent to:

- Candace Doon: candace.doon@palmbeachschools.org
- Paula Triana: paula.triana@palmbeachschools.org

We are also submitting our 2012 *WPP Annual Report* to the **SUNSPRA Award** – we received the 1st Place in the Wellness Category two consecutive years. We hope to get this recognition for the third year and to also receive the “Overall” SUNSPRA Award for our district and community.

Mental Health is an important area that we all need to be attentive and concerned. We deal with



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

many children and adults...and we need to keep attention to what is going on in the lives of them. We are happy to continue focus on our Mental Health issues...today we have the opportunity to bring you two wonderful district employees that are going to do a presentation on "*Core Support for Students*". I would like to introduce them to you.

Mr. Michael Kane is a school counselor and National Board Certified Teacher in Early Childhood/Young Adult School Counseling with 19 years of experience. He is a member of the School Counseling and Graduation Support Team within the Department of Single School Culture and currently works as the Specialist responsible for the Institute of Education Sciences Student Success Skills Research Project.

We are also delighted to have Ms. June Eassa. She is a Program Planner for Multi-Tiered System of Supports. She oversees initiatives that offer support to school centers as well as students who might be experiencing some challenges. The multi-tiered system offers these supports at varying intensities depending on the individual situation. These initiatives include - School Based Teams, Response to Intervention, School-wide Positive Behavior Support, the district's Student Code of Conduct and Bullying Prevention and Intervention. Please help me welcome Ms. June Eassa and Mr. Michael Kane.

In today's Agenda packet you have received an orange handout from them.

Michael K. Thank you for allowing us to spend some time with you this morning.

June E. The Multi-tiered System of School Supports consists of three tiers:

- **Tier 1 – Core, Universal Instruction and Supports**

Academic, social/personal and behavior supports offered to all students and the core is green in color

- **Tier 2 – Targeted, Supplemental Interventions**

Targeted instruction or interventions aligned with the core academic, social/personal and behavior curriculum

- **Tier 3 – Intensive, Individualized Interventions**

For today's presentation we will discuss **Tier 1 – Core Support**. The Core supports all students. It consists of structured programs and activities to support the whole student's academic, personal-social, and career development.

Michael K. What does wellness look like for our students? How do we know if someone is well and how do we measure that? The benefits of student wellness show up in different ways.

- **Academic Success**
- **College and Career Ready**
- **Social-Emotional Competency**
- **Students who are connected**
- **Students who are emotionally & physically safe**

The more that we do this work the better off our students will be. It is a key part as we take a look at these initiatives. School Counselors want to know and quantify our work. How do we measure student wellness? We infer social-emotional wellness through observed academic performance, social behavior, and promotion/graduation rates. We can measure these in a tangible way.

- **Attendance**



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

- Behavior
- Grades
- Promotion/Graduation
- Post-secondary Metrics

One important thing is that Schools Counselors are specially trained with masters, specialist, and/or doctorate degrees. The entire program addresses the whole child by increasing academic achievement, increasing college/career readiness, decreasing drop-out rates, and reducing truancy. School counselors have unique skills and knowledge to advocate for the needs of all students and their families. We are data driven. We take a look at what our teachers are telling us. We move from Core to Targeted or Targeted to Intensive Services depending on the data. A Comprehensive School Counseling program offers a continuum of services to our students. Core is offered to all of our students but as we move up to Targeted and Intensive services are based on the needs of the individual child. A few years ago we embraced the eight components of college and career readiness counseling called *Own the Turf*. It supports a developmentally appropriate program. We have counselors working with students from as early as elementary through middle school and high school. The American School Counseling Association has identified and defined Comprehensive School Counseling Programs as **RAMP (Recognize Ask and Model Programs)** and it provides a framework for counselors to use at their schools in developing their programs. Research shows that students have better relationships with staff members and teachers; they see the relevance of what they are doing in class relative to future goals and aspirations and have better grades. A study just released in 2013 that showed adequate yearly progress for elementary schools with the program show higher proficiency rates in reading, language arts, and math. The orange handout is a description of a national model. Students do better in schools with Comprehensive School Counseling Programs. As a result, students feel safer in school, have a better relationship with teachers, see relevance of current classes to future aspirations and earn higher grades.

