

Pillar II: Improve the Health and Wellness of Student and Staff
Nominee: The School District of Palm Beach County, Florida



The Florida Coordinated School Health Partnership (CSHP) and Florida Action for Healthy Kids, recognized The School District of Palm Beach County for achieving the status of a Florida Healthy School District at the **GOLD** level. This is a tremendous tribute to the administration and staff. Until this 2012, no Florida district was able to meet the stringent criteria to achieve this honor. The School District of Palm Beach County is one of only three districts that were awarded at this high level in 2012.

The criterion for recognition as a Florida Healthy School District is the Florida Healthy School District (FHSD) Self-Assessment Tool (<http://www.healthydistrict.com/self-assessment-tool>). This tool was developed by experts from state agencies, school districts, and community partner organizations working together through the Florida Coordinated School Health Partnership. The self-assessment is based on the eight component areas of the Coordinated School Health model and focuses on district infrastructure, policy, programs, and practices identified from national and state guidelines, best practices, and Florida statutes.

Based on the information provided in The School District of Palm Beach County's submission, it is apparent that they are performing as a leader in the state as a result of the well-established district infrastructure and component area strengths. Recognition achievement levels are based on the overall assessment score and include three categories: Gold at 85%-100%; Silver 67%-85%; and Bronze 42%-66%. The District of Palm Beach County had an overall score of 88.6%. A nearly perfect score in the area of district infrastructure and support validates why this district is so successful. In the component areas, Palm Beach had strong scores in each component area: Health Education (90%); Physical Education (80%); Health Services (90%); Nutrition Services and Education (70%); Health Promotion for Staff (90%); Counseling Psychological and Social Services (80%); Healthy School Environment (100%); and Family and Community Involvement (90%).

The School District of Palm Beach County is an active member of the Florida Departments of Health and Education's Healthy District Collaborative (HDC). The HDC is a group of districts that have made a high level commitment to meeting the health needs of students and staff in order to remove barriers to learning and maximize district resources. The Department of Education, Office of Healthy Schools and Department of Health, Bureau of Chronic Disease Prevention and Health Promotion facilitate quarterly calls and webinars. The District of Palm Beach County serves as a model and mentors other school districts by sharing their successes, strategies, and resources to support district efforts to achieve the highest standards and sustain effective policies and practices.

Wellness Promotion Task Force:

The School District of Palm Beach County has a strong Wellness Promotion Task Force which is comprised of internal district employees and external community partners. Through the collaboration, a yearly Wellness Promotion Policy Annual Report is created to document the wellness initiatives occurring in the district and community utilizing a web-based platform allowing for global access. Use the following link to access the 6th edition of the District's "2012 Wellness Promotion Policy Annual Report":

- www.2012wellnessannualreport.com

Palm Beach County Highlights:

- The School District of Palm Beach County is the fifth largest district in the state of Florida. The District's School Food Service (SFS) Department has been recognized as a leader in the State of Florida and on a national level for exceeding the nutrition standards required by the United States Department of Agriculture (USDA) for Child Nutrition Programs. Every day the SFS Department offers students the opportunity to select nutritious meals for breakfast and lunch through offering a variety of fresh fruits and vegetables, whole wheat and whole grain bread products, lean proteins, and low-fat and fat free dairy options. In addition, the department has completed the certification process, to include an on-site review, which ensures compliance with the Nutrition Standards component of the Healthy Hunger-Free Kids Act of 2010 (HHFKA). Use the following links to access this information:
 - <http://www.2012wellnessannualreport.com/nutritionstandards/school-breakfast-national-school-lunch.html>
 - <http://www.2012wellnessannualreport.com/nutritionstandards/after-school-snacks.html>
 - <http://www.2012wellnessannualreport.com/nutritionstandards/nutrition-standards.html>
 - <http://www.2012wellnessannualreport.com/nutritionstandards/district-menus.html>
- The School Food Service Department has been proactive in implementing various avenues for students to have access to nutritious meals to include: the 100% Accessible Breakfast Program (all levels) and the High School Cafeteria Pilot Program. Use the following links to access this information:
 - <http://www.2012wellnessannualreport.com/nutritioneducation/accessible-breakfast-program.html>
 - <http://www.2012wellnessannualreport.com/nutritionstandards/hs-cafeteria-pilot-program.html>
- The School Food Service Department reached out and partnered with local farmers to create a Farm to School bid. Several other districts have utilized this bid to bring in farm fresh produce for their students. They continuously explore opportunities to provide students with local farm fresh produce. The department has successfully implemented a model Farm to School Program which utilizes locally grown produce weekly. Use the following link to access this information:
 - <http://www.2012wellnessannualreport.com/nutritioneducation/farm-to-school.html>
- The School Food Service Department's capital equipment budget saved \$397,000 in new equipment purchases for fiscal year 2012 by utilizing equipment salvaged from school modernizations. This allowed the department to: create additional serving lines, create nutritious dishes lines, rearrange serving lines, and add point-of-sale stations to improve service capabilities and allow more students the ability to participate in the National School Lunch Program. This strategy has been practiced over many years resulting in over \$1,000,000 in savings since fiscal year 2008. In fiscal year 2008 the School Food Service Department was awarded the USDA Best Practice Award for increasing participation. Winning this award was

