



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

May 16, 2013

Topic:

Wellness Promotion Task Force (WPTF) – 5th 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:

Alison Vekasi	Deborah Feinsinger	Jamie McCarthy	Lisa Richman	Ruth Ann Cox
Allison Monbleau	Denise Griffo	Jane Solomon	Liz Shapiro	Sandy Brunner
Alma Horne	Diana Gomez	Jeanine Rizzo	Lynne Durbin	Seth Bernstein
Amie Schneider	Donna Winter	Jeanne Jellison	Mark Murray	Shannon Anderson
AnnMarie Lent	Ellen Smith	Joshua Cabana	Meredith Pegg	Shari Mermelstein
Brittany Russell	Elly Zanin	Julia Diaz-Torres	Mike Burke	Shemeika Wright
Candace Doon	Eric Stern	Kathryn Gorman	Patrice Schroder	Steve Bonino
Chantal Gellermann	Frederick Esters	Kim C Williams	Paul Strauss	Sue Grammond
Christina Davis	Geoffrey Sagrans	Kim Mazauskas	Paula Triana	Terri Calsetta
Christine Koehn	Ginny Keller	Kim Sandmaier	Perry Borman	Tom Aguananno
Cindy Menke	Heidi Schwab	Kristina Rodgers	Ramiro Melendez	Tony Rivas
Connie Siskowski	Jack Backhus	Kristine Mercado	Rick Lewis	Valeria Ogletree
David Samore	Jack Wells	Laurie Dilisio-Hagan	Robert Canane	Walter Ames
Debbie Neeson	Jackie Lambert	Linda Ashkin	Robyn Raye	William Stewart

Discussion/Progress:

The meeting began at 3:30 p.m.

Paula T. Good afternoon and welcome everyone to the District's 5th and last 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. Let us all stand for the *Pledge of Allegiance*...

Ice Breaker video shown...(Kid in You) - 3 minutes

- <http://www.faith.com/video/This-Commercial-Will-Bring-Out-the-Kid-in-You/>

Paula T. All day today we have had a district's "**Blood Drive**"...we are in need of 43 pints of blood to reach our goal of 150 pints for this school year. *Please donate and thank you for your support!*

I will like to introduce Mike Burke, our district's Chief Operating Officer to give us his welcoming remarks this afternoon.

Mike B. I appreciate being here this afternoon and it is exciting to see your work over these years take hold. We are seeing it with our employees, a healthier workforce, which translates into reduced health costs and medical claims. Our district health insurance is self-funded and the good news is that we are saving money - there are no increases to insurance rates for the 2014 calendar year. You need to take care of yourself first no matter how stressful your life is – so in the long run you are able to help others. You are all doing a great job...particularly the



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School Food Service (SFS) and Risk & Benefits Management Departments. Your roles are most critically tied to wellness. SFS has partnered with local farms to bring more produce to students.

- FY 2008-2009
 - 1,881 cases of corn cobbettes (150,480 servings)
 - 9,600 pounds of green beans (59,534 servings)
- FY 2011-2012
 - 4,353 cases of corn cobbettes (348,240 servings)
 - 14,631 pounds of green beans (141,120 servings)
 - 2,420 pounds of carrot & green medley (26,300 servings)

There has been an increase in servings over the school years and SFS is on the cutting-edge leading the agriculture industry.

The Wellness Promotion Task Force partnerships over the past 7 years have brought many grant opportunities to the School District. You have a great challenge ahead with wellness and this is the group to get it done. We look forward to your continued success. *Thank you...*

Steve B. Mike has always been on the side of wellness and I would like to recognize him for his efforts. *Mike thanks for your support!*

We would like for you to review the existing Wellness Promotion Policy (2.035) and the Wellness Promotion Goal & Objectives and to provide us feedback through the e-mail message that will be sent to you after this meeting and includes a SurveyMonkey link. Please carefully review these two documents, reflect on the past years and come up with your top three issues that you would like to see us addressed in the following school year. If we develop a pattern we can put forth some effort and see accomplishments. In the SurveyMonkey link there is an open ended question for your suggestions.

Paula T. Thank you all for your feedback...it is important for us to hear from you.

Next I would like to introduce Paul Strauss.

Paul S. It is my pleasure to introduce the new Chief of Support Operations – Tony Rivas.

Tony is now in charge of Maintenance, Construction, Transportation, Building Code – ADA, Environmental and Sustainability. Tony came from the private industry, but prior to that he worked as Chief of Facilities for Pinellas County School District for 15 years. The Pinellas School District is the 7th largest in the state with ~ 120 schools and 100,000 students. He is a former tri-athlete and a professional racquet ball player.

Tony R. It is great to be here. Farm to School vegetables were not my favorite when I went to school but I lost 25 pounds within the last year by eating a lot of vegetables. A healthy lifestyle is a great lifestyle.

Paul S. I am here to announce that The School District of Palm Beach County has won the 2013 U.S. Department of Education Green Ribbon Schools award. I worked closely with SFS's awesome team on the three Pillars. We were one of 78 organizations to apply across the nation and 1 of 14 school districts to get this designation. The only school district in the state of Florida. It covers district activities such as Green Construction, Wellness and Health, Energy Conservation, Recycling and Waste Reduction, Green Cleaning, Integrated Pest Management, policies for school buses, green team, Tobacco Free Environment Policy, Indoor Air Quality,



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Asthma Friendly the list goes on and on...