June E. Behavior Management has consisted of trying to make students behave and it has been reactive in the past. In 2009 we introduced a curriculum to address behavior. We have been offering two-day training to each school center to look at their data and decide what needs to be on the campus. Charter schools will be trained in May 2013. You cannot talk about behavior without academics. Every time a child is in trouble – in the office or not in class, they are losing academic time. **School-wide Positive Behavior Support (SwPBS)** emphasizes prevention and uses data to guide decisions. Each campus uses universal guidelines to create a behavior matrix that shows students how to respect and take ownership. After these tools have been developed, lesson plans are created and taught to students regarding the behavior expectations. If students fall short of the behavior expectations it is taught again and modeled – videos are used to show students how to enter a bus. Some schools have acronyms and in some schools students say a pledge. The data from this 2013 school year's full implementation in every school center of the program shows the following positive results:

- Decline in Office Discipline Referrals – down 40%
- Decline in Out of School Suspensions – down 30%
- Decline In School Suspensions – down 40%



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

We have safer campuses and students are getting more instructional time and are more focused. **Michael K.** At **Freedom Shores Elementary** the School Counselors created a **Comprehensive Intervention** to address all office discipline referrals which resulted in a decrease in referrals from month to month. **Christa McAuliffe Middle School** created a **Targeted Intervention**. A counselor conducted an intervention for a specific set of 7th grade students participating in an intensive reading course. There were gains in FCAT Reading and Math. **Park Vista Community High** created a **Comprehensive Intervention** in which all students received information regarding graduation and college readiness. A **Targeted Intervention** was conducted for 9th grade students "**Freshmenology**" the data was used to identify students who failed a course or who were not on track for intensive intervention. The goal is to increase college readiness indicators from **91% to 93%**.

I would like to thank all team members for their support. Once we all work together we will be like a braided rope...strong, flexible, resilient, and carrying the daily weight and handling shock loads without breaking because individual strands are weak. *Thank you for your time.*

Eric S. I have personally worked with your teams over the past 6 years and what you all do to commit to the wellness of the students is amazing. Your team is always available to schools and/or departments. Always taking the lead or initiative and thinking outside the box. If it was not for Ms. Nancy Reese five years ago and her writing skills we probably would not have received the **Robert Wood Johnson Foundation – Health Kids, Healthy Communities** grant. You guys are the unsung heroes of what goes on with schools behind the scenes. Thank you from all of us.

Annie F. I am really impressed with less suspensions - it makes a big difference. I have two questions:

- Are you thinking about breakfast for children?
- Are you seeing fewer children on medication?

Steve B. About five years ago we started working towards offering *free breakfast* to all students in Palm Beach County schools. We worked with 50% economically needy from Title I schools. This school year, we now offer a *free breakfast* to every child regardless of meal status. Breakfast participation has increased drastically. There are students that eat breakfast before coming to schools however, the gap of students that receive free breakfast has decreased and more children are eating. We continue to market this offering with a campaign called: **Power Up With Breakfast**. The coming year (2013-2014) we will be sending marketing material home to every household to boasts the School Meal Programs that the School Food Service Department offers from *online applications* to *Farm to School* to the *free breakfast* program offered to every single student. We are hoping to continue increasing participation of students in the breakfast program.

Seth B. Regarding kids being on medication – I am a community psychologist and it is not a School District (SD) question because SD employees do not prescribe medication. That is a great question to pose to the community.

Michael K. We offer professional development to our staff on current issues, mental health and going forward we will address issues related to medication, diagnosis, and intervention.

Ginny K. At the end of this school year the School Nurses from the Healthcare District of Palm



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

Beach County will have a report to see if there was an increase.

Patrice S. I learned that Lake Shore Middle had a 23% suspension rate on any given day – has that improved?

June E. Some schools need more support with getting the program going. We offer that and we have a coach there three days a week to help us with school-based teams and SwPBS...Lake Shore Middle is one of them.

Paula T. Next, we are excited to have a presentation on *Single School Culture© Initiatives: Climate*. I am delighted to present to you Ms. Kim Mazauskas - the Bullying Prevention Team Trainer, and our Student Ambassador Mr. Rick Lewis.

Rick L. We thank you all for inviting us. Our initiative is the area of School Climate.