due, in part, to the reuse of equipment resulting in the least amount of capital outlay for the project.

- Six schools are presently participating in the United States Department of Agriculture's Fresh Fruit and Vegetable Program which provides each student daily with a fresh fruit or vegetable snack at no cost. This program has been very well received within the school environment as it encourages students to try a variety of fruits and vegetables. Use the following link to access this information:
 - <http://www.2012wellnessannualreport.com/unitedresources/fresh-fruit-and-vegetable-program.html>
- The School District of Palm Beach County was awarded the Robert Wood Johnson Foundation, Healthy Kids Healthy Communities grant geared toward making policy and environmental changes to improve access to healthy foods and opportunities for physical activity. Use the following link to access this information:
 - <http://www.2012wellnessannualreport.com/unitedresources/robert-wood-johnson-foundation.html>
- Wellness Champions within schools/departments assist in the coordination of staff wellness initiatives by sharing health information, engaging participation in district-sponsored wellness programs and creating excitement around leading a healthy lifestyle. Use the following links to access this information:
 - <http://www.2012wellnessannualreport.com/otherschoolbasedactivities/overview.html>
 - <http://www.2012wellnessannualreport.com/otherschoolbasedactivities/schools-departments.html>
- The Alliance for a Healthier Generation Healthy Schools Program provides tools, resources and support to inspire students, staff and families to develop lifelong, healthy habits. The District's Wellness Coordinator of the Risk & Benefits Management Department, Kimberly Sandmaier, was selected along with 17 other individuals from across the country as a 2012 Healthy Schools Program Champion. National Champion Network members are individuals that motivate students and staff toward healthier school environments nationwide. They are innovators in their field and make up a team of experts that improve access to healthy foods, beverages and physical activity for the schools in their communities. Use the following link to access this information:
 - <http://www.2012wellnessannualreport.com/otherschoolbasedactivities/alliance-for-a-healthier-generation.html>
- The School District of Palm Beach County hosts the Online Tobacco Prevention and Intervention Course for the state of Florida. To date there are approximately 900 teachers enrolled and 238 are from Palm Beach County. This program reached over 15,000 students across the state in 2012. Fifty-four of the sixty-seven district participated. This was also the first year that permitted private school teachers to participate. Use the following link to access this information:
 - <http://www.2012wellnessannualreport.com/studentinterventionservices/tobacco-prevention-initiative.html>
- The School District of Palm Beach County Prevention Center supports FACE IT (Families Acting Collaboratively to Educate and Involve Teens) in which a parent or guardian is required to attend eight sessions as an alternative to suspension program. The Prevention Center also supports the National Campaign to Prevent Teen Pregnancy, Too Good for Drugs in K-5 grades, Character Education, and Bullying Prevention (to name just a few programs) in all 185 district schools. Use the following links to access this information:
 - <http://www.2012wellnessannualreport.com/studentinterventionservices/face-it.html>