We take these initiatives seriously and we are proud to have won this great recognition and award. The award will be accepted in Washington D.C. in June 3-6, 2013.

Paula T. I would like to add that – the Pillar II to “Improve the Health and Wellness of Students and Staff” - the main contributions when writing Pillar II was focused with the Florida Healthy School District **GOLD** level achievement for our district and the strong Wellness Promotion Task Force we have built throughout this seven years. We utilized and highlighted the 6th edition of the District’s “2012 Wellness Promotion Policy Annual Report” for this entry. This WPP Annual Report that we put together allowed us to showcase so many wonderful initiatives and accomplishments. Thank you all for contributing the materials for the annual report because without that we would not have been able to receive this award.

In addition, our district recently applied for the SUNSPRA - 2013 Sunshine Medallion Award by also entering the 6th edition of the District’s “2012 Wellness Promotion Policy Annual Report” for this entry. In the past two consecutive years we received the first place in the Wellness Category for our WPP Annual Reports and we are delighted to have submitted this entry again. As of tomorrow, May 17th - the winners will be announced and hopefully Steve will travel to Tampa to receive the award on behalf of our district and community. I am also hoping - we can bring the “Best of Show” back – which will only be announced on June 19, 2013 at the Florida Association of School Administrators (FASA) Summer Conference.

Steve B. Paula your optimism is admirable...

Paula T. Thank you Steve.

And now I will like to introduce Candace Doon...she will discuss the 7th Edition - “Wellness Promotion Policy (WPP) Annual Report - FY 2013”

Candace D. The material for the WPP Annual Report is due on **Thursday, July 18, 2013**. Please feel free to send materials in as soon as you have them ready. I am available to assist if anyone has any questions or needs help. Thanks...

Paula T. Again this is an important date to remember - July 18, 2013. Some of you may need short extensions but please be mindful that we need to receive these materials in a timely matter so that we can develop, finalize and present the 7th Edition - “Wellness Promotion Policy (WPP) Annual Report - FY 2013” to our School Board either on November or December 2013.

And now we are going into the presentations and we are excited to have this afternoon Alison Vekasi who is the Account Manager for EAP and Work/Life Services for Corporate Care Works, Inc. (CCW), a Health Advocate Company.

She has a Bachelor of Science in Communication and specializes in account retention and management. Alison started her career managing recruitment projects for more than 80 clients. She directed the hiring and on-boarding process for up to 35 consultants at one time for various roles within an organization. Alison also held a Human Resources position, where she developed and supported wellness initiatives and employee benefits. She uses this knowledge to consult with clients to maintain a highly effective employee assistance program (EAP).

Please help me welcome – Alison Vekasi

Alison V. Good afternoon, thank you all for your time and I am happy to be here to talk about



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the Health Advocate Program. Health Advocate powers two programs - the first being EAP formerly through CCW – Health Advocate is now the parent company. Today I will explain services to schools and employees and its financial impact.

Where do most people start when there is an issue with a very complex system? In addition, to being complex and time consuming – insurance companies and doctor's offices are typically open from 8:00 a.m. to 5:00 p.m. which is when employees are working. You can call Health Advocate for assistance with finding a doctor, scheduling an appointment, bill query etc. You can call us and we will take care of the problem and you can get back to work.

Health Advocate has integrated two features Core Health Advocacy and EAP Work/Life. We define eligibility differently because we extend coverage to spouse, dependents, parents and parent in-laws. Employees are in a sandwich generation where they are supporting their parents and children at the same time. This program is free to the School District.

The Advocacy Program helps with searching for doctors who are board certified, accepting new patients and on your health plan. We provide free cost-estimates; untangle claims, locating elder care services and also doing all of the leg work. We follow up with you to let you know what is going on. This service does the following:

- Reduces medical costs
- Reduces burden on HR staff
- Reduces absenteeism and
- Improves productivity

In the first quarter of 2013 we had **1,598** interactions. The total savings for this is period was **\$111,794** which translates to productivity savings of **\$104,708**. We saved the plan **\$7,086** and the member **\$186** where something was miscoded. The largest number of calls we received were for claims assistance, facility locators, health treatment and medication.

The EAP is designed for assistance with stress, depression, family issues and we offer up to 8 in person sessions per issue per year. In the Work/Life section we locate resources, offer legal services, financial, identity theft and more. We offer HR support to critical incident planning. We offer unlimited HR or management consultations to address sensitive employee issues.

The EAP benefits to the schools and employees by having one sources service access reduce need for costly mental health services, unlimited manager consultations to address productivity issues overall reducing medical costs. EAP saved a total of **\$800,000** which included medical and productivity. We did **163** training programs in 2012 that consisted of:

- Do More with Less Stress
- Building Effective Communication
- Dual Career Couples
- Cubicle Combat: Bullying in the Workplace

From EAP the largest number of calls came from anxiety/stress (**24%**), marital/relationship (**20%**), legal (**16%**), depression (**9%**) and addictions/substance abuse (**3%**). We had a total of **961** cases and **20%** of referrals came from co-workers. Here are some comments from people who have used the services:

- "I am so pleased that I will send an email to all of the teachers and let them know about



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Health Advocate (HA). I am so grateful for HA services, and so relieved that I can now get my prescriptions for the correct price.”