Kim M. Our work is based on a culture of respect and building relationships in schools. We provide professional development, programming and education activities that center skills that involve the core pieces for students such as self-regulation, problem solving, communication skills, and friendship skills. Early intervention targeted support involves actively seeking and working with schools to address a special population of students involved in bullying, victimized or both. We provide specific strategies related to students in our ESE programs, students identified as LGBT, immigrants, and our youth caregivers. Intensive interventions means working with the school to apply policy, investigating, reporting and supplying remediation and counseling after the incidence has occurred. We work in collaboration to provide services on a school-wide basis for classroom teachers, parent and community outreach.

Rick L. We as adults are trying to establish positive climates. Disruption in climate occurs where young people gather such as bus stops, cafeteria, hallways, malls, and now on the internet. We needed like minded young people to help us. Many young people have the heart for this work and all they need is support and skills to be enlisted as allies in creating safe climates.

Safe Schools Ambassadors (SSA) is needed to notice and encourage the positive things occurring in schools. We want them to notice things that need to be changed and equip them with the skills so that they do not lose their friends and look like social police. There are students with high social capital and are influential with friends with incidents of mistreatment.

Kim M. We have identified five behaviors that make students feel unsafe – *deliberately excluding, bullying, making life miserable by causing distress, physical bullying, racism, and homophobia*. In terms of changing behavior we want to look at student and adults creating this behavior and the students or people on the receiving end.

Rick L. Our involvement started in December 2000. SSA began with three of our high schools and since then the program has grown to over 1,000 schools in the United States and Canada. We have the highest density of programs in the country with 17 active programs. Through a unique arrangement with Community Matters we supply the training for free...it generally costs \$5,000 to get the program. The training is between 1-2 days and every three weeks we do a follow-up. Students get debriefed by the advisors on campus. The average ambassador intervenes about 1.7 times a day. If we have 500 students doing 1.5 interventions per day equals 27,000 cases per year where students have intervened. We teach them a wide variety of skills.

Video was shown...Safe School Ambassadors In Their Own Words

Steve B. Are these students anonymous?



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

Rick L. Some groups have elected to be public – they own shirts, they make announcements, they give positive messages on morning announcements and others are quiet.

Steve B. Has there been any type of research done as to the type of positive or negative effect with someone being anonymous vs. not being anonymous?

Rick L. Not a single one has lost friends because of involvement in the program. They have gained more skills.

Eric S. What is the typical number of students that make up a team at each level? Are there criteria for becoming a SSA?

Rick L. We look for students who are social, strong, and have the capacity for compassion. If they have those traits we can train them on all the rest. Some of the active programs recycle each year but usually have 80-100 trained ambassadors at any given time. Other programs have between 30-60 SSA's if they have a training every year. It is an elective so please encourage your school to participate in the program.

Kim M. This year nine schools were trained by the **Anti-Defamation League (ADL)**. The schools receive training and do 3-4 projects with the hopes of being designated as a **No Place for Hate Zone**. We hope to get a \$10,000 grant from ADL to support schools to 10 other schools.

Paula T. To all of today's presenters, if you have additional progress I will put you on any Agenda of a future WPTF meeting. Thank you Michael, June, Kim and Rick.

We have been honored to have Ms. Patrice Schroeder come to our WPTF meetings – she always provides us with great resources. We want her to discuss mental health, family conflicts, and family situations...statistics from 211. Please help me welcome Ms. Patrice Schroeder the Public Information Officer for *211 Palm Beach/Treasure Coast*.

Patrice S. I always look forward to WPTF meetings because of the diversity of people and the span of topics. It is so interesting, positive, uplifting and at 211 some of the issues are not so uplifting. We are a helpline crisis line and our goal is to connect the individuals calling us with services. We are there to listen, assess, de-escalate crisis while providing a warm, caring voice. I want you to take this resource virally and share the number with anyone you come into contact with. I was impressed with the Wellington Wolverines statement – “students need to be physically and mentally ready to learn”. Adults need to be physically and mentally ready to work and lead. We are here to help people with those pieces in life that they are struggling with. Refer to your “Agenda” packet – the 211 document shows data over a three month period. This information is based on Palm Beach County we had 5,217 callers that had children under 18 years old. People are looking for rental and utility assistance. Most of the help is a one-time deal for at least 6 months. We need to look for sustainability. We do not know how the situations end. We will help link them to the services. Basic needs such as food, clothing, shelter is another need because last year there were approximately 70,000 children on Free & Reduced meals and 10% of those represent the homeless population about 7,000 homeless kids. Only 1,500 were identified last year this affects learning if basic needs are not met.