- <http://www.2012wellnessannualreport.com/studentinterventionservices/teenage-parent-program.html>
- <http://www.2012wellnessannualreport.com/studentinterventionservices/drug-prevention.html>
- <http://www.2012wellnessannualreport.com/studentinterventionservices/character-education.html>
- <http://www.2012wellnessannualreport.com/otherschoolbasedactivities/bullying.html>
- The Department of Choice and Career Options has 30 Medical Sciences Academies servicing students in grades 6-12. Students follow an intensive skilled-based curriculum in which healthy life styles and prevention of disease is a major component of the academy. 68 licensed/certified healthcare providers and educators serve 2,644 medical academy students in Palm Beach County. Health Science Education is a major component improving the health and wellness of the students, staff and the community. Use the following links to access this information:
 - <http://www.2012wellnessannualreport.com/otherschoolbasedactivities/career-academies.html>
 - <http://www.2012wellnessannualreport.com/otherschoolbasedactivities/curriculums.html>
- The Charles E. Schmidt College of Medicine Healthcare Careers Outreach Program at Florida Atlantic University is working in partnership with The School District of Palm Beach County in 2 middle and 2 high schools promoting high standards of practice, disease prevention and good quality of life to improve health and educate the community on health issues.
- Career Education, through Culinary Arts, teaches students to combine food chemistry with nutrition and food preparation, further developing students' awareness and commitment to healthier eating habits and a personal wellness plan.
- Through Early Childhood Education Career Education Programs, students focus on nutritional requirements as it relates to young children, integrating knowledge into the onsite preschools. This allows them to teach preschoolers about proper nutritional habits and exercise, thereby starting the process of developing personal wellness plans.
- The School District of Palm Beach County has had five teachers win the statewide teacher of the year award for best physical and health education since 2008.
- The School District of Palm Beach County was awarded the Federal Carol M. White, Physical Education Program (PEP) grant in 2011 in the amount of 2.1 million dollars. Over the three year grant period all elementary schools in The School District of Palm Beach County will integrate the Sports, Play and Active Recreation for Kids (SPARK) researched based curriculum.
- Eric Stern, school district administrator, was selected by the Center for Disease Controls (CDC) as one of twelve nationwide leaders to serve on the first ever national coalition to support urban physical education.
- The Miami Children's Hospital made a five year commitment to promote health literacy for all students and teachers in Palm Beach County by making the HealthTeacher curriculum available for all public schools. Use the following link to access this information:
 - <http://www.2012wellnessannualreport.com/physicalactivity/healthteacher.html>
- The School District is fortunate to have a School Nurse in every regular school including nursing service support for the alternative and charter schools. The primary goal of this program is to advance the well-being, academic success, and life-long achievement of all students. Use the following link to access this information:
 - <http://www.2012wellnessannualreport.com/studentinterventionservices/health-services.html>

- In 2008 and 2009, The School District of Palm Beach County adopted five Policies: Indoor Air Quality (IAQ) Policy # 7.195 (<http://www.schoolboardpolicies.com/p/7.195>), Energy and Water Use Conservation Policy # 7.196 (<http://www.schoolboardpolicies.com/p/7.196>), and the Waste Reduction, Materials Reuse and Recycling Policy # 7.197 (<http://www.schoolboardpolicies.com/p/7.197>). In 2002, the District adopted the Animals on District Property Policy # 7.24 – (<http://www.schoolboardpolicies.com/p/7.24>) and in 2012 the Tobacco Free Environment Policy # 7.19 (<http://www.schoolboardpolicies.com/p/7.19>) was adopted. All five policies are key components of the District’s efforts to provide an enriching and healthful environment for working and learning.
 - IAQ Policy # 7.195 (<http://www.schoolboardpolicies.com/p/7.195>) sets standards for acceptable temperature and relative humidity levels in District facilities and includes provisions for routine preventative maintenance of HVAC equipment to ensure operating conditions meet industry guidelines for cleanliness and efficiency. The District’s in-house commissioning team also inspects mechanical and electrical systems periodically to ensure they comply with original design criteria. The District has specified the use of high-efficiency pleated filters (minimum MERV 13) for all centralized air-handling equipment to ensure maximum particulate capture. District Design Criteria (DDC) includes requirements for pre-treatment of HVAC outside-air to remove excess water vapor entering air-handling equipment.
 - The use of carpet flooring was severely restricted by the IAQ Policy and low-VOC emitting building products including furnishings encouraged. The District created a Building Envelope Maintenance Program (BEMP) to inspect building envelopes and make repairs or improvements including roof replacements, shell weatherization and window upgrades. Since 2006, BEMP has performed water-proofing projects at 31 schools and completed 47 roof replacement projects.
 - A formal chemical approval process was enacted to protect District students and staff and to make certain only the most environmentally-friendly products were used during the operation and custodial care of school facilities. The use of household chemicals, air-fresheners, deodorizers and scented candles were banned from District facilities. The District’s Radon Gas program meets all Federal & state of Florida requirements for surveying, sampling, and regulatory reporting and was also included in the IAQ Policy. After a short pilot program, a District-wide green cleaning program was implemented that significantly reduced the quantity of custodial cleaners at District facilities and provided less-toxic alternatives. Additional reductions in floor-care products have been achieved through the introduction of no-wax flooring materials.
 - An Integrated Pest Management (IPM) program was also implemented under IAQ Policy to employ less-toxic treatment options and significantly increase non-pesticide/herbicides alternatives for controlling pests and landscape. Monthly IPM site inspections were instituted and pest issues treated in a more preventive, environmentally-sensitive manner.
 - Air-cleaning equipment that emitted ozone in excess of regulatory standards were no longer permitted inside District buildings and high-odor activities such as painting, roofing work, floor tile installation were restricted to after school-hours only.
 - An IAQ assessment team and remediation program was established to address indoor-air quality complaints and perform remediation projects. The program was modeled on the U.S. Environmental Protection Agency’s (EPA) - Tools for Schools (TfS) program and the American Industrial Hygienist Association (AIHA) industry guidelines and recommendations. The program performs over 400 assessments and 100 IAQ-related projects each year under the supervision of highly trained, in-house environmental