- “Thank you for your time and patience today in solving my issue. I couldn’t have done this without you.”
- “Thank you very much for your attention to my case. I am so grateful for your efforts and tenacity in the matter of attempting to get some reimbursement. I have never experienced such dedication as yours! Even if nothing financial comes of it I wanted to let you and your supervisor know how much your communication and upbeat updates have meant. Thank you.”

Here is the phone number for Health Advocate - **(855) 424-8400**,

email: answers@healthadvocate.com, and website: www.healthadvocate.com/members

Seth B. In the past I have seen a chart where the stressor was children in the home. Are you tracking any of that?

Alison V. Yes, we still track that, it was not one of the top three issues at this time.

Connie S. When you spoke about the 1,598 interactions - what does that mean?

Alison V. An interaction is defined as any call made on your behalf to address an issue.

Thank you for your time today...

Paula T. *Thank you Alison...*

Our next presenter is Christina Davis, our district’s Sustainability and Recycling Coordinator. She will discuss the video “Growing Green Schools in Palm Beach County”.

Christina D. We have been trying to bring together the Green Schools Initiatives and integrate Health and Wellness. We have established a **Green Schools Recognition Program** for the past six years and we evaluate schools on where they are on the continuum of green. Sixty seven schools applied for the recognition both public and private even Martin County schools and all addressed Health and Wellness. We have a call for presenters for the 5th Annual Learn Green Conference and EXPO and we are looking for speakers related to Health and Wellness. The conference will be held on Monday, November 11, 2013 at Alexander W. Dreyfoos School of the Arts.

This “Growing Green Schools in Palm Beach County” video captures what schools are doing...enjoy - <https://vodcast.palmbeachschools.org/player/28RB5>

Paula T. *Thank you Christina...*

I would like to introduce Dr. Connie Siskowski, the Director of American Association of Caregiving Youth (**AACY**) along with Lynne Durbin, the Director of the Caregiving Youth Project – who will be introducing to us two of Palm Beach County students who will give their own testimonials this afternoon.

Please help me welcome – Connie and her team...

Connie S. Thank you Paula and we are grateful to be here to share an update.

This work began in 2002 when Palm Beach Atlantic University and the School District conducted a survey. Over **6,700** out of **12,600** children had a health situation at home and more than **4,000** claimed that they missed school, they did not do homework or their focus was lost. These issues created a barrier to education. In 2004, a national study done showed that 1.3



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million children ages 8 – 18 years old were in a care-giving role. This is a conservative number. What is a caregiving youth? Children as a result of health issues sacrifice their education, health, well-being and their childhood. Our work supports them by combining healthcare, education and the community (body, mind and spirit) to form a foundation. We work in partnership with the District to support them in school, out of school and at home.

- In the first picture – we had a family that suffered after the hurricane. The roof leaked, mold formed and a mother was disabled from an accident on the job - while the dad had a lung condition. The family was living in a double wide trailer. There was a bee hive at the back door. The student became depressed and with our home visits – the family was moved to alternate housing and now they are doing well.
- In the next picture – we talk about what happens to you when you have an older sibling who is disabled. This is a middle school student feeding her brother. We were able to offer services for better family support.
- In the next picture – Ann Marie in 2009 was checking her mother's blood sugar.
- In the last picture – this is an amazing child who skipped a grade. However, his grandmother did not have access to continued oxygen. We were able to find a donor of an oxygen concentrator. The grandmother died a few months ago.

These pictures represent the lives of many in Palm Beach County. I would like to now introduce Lynne Durbin who is a licensed Mental Health counselor and is our Director of the Caregiving Youth Project along with two of our students to provide their testimonials.

Lynne D. It is a pleasure to be the Director of the Caregiving Youth Project. We do follow-up with our students that have lost their caregiver. We check in with them, we send cards and we are coordinating an event for them this coming summer. It is my pleasure to introduce Jeanna Jellison who has been with us since 6th grade.

Jeanna J. I have been with the AACP for the past 3 years. I started when I was in the 6th grade when my grandmother was diagnosed with lung cancer and my mother broke her clavicle and 6 ribs. I was a caregiver for both of them. The AACP offered weekly support groups and lunch and learns. When I started these group sessions the stress left me because I knew I had someone there to help. They also offer Camp Treasure and we had a lot of activities such as trust exercises, sports, arts and crafts, cooking and first aid. We made treasure boxes for ourselves because we were the treasures for helping someone else. I learned that there were other kids like me and I learned to manage my problems and stress. It has changed my life.

Lynne D. I would like to introduce Ann Marie Lent who is graduating from high school on this coming Monday.

Ann Marie L. I would like to thank Dr. Connie and everyone here for allowing me to speak. My mother was hit by a drunk driver and paralyzed on her left side. I felt angry and alone, Dr. Connie gave me help with taking care of my mom and stress relief. No one thought I was going to graduate from high school because in 9th grade I started getting into trouble. I was sent to Camp Treasure where I was able to talk and have help. I started out with a 1.0 GPA not on track to graduate high school. I have since then completed the 4 year Culinary Program and I am a certified Food Manager and now my mom is able to walk on her own and is seizure free for the



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past 3 years.

