



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

December 4, 2014

Topic:

Wellness Promotion Task Force (WPTF) – 2nd Meeting (FY 2014-2015)

School District Goals:

Effective Governance

Customer Service

Safety

Current Policy, Procedure and/or Situation:

Wellness Promotion Policy (WPP) (2.035)

Meeting Attendees:

Adam Reback	Debbie Neeson	Keith Cutshall	Robert Canane
Allison Monbleau	Deborah Feinsinger	Kelly Gilbert	Robyn Raye
Alyssa Handeland	Denise Cargill	Kelly Goodson	Rudi Bester
Amie Schneider	Denise Griffio	Kim C. Williams	Sally Berenzweig
Amy Crease	Diana Fedderman	Kim Sandmaier	Sandra Gero
Amy Gyau-Moyer	Elizabeth Whittle	Kim Mazauskas	Seth Bernstein
Ann Killets	Elly Zanin	Kristy Rodgers	Shannon Phelps
Barbara Penbamoto	Eric Stern	Linda Ashkin	Sharron Hench
Brandon Howard	Ginny Keller	Lisa Richman	Stephanie Wagner
Brenda Galie	Isabelle Philippe-Auguste	Mark Murray	Steve Bonino
Brian Sheen	Jaelyn Anez	Marta Zuluaga	Sue Grammond
Brian Thomas	Jamie Probst	Matthew Jarsen	Tanya Greer
Britnye Underwood	Jane Solomon	Michael Kane	Theresa Goulet
Carmen Garcia	Janet Duncan	Pat Stevenson	Thomas Aguanno
Cathy Burns	Jennifer Mooney	Paula Triana	Thomas Hogarth
Cherie Benjoseph	Jennifer Rosebrook	Penny Levi	Troy Wilkinson
Clarinda Shabazz	Jimmy Peterkin	Peter Ryland	Ulrike Vernachio
Dalmo Accorsini	Judith Dunn	Quinn Hayes	Walter Ames
Debbie Bester	Karen Whetsell	Ramiro Melendez	Wendy Barhydt
Debbie Darrow	Kathleen Moore	Rick Lewis	Yelena Gonzalez

Discussion/Progress:

The meeting began at 3:00 p.m.

Paula T. Thank you all for attending this afternoon's Wellness Promotion Task Force meeting. Let us all stand for the *Pledge of Allegiance*.

Our efforts are really about teamwork. When we all work together as a team, everyone achieves more; this is a true testament of our Wellness Promotion Task Force. We have come from creating small things to delivering more of a wellness culture in our District.

I am excited to have Karen Whetsell, Assistant Superintendent of the Division of Teaching and Learning here today with us. Thank you, Karen.



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Karen W. I am really excited to be here today; this is my first Wellness Promotion Task Force meeting. I am just so happy to be a part of this Task Force. Most of you know my team members – if they can just raise their hands. They are a tremendous asset to me, and to all of you. Teaching and learning tends to focus on various assessments that go on in the school centers, but at the end of the day, teaching and learning is about students – the *whole* student – their health and wellness is part of that and lends itself beautifully to how well they are going to achieve academically. I want you to know how much I support all of these efforts. I am excited to see so many community members around the table and in the room that are part of this initiative. You will help us keep the right focus on education and the right focus on the kids. Thank you and I am glad to be here today.

Paula T. Thank you again Karen.

Today is an afternoon meeting, but the last WPTF meeting was a morning meeting where we had over 120 attendees. The collaboration and the underground conversation are really amazing. It is really lovely to see everybody come together like this. At the end of every Task Force meeting we send out a survey. Many of you take the time to complete this survey. I just want to acknowledge that for the October meeting we had really great results about how satisfied you are with the efforts of the Wellness Promotion Task Force. We received many positive comments, as well as some constructive criticism which we welcome too. We always take your comments seriously and make changes appropriately.

Please visit the following link to hear the audio version of the December 4, 2014 meeting minutes and to view the speakers presentations:

<http://www.palmbeachschools.org/sfs/wellness-meeting-2.asp>

Other School/Department Based Activities: Updates –

Jimmy P. *Department of Communications and Engagement –*

- Thank you for your support during the 2014 Referendum that was approved by the Palm Beach County voters by an overwhelming 79%.
- Communications and Engagement, in collaboration with Information Technology launched a redesign for a more user friendly homepage. It was designed to give our District the opportunity to highlight the great work our schools are doing by featuring web stories, calendars, events, pictures, and videos. Visit the website at **www.palmbeachschools.org** to get familiar with the new page.
- You can send your positive stories and news to **goodnews@palmbeachschools.org**.