Problems are multi-layered and people wait until the last minute when it has compounded. If we can get a family into a food cooperative it helps to reduce their grocery bill to free money for other bills. In Belle Glade there are people without water due to the change in fees but the



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

HEART Program is addressing that. The **Homeless Education Assistance Resource Team (HEART)** works hard to help at-risk families to find services needed.

We got 21 calls that were suicide related and our staff is trained to handle those types of calls. Some people do not have the safety net and are basically on their own or may have relocated to find better times.

We have an employee at 211 to help with getting insurance. Our staff will go above and beyond - our goal is to get them engaged with a medical home. We work with the Emergency Management Team if there is a hurricane.

We work with the community and emergency management. There is a **VITA Tax program** which will help families with income less than \$51,000/year get their taxes done for free.

We are the teen hotline for the 5 area county that we serve. We have an **Instant Messaging Program** because teens are more comfortable messaging us. We have address teen pregnancy, relationship problems, bulimia, anorexia and many more. We have seen an increase in domestic violence calls, abuse and neglect calls. I would like to extend myself to you if you would like me to present to a group. I am always available for that. Put a link on your website, take our material to an event and like us on Facebook – it is all appreciated. We have a variety of funders, we do a quality job and meet many benchmarks – we provide great statistical data.

Rick L. Thank you for all the 211 books that you gave us and thanks for coming to our training.

Kim M. We have worked with Patrice for about 6 years and in all of our presentations when we talk about system of support. Many of our students will not come to a school district employee with issues by having this available method of seeking help has been incredible. Her operators have contacted us on 6 different issues and we work closely to help students.

Patrice S. Our employees are very well trained. They receive over 100 hours of training and have a great knowledge of techniques. We capture trends before national entities do. We want military families to feel comfortable to call 211 if they need mental health assistance. We are a private non-profit and our calls are kept confidential. Last year we had about 6,000 phone calls from military and their families.

We answer the **1-800-273-TALK** in addition to 211 we answer other national numbers.

Paula T. Thank you Patrice. An now we will start with the...

Other School/Departments Based Activities - Updates:

Eric S. *Curriculum & Learning Support and Physical Activity* –

- Palm Beach Central High is having a Shattered Dreams presentation today to save lives pre-prom season. It is a partnership with St. Mary's Trauma and the Dori Slosberg Foundation. It is a brief assembly to show injuries and accidents in which a car crash is simulated. The cars are donated and drama students perform as the Fire Rescue shows how a rescue is done. The Palm Beach Sheriff's office, Florida Highway Patrol, Palm's West and Trauma Hawk will be at the event. It is visual for students. If anyone would like to see this event there will one at Wellington Community High on Friday, April 12th and Royal Palm Beach Community High on Friday, April 26th.
- We are in the 2nd year of the PEP Grant. This year we have trained 36 additional elementary schools plus the Palm Beach School of Autism and the Royal Palm School - we have branched out to special needs students as well. We had great success and



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

completed all of our trainings this year. Teachers have enjoyed the SPARK Curriculum and our extended family YMCA has supported us. SPARK has been implemented in the afterschool curriculum.

- There are two bills this year to support physical education – to strengthen the middle school waivers and at the elementary level we want to remove the waivers.
- I am working with CDC on the National Physical Education Policy and as things progress I will keep you updated.
- The **Race to the Top** hard to measure areas - we have developed the K-5 end of year exams in conjunction with Miami Dade. This Saturday I will be working with Hillsborough County with the 9-12 grades end of course exams. The ultimate goal is for the state to pilot these exams in Florida and then turn them over to the school districts to create a curriculum for physical education.
- Miami Children's Hospital in partnership with the Nicklaus Foundation and the Honda Classic is offering free EKG's to any student athlete. They see the need to fund concussions, cardiac problems and offer support locally.
- In January 2013 the New York Times featured an article on our integration of math, reading, science and physical education. The article was good overall and highlighted some really great things that we do and as a result we received national attention. Palm Beach County is a model for other counties in Florida. USDA will be sending three PE Teachers for training in our county.
- Next year there will be three new middle school courses - a 6th grade fitness course, 7th grade team sports, and 8th grade individual sports. If students are exposed to a wide variety of sports they will take something away for a lifetime.
- Stacey Lazos presented to 800 students at L.C. Swain Middle. The partnership with Miami Children's Hospital is wonderful and we are looking for ways to expand that relationship.
- The Robert Wood Johnson Foundation's – *Healthy Kids, Healthy Communities* grant will come to an end on December 31, 2013. Erica Whitfield has worked hard to make environmental and policy changes within the community.