Connie S. Our program combines support services in school, out of school and at home. We have some brochures available for you to take that contains a case study of Ann Marie. Thank you to the School District for allowing us to partner with you because our goals are the same. Since we began at Boca Raton Community Middle in 2006 we have enrolled more than 650 students. The program has been through 8 middle schools and the kids want to continue this program into 17 high school.

Paula T. *Thank you Connie and team...* this is an opportunity for us to say thank you for your courage and each of your stories gives us so much to be thankful. Life can change in one second for any parent and it is great to know that children are capable of doing the caring for them with the support of the American Association of Caregiving Youth.

Patrice S. Connie is dedicated to bringing awareness and she was recognized as one of CNN's Top Ten Heroes. It is not about her, the real heroes are the two young ladies sitting here.

Paula T. Last year, at this task force's May meeting - we had the privilege to have student's testimonials and one of them was from Ramiro Melendez (here at today's audience - ☺) and Brandon Mercado. With everyone's permission we will make it a habit to have student testimonials at every last Wellness Promotion Task Force meeting of each school year.

Our next presenter will be Perry Borman, Executive Director of the Palm Beach County Food Bank. He will tell us about his agency's progress and also about the Soul Source Project's progress. *Please help me welcome – Perry Borman*

Perry B. We have at least 170,000 residents at or below poverty level. We have seen an increase of 300% of residents receiving public assistance. 57% of students in Palm Beach County receive Free or Reduced Meals (district-wide data). There are over 100 organizations which are on the front lines of feeding the hungry in our community. They are food pantries, soup kitchens, homeless shelters and even afterschool programs. These organizations are customers of the PBC Food Bank – naming a few:

- Boca Helping Hands
- Boynton Beach Soup Kitchen
- CROS Ministries
- Cason United Methodist Church
- Farm Worker Coordinating Council
- Glades Area Pantry
- Jay Ministries
- Lighthouse Café
- Lord's Place
- Community Caring Center
- Salvation Army

In reference to the **Hunger Supply Chain** in the school system every day students are consumers and the retail outlet is the cafeteria. Every school system has to purchase their food from a wholesale distributor such as Sysco, Cheney Brothers etc. At least 100,000 people in Palm Beach County during the course of a month do not have enough money to put food on the



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table even if they are receiving food stamps and need to rely on the generosity of a food pantry or a soup kitchen. The child, adult, senior is the customer, the soup kitchen is the retailer and the PBC Food Bank is the wholesale distributor. We get our foods from local farms, grocery retailers and some manufacturers. The need is at least 35 million pounds per year and the PBC Food Bank is trying to strengthen the Hunger Supply Chain.

Just a little history - Feeding South Florida opened a warehouse in Palm Beach County in 1990 fast forward over a decade became a virtual food bank and about 6 years ago I was the Director of Community Food Alliance and in 2009 some funders started the Alleviate Hunger Initiative to build a stronger hunger relief system.

It has been an interesting busy year. In February 1, 2012 the Palm Beach County Food Bank became incorporated. We have a 15,000 square ft. warehouse in Lantana and we have had orientations with 130 organizations in the community.

In December 2012 we started distributing food out of the facility and we are on track. I attribute growth to launching this new brand, Palm Beach County has never had a locally led, locally governed food bank that solely focused on the need of Palm Beach County. Feeding South Florida is based in Broward County and they are not investing in this community as they should. Eighty agencies come to our facility in 15 minute increments at no cost to the agencies. In the last three months about 70% of what we distribute is fresh produce through the generosity of the agricultural community. Also, we have partnered with the South Florida Fair and the Girl Scouts this year.

I would like to recognize Paula, Steve, and the District's Wellness Promotion Task Force (WPTF). We started the **Soul Source Project** through the partnership of this task force collecting food at each of the WPTF meetings and also by the assistance of the School Food Service (SFS) Managers serving as conduits at each school in PBC, and then bringing its school's collection at a central location for our pick-up during their SFS in-services meetings throughout this school year. This project raised awareness around the District about the hunger needs of our community. We have collected over **5,000 pounds** of food thus far -- which is phenomenal. *Thank you to all!*

This June 2013 we will be launching two new programs:

- **Summer Weekend Food Program** – the idea is to mirror the summer lunch program calendar. We are partnering with Office Depot and New Hope Charities – Bridges of Belle Glade. The children participating in this program will take home a backpack of food on every Friday for 9 weeks.
- **SNAP Outreach Program** – we will take this over from Cross Ministries. Despite the many people receiving public assistance there is a part of the population that is eligible but not enrolled. The SNAP Program is the first thing to get people out of poverty. It is in the best interest to get eligible individuals enrolled. We are taking over their SNAP Outreach Specialist and this individual will be in the community.

We have been working on this for over a year and it is called **Canstruction®**. The Gardens Mall is hosting this event starting June 10-23, 2013. It is a competition amongst local architecture and construction firms building massive sculptures using canned goods. The theme



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is “The Palm Beaches” and we are excited about this – the sculptures will be available for viewing for 2 weeks. On June 18, 2013 from 6:00 p.m. – 8:00 p.m. there will be an Awards ceremony and you can meet the designers and builders. You can learn more by visiting www.pbcfoodbank.org. Again - thank you all for hearing me today.