Division of Teaching & Learning Support –

Eric S. *Physical Education –*

- There are currently no legislative bills affecting Physical Education. In the last three years we have been under attack, but currently nothing is on the table. We will always keep you updated.
- Thank you to Jimmy for mentioning the Referendum approval. This supported many of our teachers.



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- In September 2014 we finished up our \$2.1 million elementary school physical education grant. We were lucky to be awarded (through participation with the Caridad Center) another \$2.1 million for middle school physical education. We just trained 12 middle schools on the Middle School SPARK program.
- Our state association, Florida Alliance for Health, Physical Education, Recreation, Dance, and Sport has a new name. It is now called SHAPE Florida. I was president of this organization in 2010 and 2012. We have had some changes in leadership, and I have discussed possibly running again.
- Florida PTA has me busy right now as the Health and Wellness Chair. I just finished writing the agenda for their Healthy Children, Healthy Future Summit. I know that KidSafe will be there as well as Michelle Gaines from the Florida Department of Education talking about human trafficking, so there will be a very strong panel for this event.
- This is our final year of HealthTeacher. We have been partners with Miami Children's Hospital for the last five years. GoNoodle interactive brain breaks have been very effective for our schools so we are in the fight to find a way to keep it. 28% of all elementary teachers are using this program at some point in the day right now.
- South Florida Fair Kids Mile will be on January 19, 2015. We always have between 1,700 and 2,200 kids running every year. Most of our School Board members place medals on students and have been doing that for a long time, so it is a really great day.
- Palm Beach County participated in the Florida Dairy Council – Defend Your Turf challenge. Equestrian Trails Elementary won the grand prize for \$5,000. They had the highest amount of students tracking their physical activity progress.

TEN video: <https://vodcast.palmbeachschools.org/player/PMFSJ>

Kim C. *Single School Culture Initiatives – Behavior and Climate –*

- We had our annual 35 people for our Behavioral Health Cooperative Agreements. These are agencies that have been approved by the School Board that can provide expertise and interventions for us. We are eager to get our schools on board with them.
- “Weight of Words” play: Two schools have already rolled it out – Palm Beach Lakes Community High School and Boca Raton Community High School. I will keep you updated on the community showing of this play.
- Ethics Bowl: This is a great event that we are looking forward to this year.
- Do the Write Thing Challenge: This is an opportunity for middle school students to write an essay about how violence has impacted their lives. Over 30,000 essays are submitted. This is narrowed down to the top boy and girl who get to go to Washington D.C. as ambassadors.
- I am on the planning committee for the LGBTQ State Conference which will be in May 2015. I will keep you posted on that as well.

Michael K. *Single School Culture Initiatives – School Counseling and Graduation Support –*

- We have completed the training on Adolescent and Depression Awareness on October 20, 2014.



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- On October 22, 2014 we held the Palm Beach County College and Career Fair. Eunice Greenfield wanted to express her appreciation to the Wellness Promotion Task Force and to others and wanted me to let you know that we had 3,800 students and families attend that night. We had representatives from over 175 colleges and universities, all branches of the armed forces and top military academies were represented. She also wanted me to extend a special thank you to School Food Service Department – especially Tom Aguanno – for preparing the meals.
- We had several of our school counselors present at the Florida School Counselor Association Conference. Their presentations were very well received.
- We do have several upcoming professional development opportunities for our school counselors in which we will dig into topics of small group counseling, classroom guidance, individual counseling and other interventions. We are taking a particular look at self-injurious behavior training because we want to make sure we are prepared for this issue with our students.
- Historically Black Colleges and Universities and Hispanic Serving Institutions Recruitment Tour will be in January 2015. We have 26 high schools scheduled to bring their students to that event.
- The 28th Annual Principal School Counselor Appreciation Breakfast is scheduled for February 6, 2015. This involves around 400 school counselors and their administrators to recognize the good work that we do together.

Seth B. Mike is a very humble guy if you know him. I just wanted to add that he was one of the school counselors who presented at the Florida School Counselor Association Conference so congratulations for that, Mike.

Division of Educational Alternatives and Interventions –

Stephanie W. *Afterschool Programming –*

- Right now we are in the middle of our program reviews. We have 96 elementary afterschool programs that we review each year. We began those in November 2014 and they will be going through January 2015. During the “quality” portion of those reviews we go over a lot of activities in the afterschool program to ensure the safety of our students. We also make sure appropriate procedures and certifications are in place for any students who have special needs.
- We just wrapped up our first community service project. We had 36 sites participate in creating cards for the troops. They were sent to the troops overseas by Thanksgiving.