professionals. The District also hired a certified industrial hygienist (CIH) to assist in the IAQ program among others.

- IAQ Policy # 7.195 (<http://www.schoolboardpolicies.com/p/7.195>) also integrated the Asthma-Friendly Schools program; a successful partnership between The School District of Palm Beach County and local chapter of the American Lung Association. The program utilizes third-party inspectors to document facility conditions at selected elementary and middle school-centers, identify potential asthma triggers and provide a written report with findings and recommendations. The District's facilities department and school staff are charged with completing all corrective actions. To date, 122 of the District's 187 schools have received certification and recognition through the program.
- The District's Energy and Water Use Conservation Policy # 7.196 (<http://www.schoolboardpolicies.com/p/7.196>) mandated changes to the District's Master Specifications (DMS) and District Design Criteria (DDC) to ensure compliance with LEED's latest ventilation requirements and the Florida Energy Code's HVAC design and ventilation rates. The policy also addressed comfort parameters such as temperature and relative humidity. Under the policy, immediate notification for the discovery of plumbing leaks and related water intrusion events was instituted.
- The District's Waste Reduction, Materials Reuse and Recycling Policy # 7.197 (<http://www.schoolboardpolicies.com/p/7.197>) includes provisions to minimize "attic stock" in an effort to eliminate the long-term storage of paints and other construction-related items often left behind by contractors after District construction projects are completed. Transportation consumables including lubricants, oils and anti-freeze are targeted for recycling as well as District ink and toners under the policy.
- The District's Animals on District Property Policy # 7.24 (<http://www.schoolboardpolicies.com/p/7.24>) set forth the requirements for animal housing plus guidelines for student and staff interactions. The regulation of animals inside District facilities has improved indoor-air quality and reduced asthma triggers. Animals can also act as vectors for disease; therefore, limiting and carefully managing animal interactions provided enhanced health-related benefits to building occupants.
- The District's Tobacco Free Environment Policy # 7.19 (<http://www.schoolboardpolicies.com/p/7.19>) was developed in response to "health, safety, and environmental hazards" associated with tobacco and banned its use on all of the properties of The School District of Palm Beach County.
- The District's indoor-air quality program has been recognized twice by the U.S. Environmental Protection Agency. In 2003 it was the recipient of EPA's IAQ TFS Excellence Award and in 2007 it was awarded the Indoor-Air Quality Tools for Schools – Model of Sustained Excellence Award for its exemplary efforts to improve indoor-air quality for students, teachers and staff. According to Elizabeth Cotsworth, Director of EPA's Office of Radiation and Indoor-air Quality, ***"The School District of Palm Beach County is demonstrating national leadership through its commitment to promote good indoor-air quality in their community's schools"***.