Paula T. *Thank you Perry!*

It is amazing how many incredible things have happened in this school year. Each attendee’s passion and willingness to work with others is appreciated. Our district’s Wellness Promotion Task Force has grown greatly from a grassroots effort that started 7 years ago. In reality we now have over 1,000 people in distribution and communication.

We continue with our partnerships to support and help the Palm Beach County community – one example of support is through our Blood Drives. Our goal has been to collect 150 pints through our WPTF. We hope to reach this goal this school year...we have two more Blood Drives to go – one in support for Brian Thomas at Okeeheelee Middle School on Friday, June 7, 2013 and the other Blood Drive here at the District’s FHESC on Wednesday, June 12, 2013.

I am delighted to introduce Meredith Pegg who has been a joy to work with at OneBlood...remember giving one pint of blood helps four people and when you give you get so much more in return. *Let’s make this goal...and continue helping our community!*

Meredith P. I cannot thank enough Paula, Steve, Kim S., Eric S. and all of you for the support throughout the years. I have been working with the Community Blood Centers of Florida, Inc. now OneBlood for 6 years. I have been working with my team to get back to the purpose of why we do what we do. We get caught up with numbers and lose our sense of purpose. Only **39%** of our community is eligible to give blood and only **5%** do. That **5%** is now responsible for providing blood to everybody (trauma, cancer, emergency) in need and **95%** of us will need blood in our lifetime. Blood donation is incredibly important and I cannot thank you enough for being advocates for it. Now let’s enjoy this short video to remind all of us the good that blood donation does for a community – <http://www.oneblood.org/media/Genre/Featured-Story/20331-Blood-Donors-Make-Bald-Beautiful.stml>

I would like to present this plaque to Kim Sandmaier because she is the one who helps us with the Blood Drives in this building. I would like to thank Kim S. and Donna W. for all that they do for our organization and the community.

Paula T. **Other School/Departments Based Activities - Updates:**

Steve B. *School Food Service (SFS) -*

- Regarding the need in our community, our Free and Reduced numbers are at 57%. This number grows by 1% to 1.5% each year. What happens to those over 109,000 students on evenings, weekends, holiday, and over the summer? This is an issue for this community.
- Jamie McCarthy gave a presentation in reference to SFS being in compliance with the new USDA Nutrition Standards and exceeding these standards. Thanks to Jamie and her team for leading this endeavor.
- The High School Cafeteria Reengineering Pilot Program (HSCPP) at Atlantic Community High School will be finishing the 2nd year since opening and the kids love it. The participation is immense there. Also, this will be the 1st year for JFK Middle School



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and we will start to transform Forest Hill Community High School over this summer. I would like to recognize our project leader for these programs Heidi Schwab.

- SFS has been working under the umbrella of 100% Accessible Breakfast Program for all students in Palm Beach County. This year, district leadership allowed us to offer a free breakfast meal to every student regardless of eligibility or status in Palm Beach County. We will serve over 800,000 more breakfasts this school year compared to last year.
- This room does not get set-up by itself - we try to be a model for other meetings and I think we do an exceptional job and it would not happen without the help of Tom Agunno (Catering Specialist) and Mark Murray working from a technology standpoint.

I will turn this over to Allison Monbleau who is my right arm and the General Manager at SFS. We have been working together for 15 years my partner in crime when it comes to the business of School Food Service.

Allison M. *School Food Service (SFS) -*

- In the past few years, we have sent a mail out to parents over the summer advertising our breakfast and lunch program along with an application for Free and Reduced meals. Last year the application was done online which allowed us the ability to process applications at a rapid pace. This coming school year we have a brochure which explains what SFS contributes to the District: [School Meal Programs 2014](#) it consists of...
- Message from Director – *Kids First the Best School Food Service Department in the Country.*
- Mission Statement – *To provide a variety of appealing and nutritious meals with the purpose of supporting student performance in a safe and effective manner.*
- Community Resources – 211 with information for parents and gets the message out about our Summer Lunch Programs at schools.
- Florida KidCare – promoting affordable healthcare.
- Free & Reduced Lunch Benefits – most parents apply online before school starts so that students can have benefits from the first day of school.
- Children's Services Council – with several locations and staff that understands the application and can provide assistance with applying for benefits
- Free Breakfast Program providing free breakfast to all students with an idea of what we offer.
- Lunch – with facts about the nutrition of our lunches and what makes a meal, to include special dietary needs with resources online or a phone call to our Nutrition Services Team, instant account access with prepayment or to see what children are eating.
- A La Carte – choices to supplement the meal with different beverages or side dishes.
- Farm to School Program which started in 2008 and since then we have added and infused more fresh fruits and vegetables in the menu.
- Wellness Promotion Task Force – we want to explain to parents that we are here and anyone can join us. It lets them know what we are doing, the WPTF's mission, and the meeting dates and time for FY 2013-2014.
- This will be mailed out by the last week in July 2013 before school starts.