Paula T. (On behalf of Dr. Miguel Benavente) *Choice and Career Options –*

- The National Parkinson Foundation in collaboration with the District’s Medical Sciences Academies and Florida Atlantic University selected 13 high school medical academy seniors representing 10 high schools - that nominated them as Semifinalists for the 1st National Parkinson Foundation Scholarship Program. Six students were selected as finalists and the winner was announced on November 16th at the Moving Day for Parkinson at Florida Atlantic University.



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- The 2014 Scholarship winner this school year is Ms. Kristen Yaun from Jupiter Community High School Medical Sciences Academy. Kristen will have a full scholarship to FAU to continue her education while volunteering with the Parkinson Foundation and research institutions to find a cure and/or more effective drugs to treat this disease. We are very proud of all the students and the schools that nominated them. Congratulations to all!

Debbie N. *Exceptional Student Education –*

- In ESE, once a week there are about 10-12 of us that are involved in “It Takes a Village to Lose a Pound.” We weigh in weekly with the incentive of a spa trip at the end of the year for participants and wannabe participants as well. Anyone here is welcome; we will be at PGA National Spa and we will let you know when that will be.
- We have been so busy opening schools and programs and trying to ensure that children are in school that we have to be mindful of taking care of ourselves. As January comes around we are going to be involved in an “Exercise at Work Week” so I will keep you up to date on what that is all about. We are also involved in the “Hold it for the Holidays” initiative which is really fun.

Kim M. *Safe Schools – Bullying Prevention –*

- The Bullying Prevention Initiative was under Single School Culture Initiatives and is now back under the Department of Safe Schools (that is our official title now.)
- In terms of keeping up with compliance, we attended the Federal Summit on Anti Bullying Initiatives.
- We have launched the “Words Wound” campaign to delete cyber bullying and spread kindness. The classes are being taught as a pilot at L.C. Swain Elementary. I go there every Wednesday and Thursday where I am teaching the Words Wound book by Dr. Sameer Hinduja, one of the leading researchers in cyber bullying. I will have a bigger update on all of our compliance pieces the next time we meet.
- We are continuing to bring student-led initiatives through our Student County Councils. Rick Lewis and I unrolled “Becoming a Strong and Kind Leader” to our Safety Patrols. This looks out for physical and environmental safety, but also empowering students to become allies to their peers.
- We are happy to be providing training to our school bus drivers and afterschool staff. We hope to strengthen our intervention pieces with our students in ESE.

Cathy B. *Health Services –*

- Last meeting I mentioned that we administered “Teach Flu a Lesson,” wrapping itself up in the beginning of October 2014. Yesterday I met with our health partners to get the final results: 213 schools participated, 36 of those schools were charter schools. 17,611 students received the vaccine. 1,682 staff members received the vaccine as well. We are hoping that next school year we will double those numbers.
- I would like to introduce a new face: Brenda Galie. We welcome her as the nurse consultant with the Florida Department of Health in Palm Beach County and a new member of our team.



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Rick L. *Safe School Ambassadors* –

- We have expanded our work in fun ways doing things like the “Turn on the Light” conference and doing some presentations for grandparents who are raising grandchildren.
- We had a chance to do some presentations with Peaceful Schools International last month.
- We had the opportunity to do trainings at new schools like Palm Beach Maritime, Cardinal Newman, and All Saints.

Amy C. *Teen Parent Program* –

- Teen pregnancy rates nationwide, in Florida, and Palm Beach County have declined 57% in the last decade.
- This is significant for the School District due to the amount of money supporting teen parents, providing them with childcare vouchers and other services needed that will enable them to go to school each day.
- For a long time, Palm Beach County had a high *repeat* teen pregnancy rate. Our teens were having another baby before the age 18. 2013 preliminary data is out and we are starting to see what we hope is a trend: a decline in the repeat teen pregnancy rate.