Erica W. *Healthy Kids, Healthy Communities* –

- In the fall we will be growing some new gardens and if you have a place in mind please let me know.
- We have the joint-use project at Berkshire Elementary, designs are done and being reviewed. There will be a walking trail and a butterfly garden open to the public by fall.
- At Bryant Park in Lake Worth, we are working on a nature park and trying to recreate a hammock with a playground and with plants. Please let me know if you are interested in volunteering over the summer.
- At Lake Worth City Commission last night, a grant was passed and we will be going to the Metropolitan Planning Organization and applying for \$750,000 to re-do 5th Avenue South in Lake Worth. We will be turning a dirt road into a linear park. This will be a model for future roads that are unused.

Eric S. The Caridad Center is pursuing the Carol White PEP Grant – it is a \$2 million grant. It



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

will help with physical activity in our schools through the population that they work with. We collaborate with them and if it was not for this meeting they may not have known that the grant is available.

Kim M. *Single School Culture© Initiatives* –

- Legislation is in session and addressing cyber-bullying. It has been added to our bullying policy which expands our responsibility in terms of on and off campus intervention.
- Please refer to your “Agenda” packet. “The Weight of Words” will be held on Thursday, May 2, 2013 at Palm Beach Lakes Community High being sponsored by the Palm Beach County Action Alliance for Mental Health and the School District. It is free and you can register online at <http://pbcactionallianceformentalhealth.eventbrite.com/#>

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

- Our department has participated in *Walk Now for Autism Speaks, Apple a Day, WonderFit, free line dancing lessons* and in summer we will have a conference room to de-stress during the 10 hour days.

Cathy B. *Student Intervention Services* –

- May 1, 2013 - kicks off the **12th Annual National Day to Prevent Teen Pregnancy**. The program is for the entire month and involves teens throughout the nation on quizzes about how to prevent teen pregnancy. The program has an online component which targets the Palm Beach County area.
- The **End of Year-Character Counts** event will be held on May 2, 2013 at Santaluces Community High School from 6:00 p.m. – 8:00 p.m. (50 students will be awarded for display of outstanding character).
- On May 13, 2013 there will be a luncheon for **Do the Write Thing Challenge** students. This program which involves 7th and 8th grade students who participate in discussions about youth violence. These students will proceed to Washington to represent Palm Beach County in July 2013.
- I would like to recognize our school nurses, vision and hearing technicians who work hard in our schools throughout the year from the Health Care District of Palm Beach County. We have had over 50,000 kids who have been screened.

No Update from *Chief Academic Office*

Kathleen M. *Afterschool Programming* -

- We will be having 60 summer camps and we will be having safety training, autism spectrum disorder, first aid, CPR training, working with school nurses and addressing playground safety.
- We have fifteen 21st century learning summer camps with 50-60 children.
- We are developing a prevention and de-escalation training through CHAMPS and working on being proactive.

Liz S. *Choice and Career Options* –

- Students are attending **Health Occupation Student Organization (HOSA)** in Orlando for a competition.
- Letters for Choice programs will be sent out tomorrow advising students if they got in.