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

- Graduation starts tomorrow and ends next week at the South Florida Fairgrounds. You can download the application (app) on your smart phone.
- This is the end of the 2nd year with our PEP Grant and we have one more year left to go.
- Thank you to my team and the 3 Physical Education teachers that came. Ellen Smith, from Gove Elementary won the only Touchdown School Award for Fuel Up to Play 60.
- Our Federal Evaluation report is due next month. We had an evaluator touring the schools to see the curriculum implemented.
- Legislative – no bills to eliminate P.E. in Florida this school year. There is a requirement for students to take an online course to graduate. Driver's Education is the only course that will not be allowed to be taken online. Our summer school Driver's Education Program registration starts on June 13, 2013 and we will service about 600 kids. The need is tremendous and we will have to turn away about 600 other students. It is a free program for high school students 15 – 17 years of age. It consists of 6 hours of behind the wheel instruction plus 67 course hours in the classroom.
- We will be having our back to school Pre-planning Physical Education (P.E.) day on August 15, 2013 at John I. Leonard High School.
- We wrote a \$2.1 million grant with the Caridad Center to support middle school P.E. We will know by the end of September 2013 if this grant was approved. There is a Health Fair component built in which will fund health fairs at every middle school throughout the school year for three years.
- We are at the end of the 3rd year with the partnership of Miami Children's Hospital and HealthTeacher and we have 2 more school years to go. They are considering how to support wellness when the time expires. Stacey Lazos will be sending out an online survey to gather feedback on how the curriculum has benefited our teachers.
- The Robert Wood Johnson Foundation's (RWJF) – *Healthy Kids, Healthy Communities* Grant is coming to an end on December 31, 2013. We have really accomplished the goals of making environmental and policy changes relating to health, wellness and physical activities and access to healthy foods. Erica Whitfield will be featured through the RWJF News at the end of May 2013. She has done an outstanding job and we hope that those efforts will continue in the future.

Rick L. *Single School Culture© Initiatives –*

- We have Safe School Ambassador (SSA) training coming up at Morikami Elementary and West Gate Elementary. Thank you for the positive feedback from April's WPTF meeting SurveyMonkey results.
- I received an email today from Nicole Martinez, Guidance Counselor from Elbridge Gale Elementary stating that 34 Safe School Ambassadors intervened 234 times in a week with an average of 1.5 per day.
- We have over 700 Safe School Ambassadors in Palm Beach County.

Kim M. *Single School Culture© Initiatives –*

- Starting tomorrow Student Intervention Services (SIS) and Single School Culture©



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Initiatives have partnered with FAMU to bring an Outreach and Recruiting Program at Palm Beach Lakes Community High School to stop hazing. It is a program for high school students to raise awareness to stop the behaviors that are related to hazing. On Tuesday, May 21, 2013 will be the first live production which will be made into a video to be shown to students that participate in extra curricula activities. FAMU will be recruiting for their music department and interested students can audition.

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

- Our department is in the process of taking a look at more wellness fun social activities. We had a country line dancing in April at Renegades.

Kim C-W. *Health Services* –

- Dr. Burns wants you to know that School Health Advisory Council (SHAC) annual survey is being conducted in 11 elementary schools this week. The Health Care District of Palm Beach County and the Florida Department of Health – *Palm Beach County* offered CPR, First Aid and AED to 694 school staff members.
- Kim C-W and Cathy Burns attended the Florida School Health Association Conference – Cathy Burns was honored by the state as the School Health Supervisor of the Year. Palm Beach was showcased regarding its Wellness Initiatives and Green Schools.

Kim C-W. *Student Intervention Services* –

- Do the Write Thing – middle schools write about how violence has affected them. Thank you to those who read them. Thirty four middle schools participated this year and over 600 people attended a luncheon. Okeehetee Middle had the top two winners.
- The Statewide Online Tobacco course – goal is to have 900 enrolled. We have more than 1,000 with 300 completed.
- The homeless population is above 3,000 currently compared to last year with 1,300.
- Thank you to the SFS Department for helping us with our 9th Annual Ethics in Action – Your Character Counts Celebration in which kids were honored on May 2, 2013.
- Thanks to everyone who attended the Weight of Words play sponsored by the Palm Beach County Action Alliance for Mental Health. Attendance was as follows: 50 middle school, 100 high school students and 200 community members attended.

Paula T. *No Update from Chief Academic Office*

The District has a new Chief Academic Officer, Cheryl Alligood. Steve and I will be setting an appointment to meet with her during the summer to discuss the efforts of the WPTF.

Paula T. *No Update from Afterschool Programming* -

Steve B. *On behalf of Miguel Benavente and Liz Shapiro - Choice and Career Options* -

- Busy time of year, acceptances, declines and appeals are being submitted. Applications are being filled out by parents for reassignment and home school.
- The 2013 Heroes in Medicine Award sponsored by the Palm Beach County Medical Society were awarded at the annual luncheon. Many received awards – Jordan Camp, a Medical Academy student at Palm Beach Gardens Community High School, received a Student Hero Award. Stephanie Stiepleman, medical teacher at West Boca Raton Community High School, was a finalist for the Health Care Educator Hero Award. Dr.



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Jairo Garcia, medical teacher at Lake Worth Community High School, received the My Teacher, My Hero Award given by the School District.