Troy W. *Risk Management and Safety* –

- We are working with Facilities on a regular basis to maintain our playgrounds. We will be resurfacing ten different playgrounds this year which will start at Royal Palm Beach Elementary.
- This was a bit of a surprise- a representative at the Boca Rio Golf Course called to get a proposal from us on providing funding for Automatic External Defibrillators (AEDs) in some needy schools in the Boca Raton area. We gave them information for Boca Elementary and Hammock Pointe’s need for updating their AEDs. We are hoping they will come through with the five AEDs that we need, but we would be happy with just one or two. We have saved two students’ lives and six adults’ lives in the last eight or nine years. Just like every other type of technology, it eventually ages out. The initial purchase we made years ago are starting to show their age, so over the next couple of years we need to come up with a plan to start replacing them.
- An issue that has been coming up lately is that a lot of parents are dropping their kids off as much as an hour to an hour and a half before school starts when there is no supervision. We have developed signs that now say, “Supervision is available between 30 minutes before and 30 minutes after school during regular school days only.” It also has the Florida Statute backing this up. We have one for each school. We will be doing a Public Service Announcement in support of the signs to make parents aware that there is not supervision available for their kids if they are dropped off early.

Kim S. *Employee Wellness* –

- I just wanted to thank everybody who participated in our Apple a Day wellness challenge, especially the Wellness Champions who made it a huge success. We had lots of apples eaten and thousands of pictures. Palm Beach Public was the winning team



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location. **Apple a Day video played.**

- We are well on our way with our next challenge which is Hold it for the Holidays which provides some friendly nudges and motivation to maintain (not gain) weight over the holiday season. Participating employees weighed in before Thanksgiving. They will do a few check in weights and then will weigh out after Thanksgiving. I know Wellness Champions are doing a great job promoting that program too.
- For employees, remember that Health Advocate benefits are available for healthcare and personal issues if you need them.
- Please read up on the Wellness Rewards changes. There is a video on our website where you can review the new requirements. If you plan to participate in the onsite biometric screenings, registration is available for that now. I just want to thank all the partners, employees, everyone in this room for making wellness successful. I wish you all a Happy Holiday season.

Steve B. *Division of Support Operations* –

- Over the last fourteen months I have had the pleasure to represent and work alongside seven very dynamic departments. I now represent about 2,600 people. It is exciting to see the things we are doing right now; what we have adopted as a vision for each one of those departments is: *Kids First*. You might think, “what can Planning and Intergovernmental Relations have to do with *Kids First*?” What we are learning is that everything we do from the standpoint of strategically building our organization is built around the health and wellness of children and how it affects their academic performance.
- Earlier I was working with two of the three larger support service departments: Transportation and Maintenance & Plant Operations. We have been under the conditioning of a restructuring for the last eight months. What a change we are making; I can promise you that it is not perfect. When you read articles in the paper about the things that may be wrong in those departments, you *have* to know that the majority of what we are doing is right. We will continue to move in that positive direction.
- Today with Transportation, we discussed how we can affect children’s lives. What most people do not understand is that a bus driver gets up at about 4:00 in the morning. They are at work by 5:00. If we do not have the tools readily available and accessible for them to run productively that bus driver might not convey the best message to the students that he or she picks up. It is a very dynamic change that we are going through right now with a lot of positive things happening and I am excited to let you know that it is a three year plan of action for these two departments and I am very proud to be associated with them. I just wanted to say how proud I am of this large group and all the talent within them.

Paula T. Thank you so much Steve...you have been an amazing leader and we are very grateful and thankful to have you on board helping and guiding us, and allowing us to grow and do more for our community and the kids in Palm Beach County.

Wendy B. *Environmental & Conservation Services* –

- Today we are uploading a report issued by the U.S. Green Building Council to our



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website titled “Environmental Education and Sustainability in the U.S. Public Schools.”

- We are also in the process of forming a Green Schools mentoring program. We will likely be asking community partners to volunteer assisting schools with the Wellness parts of our Green Schools program.
- There is another report titled, “Energy Savings Plus Health” that discusses indoor air quality and energy savings for school building upgrades. If anyone is interested in looking at this, it can be found at www.epa.gov.

Steve B. I would just like to say one thing about this particular department: it is truly the definition of “small yet mighty.” They are also extremely humble with what they do on a daily basis and how they really work toward performance and academics for children. When I came on board I had the opportunity to go to all the transportation sites and evaluate our bus fleet. Things were, to put it gently, less than perfect. What Environmental & Conservation Services has done is nothing short of amazing. They have gone to 4.5 of our 6 transportation facilities and done complete treatments of the interiors of every one of our busses which takes into consideration overall cleanliness, indoor air quality, and pest control. I can confidently say right now, that the busses are the cleanest, and have the best indoor quality that they have had in the last 10-15 years. I said all that to say this: no one department stands by itself. Thank you so much for everything that you, Paul, and the department do.