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

Donna W. *Employee Wellness -*

- **WonderFit** wellness challenge was fun. We had 2,499 participants complete over 1 million minutes of exercise including stretching, aerobic, strength training. Benoist Farms Elementary won the challenge. North Transportation came in 2nd, and South Intensive Transition came in 3rd. Individual winners were Angela Brent Harris, Charlie Donahue and Carmen Crespo. We had 18 Wellness Champions recognized for individual participation. Prizes included Nike workout outfits, fit bits and gift cards.
- **Zumba** classes at 4:30 p.m. on Thursdays in the cafeteria and **Weight Watchers** on at noon on Tuesdays. Wellness Champions have completed 125 programs to date.
- **Alliance for a Healthier Generation** hosted 2nd Technical Assistance Training. We have two schools that have applied for Bronze National Recognition – Manatee Elementary and Forest Hill Elementary. Thank you to Jamie McCarthy and Nicole James for assisting with the application process.
- We continue to promote the **Wellness Rewards** and **Tobacco Surcharge**. I hope that you all got to see the Wellness Fairy for 2013. We do monthly plan performance meetings and look for ways to save additional costs. We are seeing cost savings and positive trends.
- We were one of 16 organizations recognized for commitment to wellness and encouraging employees to take an active role in health and well-being.
- We are continuing to work on **Transportation Wellness Programs**. We had a **Lose and Win Weight** competition between North and South. South won the 8 week competition. We have **Nutrition Education Programs** at Royal Palm and West Transportation. Blood pressures have gone down by 55%.
- **Employee Assistance Program (EAP)** continues to do wellness onsite trainings and outreach. They will be on the agenda in May 16, 2013 to discuss progress with stress management...we will have another competition.
- **Florida KidCare School Partnership Grant Project** and our outreach specialist Megan Usow has been working hard to identify uninsured children and help families apply. The Wellness Champions and school nurses have been wonderful partners in supporting our efforts.
- We just finished the **Diabetes Prevention and Control Program** grant from the Florida Department of Health. The focus is to increase employee awareness of pre-diabetes by offering a 16 week lifestyle coaching classes. We have built a foundation for success to reduce the risk of diabetes and give employees access to tools for healthy living.

Paul S. *Environmental & Conservation Services –*

- **FAU Pine Jog** will recognize the district with a leadership award on Saturday, April 6, 2013 and Chuck Shaw will be receiving the award on behalf of the District.
- Paula Triana and I submitted an application for the **U.S. Department of Education “Green Ribbon Schools”** (ED-GRS) for our work to ensure sustainable, healthy school environments, and effective environmental education. The Awardees will be announced on Earth Day – Monday, April 22, 2013.
- In the last few years we have had two incidents of potential overspray of pesticide from



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

farming operations adjacent to our schools. We have been working with the Florida Department of Agriculture – FDA's and the Department of Health Palm Beach County on a program for notification and awareness about this issue. FDA issued a letter to all agriculture operations in Palm Beach County renewing their commitment to following best practices in pesticide application.

Christina D.

- We just finished the 5th year of the Green Schools recognition program. We added a health and wellness component to the rubric. In addition to recycling, school grounds we are trying to look at a holistic approach. Interesting to see how schools scored. The winners will be announced at a luncheon on May 1, 2013.
- I am working on a video highlighting schools work and filming with TEN. We can show the video in the future WPTF meeting – either May 2013 or October 2013.
- We are in the planning stages for the **5th Annual Learn Green Conference**. It will be held on November 11, 2013 at A.W. Dreyfoos and maybe we will have a health and wellness component as well. We had about 1,000 attendees last year.

Ann F. Is anyone in environmental thinking about healthier cleaning products?

Christina D. Yes...this it is important to us - we have a green cleaning program implemented at all schools. We do see a connection between cleaning and indoor air quality.

Natalia A. *Public Affairs* –

- We are accepting applications for **Summer Internship Program** available for high school and college students. There are opportunities to work in HR, IT, Legal, Facilities, the deadline is April 30, 2013.
- Tomorrow, we are having an honoring for the **Warsaw Ghetto Uprising** training rooms A & B at 9:00 a.m.
- Congratulations to Donna Winter on the Wellness Fairy video.

Michael O. *Planning and Real Estate Services* –

- We have 11 schools participating in the 2014 Calendar Poster Contest.
- We got an extension for the Safe Routes to Schools grant until May 1, 2013 and as a result we have incorporated 4 additional schools in the Commit 2B Fit program.
- We have hired a traffic consultant to address issues at Roosevelt Community Middle
- We will be having a Parent Safety Training and will be distributing bike helmets.
- The Safe Routes to Schools grant is being handled through MPO and we will be partnering with PBC Traffic to install flashing lights at schools.

Paula T. We celebrated National Nutrition Month in March 2013 in our district. In addition, Seminole Ridge Community High School hosted a Health Fair on March 20, 2013 for ~ 2,400+ students. Thank you to all of our sponsors and school leadership...