- Several medical academy students will be attending the National HOSA Conference this summer to compete after winning district competition in March 2013.
- Middle School and High School teachers will participate in curriculum writing in June 2013 at Lake Worth Middle School with the purpose of incorporating the new Common Core Standards into the course Scope and Sequences.
- New Culinary Pre-academies starting in the Fall 2013 will include the following schools:
 - Jupiter Middle School
 - Jeaga Middle School
 - John F. Kennedy Middle School

Kim S. *Employee Wellness –*

- On May 8, 2013 we hosted our first Stress Less Day. We encouraged people to manage stress and live well district-wide. Over 550 people participated by going to the website and 50 people shared tips and quotes. Wellness Champions put some programs together at their schools – relaxation rooms, massages, dancing and deep breathing.
- I would like to thank the Wellness Champions who are here tonight. We could not do all the things we do without the support and participation of each of them.
- We are currently conducting an annual needs and interest survey on the wellness program. On the first day we received 800 submittals – this helps to continue planning our efforts.
- Saturday, June 8, 2013 we will be having a “Say No to Tobacco Day” at Roger Dean Stadium – a partnership with the Florida Health Department – *Palm Beach County*. I appreciate everyone’s help with our Tobacco Free Environment Policy (7.19) last school year and I have free tickets to the game if anyone is interested.

Paul S. *Environmental & Conservation Services –*

- Wells Fargo has an Environmental Grant Program in which they would like to work with schools and the School Districts. One of the specifics for schools is gardens – if anyone is interested please contact me.
- We will try to get money for outdoor classrooms and natural areas.

Paula T. *No Update from Public Affairs*

Paula T. *No Update from Planning & Real Estate Services*

Paula T. I would like to welcome Dr. David Samore who will be giving our closing remarks this afternoon. *Thank you for coming today Dr. Samore.*

David Samore – *Closing Remarks*

I thought if one became a principal at a school one could create something good as a family. Okeehelée Middle was a good school when I started 13 years ago. I was touched by today’s video when the young girl who suffered cancer referred to a “journey”. I refer to life as a “journey” and at Okeehelée Middle - we are on a “journey”. I have lost a brother to cancer and in my household we were all do, make, can people. Cancer does not care how old you are, the



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color of your skin or how much money you make. We have over 100+ kinds of cancer some more aggressive than others. All of us are connected to cancer some of us are battling cancer right now. You never get rid of it because it sleeps in every one of us.

Our district leads the way when it comes to food – a credit to Steve Bonino and his staff and Paula Triana - my two favorite people. They listen, recognize and try to get ahead of the curve. Anything with high fructose corn syrup, trans fats, beef and the list goes on is bad for us ~ “in moderation” but not every night for dinner. When we are touched by people who have had cancer I get the inspiration to go on another day. Every day it should occur to us...how many sunsets will I experience? The lesson that I teach is that we are all victimized at birth – we do not choose our parents, where we come from, the household we live, or the color of skin we got, and also we do not have control over our death. I have buried 16 students in my lifetime and what that does is that it inspires me to focus on what comes in between.

I have 137 employees at Okeetchee Middle of which I have hired 130 of them. When I hire someone it is based on attitude - I can teach skills, but not attitude. I am dedicated each day by the people that have touched me and by the health issues that they have suffered. **57%** of my students are obese or overweight – I will not serve cookies but once a week and they can only get one because I care.

One of my teachers...Brian Thomas is 34 years old and I hired him when he was in his 20's – great guy, incredible teacher, won the William T. Dwyer Awards for Excellence in Education two years ago. He has run across the country to prove a point and that takes a special person. Our Media Specialist had colon cancer 5 years ago and Brian Thomas wanted to do something. He and four others dedicated themselves for one year...and they recently ran 1700 miles from Florida to Michigan to support Colon Cancer Research. How ironic that now our Brian Thomas has been diagnosed with a Melanoma in his stomach. It is rare. If you had to name a person who has sacrificed personally more than anyone to help others it would be Brian Thomas. We as a family came together – I hire teachers on whether they want to change the world. Too many of us are spectators in life – I need participants in life, take life by storm, people that would go after it and ask themselves “What did I do to make the world better today?” Brian Thomas is one of those guys...he is an amazing young man.

I will let Ramiro Melendez and Brandon Mercado's mom tell you about a wonderful event in honor of Brian Thomas that will be coming up in June 22, 2013.

Ramiro M. Over 400 people attended the 5K Run for Brian Thomas held at Okeetchee Middle on May 4, 2013. Brian has pushed me from rock bottom to the top. I am running a 50 mile race in the Keys in honor of Brian this coming week. I pray that he fights the Melanoma and I love him like a father figure. *Thank you for allowing me to speak today.*

Kris M. Brian Thomas has been an integral part of my life and my son's life. He started out as his teacher, mentor, and coach – I will always be thankful to him.

On Saturday, June 22, 2013 at 6:00 p.m. there will be a **Brian Thomas Gala** at the German American Club on Lantana Road. There will be a chef, dancing – please come together to support Brian and his family. This is about paying it forward – help anyone that you can. It is not about you it is about that person. Please come out and join us! Please visit the website to



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donate or purchase tickets – www.warriorbtcancerbeatdown.com

News video of Brian Thomas 5K was shown... <http://www.youtube.com/watch?v=Rxh4EcL-JOE>

Paula T. Thank you Dr. Samore, Ramiro, and Kris...