Yelena G. *Maintenance & Plant Operations* –

- Right now we are really focusing on electrical safety and have had a lot of training for our employees. A lot of the electrical equipment we have will be reviewed and new labels will be applied. We will provide training for the custodial staff as well. The training will be on ELM soon and will also be provided in Spanish.

Allison M. *School Food Service* –

- Each year we put together one or two health fairs in our schools. Forest Hill Elementary Health Fair: <https://vodcast.palmbeachschools.org/player/97P8C>
- School Lunch Week was October 13-17, 2014: <https://vodcast.palmbeachschools.org/player/5X05Q>
- I wanted to thank TEN for putting both of those videos together. As Steve said, it is all about *Kids First* so it is nice to see and hear what they have to say about all the things we are doing with this vision in mind.
- We have a new page on our SFS website that we just launched. It is a Nutrition Education page. It has resources here for OrganWise Guys which is the marketing we are using in elementary schools; it is our umbrella of consistency for this level. It focuses on all the different organs and what foods you can eat to keep those organs healthy. There are videos and resources for teachers on this page. We can come out and do assemblies at your school if you are interested. We also have a section for grants and activities on this page.
- The MyPlate information is nutrition information about what the kids should be putting on their plates and eating each day. There is also an area with monthly nutrition tips in English and Spanish. Lastly, we have teacher and parent resources with many useful



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links.

- Also on our website is the School Food Service Annual Report, (similar to the Wellness Promotion Policy Annual Report) that shows our department goals and team strategies at the top. Some highlights from this report: Farm to School Program, Fresh Fruits and Vegetable Program, Wellness, marketing, Power Up With Breakfast, etc.
- Our extended day snack program started in October 2014 for schools that have the extended day. This program allowed us to offer snacks during that last hour to all students in the school. Just in October we served 124,000 more snacks to students and reached an additional 6,500 students. We are very happy to be able to do that for the kids and get them through that last hour of the day.

Meeting ended at 5:30 p.m.

Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ Promote and support district and community “Events and Announcements” – information will be provided. ❖ Promote the “Weight of Words” play when offered to the community (date TBD). ❖ Promote Road Warriors website to support/participate in their upcoming events: www.roadwarriorscorp.org ❖ Submit the Wellness Promotion Policy (2.035) and Wellness Promotion Goals and Objectives revisions through the District’s Legal Services Department policy revision process for review and 1st reading. ❖ Complete the development of the FY-2014 Wellness Promotion Policy (WPP) Annual Report. Present at a School Board Workshop the WPP Annual Report – March 4, 2015 	<ul style="list-style-type: none"> ❖ Continue to support OneBlood 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. ❖ Continue to seek community stakeholders that bring value to the District’s Wellness Promotion Task Force. ❖ Continue to promote the Wellness Rewards Program and Employee Wellness. ❖ Continue to promote EAP’s Stress Management Tips for Mental Health.

SY 2014-2015 Upcoming WPTF Meetings:

Date	Time/Location	Topics To Be Discussed
Wednesday, February 4, 2015	8:30 a.m. – 10:30 a.m. Board Room	<ul style="list-style-type: none"> ▪ “Healthy School/Well Workplace Awards” ▪ 5-2-1-0 Campaign – community support ▪ Scripps Florida – Education Programs
Wednesday, April 8, 2015	8:30 a.m. – 10:30 a.m. Board Room	<ul style="list-style-type: none"> ▪ Nutrition Standards - <i>Smart Snacks in Schools</i> continued progress ▪ Exceptional Student Education
Thursday, May 14, 2015	3:00 p.m. – 5:30 p.m. Board Room	<ul style="list-style-type: none"> ▪ – Special Needs ▪ Human Trafficking



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		<ul style="list-style-type: none"> ▪ Girls on the Run ▪ Building a Safe School Environment ▪ Single Point of Entry – Keeping our School Safe ▪ Urban League of Palm Beach County, Inc. ▪ Financial Literacy ▪ HealthCorps University Partnership ▪ Potential Community Stakeholders <i>and many more topics to come...</i>
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Change in Current Policy, Procedure and/or Situation:

Due to the USDA’s Proposed Rules of the *Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Act of 2010 (7 CFR Parts 210 and 220)* – the District is working on the process to revise the Wellness Promotion Policy (2.035) and the Wellness Promotion Goals and Objectives documents. This process will require a detailed timeline and review of all stakeholders with the support of the Legal Services Department.

Wellness Promotion Task Force – *Mission Statement* ~

To create an educational forum that allows District and community partners to successfully collaborate in the promotion of 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 of all school children, staff, parents, and the community.