- ♥ Seminole Ridge Community High - School Nurses
- ♥ Healthy Mothers Healthy Babies
- ♥ Caridad Center
- ♥ R.C. Hatton Farms
- ♥ Humana Medicaid Community Outreach Partner
- ♥ GMG Tropical Fruits



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

- ♥ Short on Thyme – Chef Shelley
- ♥ The Richard David Kann Melanoma Foundation
- ♥ The Palm Beach County Drowning Prevention Coalition
- ♥ Palm Beach/Treasure Coast 2-1-1™
- ♥ Charles Drew Foundation Bone Marrow Drive
- ♥ Vinceremos Therapeutic Riding Center
- ♥ Planned Parenthood
- ♥ HealthTeacher®
- ♥ Erneston & Sons Produce, Inc.
- ♥ District's Employee Wellness

Our next Health Fair will be at an elementary school on October 31, 2013 – **Halloween Day**.

Thank you for contributing to our **Soul Source Project**. We have collected a total of **4,425 lbs.** so far.

Steve B. You may have noticed our **Green Bins** used for collecting food for the **Soul Source Project**. So far this has been an internal collection. If any of you would like to request a **Green Bin** to place in your office or even outside of the District - please contact us and we can get that **Green Bin** to you.

Marge S. Palm Healthcare Foundation is having a campaign from April 1-30, 2013 with WPEC-12 a **Let's Move Commit to Change – Physical Activity Challenge**. We are logging any physical activity in the month of April 2013. To sign up please visit the site:

<http://www.cbs12.com/community/features/letsmove/>

Steve B. Thank you to all of our presenters and attendees for coming. *Have a great day!*

Meeting adjourned at 10:30 a.m.

Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ Palm HealthCare Foundation – Let's Move Commit to Change April 1 – April 30, 2013. Log your minutes http://www.palmhealthcare.org/ ❖ Bipolar Disorder: Mental Health Association of Southeast Florida presents MHA Connections CEU & Networking – Wednesday, April 24, 2013 Time: 4:00 p.m. – 6:00 p.m. ❖ Autism in the Classroom: What Parents and Educators Need to Know Thursday, April 25, 2013 Time: 6:00 p.m. – 9:00 p.m. ❖ Shattered Dreams – Royal Palm Beach Community High Friday, April 26, 2013 ❖ May 1, 2013 kicks off the 12th Annual National Day to Prevent Teen Pregnancy. ❖ End of Year Character Counts Event Ceremony – Santaluces Community High - Thursday, May 2, 2013 Time: 6:00 p.m. – 8:00 p.m. ❖ Weight of Words – Palm Beach Lakes Community High Thursday, May 2, 2013 Time: 	<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: May 6, 2013 – May 15, 2013 ❖ Support the Robert Wood Johnson Foundation's - <i>Healthy Kids, Healthy Communities</i> Initiatives Grant ❖ Create partnerships to sustain continuity of existing programs once the Robert Wood Johnson Foundation's - <i>Healthy Kids, Healthy Communities</i> Grant expires ❖ Continue to seek community stakeholders that bring value to the district's Wellness Promotion Task Force.



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 3, 2013

<ul style="list-style-type: none"> ❖ 11:00 a.m. – 1:00 p.m. ❖ 1st Annual Brian Thomas 5K Run – Okeeteelee Middle School - Saturday, May 4, 2013 Time: 7:30 a.m. – 10:00 a.m. ❖ Strike Out Melanoma – Evening of fun and awareness for families...Saturday, May 11, 2013 @ 5:35 p.m. Roger Dean Stadium 	<ul style="list-style-type: none"> ❖ 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 ❖ Schedule Pre-planning Meetings for the 3rd Annual "Wellness Celebration" event on December 5, 2013
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Assignments:

Person Assigned	Details	Date Due
Paula Triana/Steve Bonino	Planning the District's 5 th Wellness Promotion Task Force meeting.	May 16, 2013

FY 2012-2013 Upcoming WPP Meetings:

Date	Time/Location	Topics To Be Discussed
*Thursday, May 16, 2013	District Office – Main Board Room * May 16, 2013 meetings vary in time as follows: 3:30 p.m. – 6:00 p.m.	<ul style="list-style-type: none"> ▪ Families First of Palm Beach County ▪ District's EAP and CCW ▪ HealthAdvocate ▪ American Association Caregiving Youth's - Student Testimonials ▪ Continue focus on "Mental Health" ▪ The Healthcare District of Palm Beach County – School Nurses ▪ Nutrition Standards ▪ <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.