I met Brian Thomas in early April 2012 as he reached out to me to tell me about the Road Warriors and that he needed help to promote his cause of running across country in support to cancer research. The first time I met him – he touched my heart with his passion and his genuine spirit. He is an amazing fellow...that is really committed and dedicated to his school and students. He has always given of himself and not received anything in return. We were really excited last year to showcase the “Road Warriors” - Brian Thomas, Brandon Mercado and Ramiro Melendez at our last year’s Wellness Promotion Task Force meeting (May 10, 2012). It has been a challenging year for Brian and we need to help him. I – myself was diagnosed with cancer last summer – and I know for a fact that as Brian received his news it was difficult to understand. We will support him and his family because he has given so much to our school community. The goal is to raise \$20,000 – so please visit the website and come out to the Gala event.

Steve B. Ultimately our purpose is to come together, on behalf of Brian Thomas and all that you are doing to support him. Thank you to everybody in this room for all the wonderful things that you do throughout the year. *Thank you very much and have a great evening!*

Paula T. I would also like to thank Lisa Richman, Executive Director of Richard David Kann Melanoma Foundation who has been very proactive in supporting Brian and his family.

Paula T. Thank you to everyone here today...our end of the school year has come to our Wellness Promotion Task Force. We have sustained these efforts for 7 long years - because we love what we do and do what we love every day. I want to personally thank my boss, and partner for sharing responsibility of leading this district’s task force on another wonderful year – Steve Bonino...thank you for your guidance and support to me and the community!

Meeting adjourned at 6:00 p.m.

Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ SUNSPRA - 2013 Sunshine Medallion Award winners announced by May 17, 2013 ❖ The School Health Advisory Council (SHAC) annual survey is being conducted in 11 elementary schools on May 2013 ❖ Set future appointments to meet with the District’s Chief Academic Officer to discuss the WPTF and its progress ❖ The U.S. Department of Education Green Ribbon Schools award will be accepted from the District in Washington D.C. in June 3-6, 2013 ❖ Two more OneBlood Blood Drives to go – one in support for Brian Thomas at Okeetee 	<ul style="list-style-type: none"> ❖ Continue to support 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. ❖ Create partnerships to sustain continuity of existing programs once the Robert Wood Johnson Foundation’s - <i>Healthy Kids, Healthy Communities</i> Grant expires. This grant ends on December 31, 2013. ❖ Continue to seek community stakeholders that bring value to the district’s Wellness Promotion Task Force.



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<p>Middle School on Friday, June 7, 2013 and the second Blood Drive at the District's FHESC on Wednesday, June 12, 2013.</p> <ul style="list-style-type: none"> ❖ Farm Your Backyard Workshop – Palm Beach County Cooperative Extension Services June 8, 2013 @ 9:00 a.m. ❖ “Say No to Tobacco Day” – Saturday, June 8, 2013 at the Roger Dean Stadium ❖ The summer school Driver’s Education Program registration starts on June 13, 2013 ❖ Canstruction® will be held at the Palm Beach Gardens Mall on June 10-23, 2013. On June 18, 2013 from 6:00 p.m. – 8:00 p.m. there will be an Awards ceremony and you can meet the designers and builders. ❖ All materials for the 7th Edition of the Wellness Promotion Policy Annual Report are due on Thursday, July 18, 2013 ❖ Brian Thomas Gala – June 22, 2013 at 6:00 p.m. German American Club - 5111 Lantana Road Florida, 33463 ❖ Camp Boggy Creek, Summer Camp July 24-29, 2013 ❖ The SFS Department’s mail out of the “School Meal Programs for the 2013-2014 School Year” Brochure by the last week in July 2013 ❖ Teacher Fest FY-2014 – August 8-9 John I. Leonard High School ❖ Pre-planning P.E. Day – August 15, 2013 @ John I. Leonard High School ❖ Call for presenters for the 5th Annual Learn Green Conference and EXPO – this Florida’s Green Schools Conference is looking for speakers related to Health and Wellness. It will be held on Monday, November 11, 2013 at Alexander W. Dreyfoos School of the Arts. ❖ Schedule Pre-planning Meetings for the 3rd Annual “Wellness Celebration” event on December 5, 2013 	<ul style="list-style-type: none"> ❖ Promote the Wellness Rewards Program that begins in January 2014 ❖ Support the Biomedical and Veterinary Technical Academy will be opening at Acreage Pines Elementary SY 2013-2014 – August 19, 2013. ❖ Continue to promote EAP’s Stress Management Tips for Mental Health ❖ Assessing and reviewing the (2.035) Wellness Promotion Policy for consideration of potential future revisions to take to the School Board for adoption
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Assignments:

Person Assigned	Details	Date Due
Paula Triana/Steve Bonino	Pre-planning meeting for the 3rd Annual “Wellness Celebration” event on December 5, 2013	June 12, 2013



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FY 2013-2014 Upcoming WPTF Meetings:

Date	Time/Location	Topics To Be Discussed
Wednesday, October 16, 2013 *Thursday, December 5, 2013 Wednesday, February 5, 2014 Wednesday, April 9, 2014 *Thursday, May 15, 2014	8:30 – 10:30 a.m. District Office – Main Board Room (10:30 a.m. – 11:00 a.m. with 30 Minutes Networking) *December 5, 2013 – 3rd Annual “Wellness Celebration” meeting 2:30 p.m. – 5:30 p.m. and *May 15, 2014 meeting 3:30 p.m. – 6:00 p.m.	<ul style="list-style-type: none"> ▪ 2013 Green Conference ▪ Families First of Palm Beach County ▪ RWJF – Health Kids, Health Communities Grant ▪ Employee Wellness ▪ 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.