



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

May 14, 2015

Topic:

Wellness Promotion Task Force (WPTF) – 5th 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:

Allison Monbleau	Ellen Smith	Lauren Zuchman	Rudi Bester
Alma Horne	Elly Zanin	Lee Kolbert	Shawn O'Connor
Alyssa Handeland	Emily Vanderpool	Liza Asch	Silke Kiesewetter
Amy Crease	Isabelle Phillipe-Auguste	Mark Murray	Stephanie Wagner
Amy Gyau-Moyer	Jackie Vega	Meagan Rappatta	Summer Held
Barbara Bogart	Jaclyn Anez	Melissa Mulvaney	Susie Cox
Bonnie Brooks	Jacqueline Struthwolf	Michael Kane	Theresa Goulet
Brian Thomas	Jane Solomon	Michaela Vega	Tom Aguanno
Caitlin Lopez	Jeannine Rizzo	Michelle Parenti	Troy Wilkinson
Carlye Fabrikant	Jim Moore	Michelle Schecht	Valeria Ogletree
Carolyn Seal	Joseph Schneider	Nichole Thomson	Walter Ames
Chad Phillips	Joyel Loiz	Patrice Schroeder	William Fay
Christina Davis	Karla Pena	Patricia Trejo	Xavier Vega
Cynthia Clayton	Keith Jasco	Pala Triana	Yanny Diaz
Debbie Neeson	Keith Oswald	Rikki Ashkin	Yelena Gonzalez
Debbi Bester	Kim Cotton Williams	Robert Canane	
Deborah Feinsinger	Kristy Rodgers	Robin Nierman	
Elizabeth Williams	Laura Arena	Robyn Raye	

Discussion/Progress:

Please visit the following link to hear the audio version of the May 14, 2015 meeting minutes and to view the speaker presentations:

<http://www.palmbeachschools.org/sfs/wellness-meeting-5.asp>



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The meeting began at 3:00 p.m.

Paula T. Good Afternoon, thank you all for being here. I wanted to encourage anyone to come up and contribute as we go through the meeting; we value everyone's input. This is our 5th meeting. I am so excited to have children here. I am a mother of a seven year old and a nine year old, so I can really relate. I got a call from New York, our community Chair, Seth Bernstein is at a conference and he said he really laments not being here because he enjoys being part of this Task Force and he is going to be here in October.

Pledge of Allegiance

Paula T. As you know Kim Cotton Williams is retiring; she has been an amazing partner and has worked in the schools for 31 years. We are inviting all of you to her retirement party here at the District to celebrate her accomplishments and contributions to the School District. We will truly miss her.

I just want to say this has been a very fruitful year; we have accomplished quite a bit. We have been able to collaborate and unite and work closer each year in the District both internally and externally.

Ice Breaker – The Empty Pickle Jar <https://vimeo.com/95310708>

Paula T. Life is a gift and we never know; it can change in just one second. This was really a gratitude message to all of you for all that you contribute. I know that our Task Force meetings get different participation; today is an afternoon meeting, there are graduations going on and many people are out in the field. But we also want to give the opportunity for parents and children to come. The efforts that we have done are together, and we are a family, but we also have to think of our families first and ourselves and put things in priority. I wanted to just say thank you again on behalf of the District and on behalf of the District's Wellness Promotion Task Force. I am very excited to have our Chief Academic Officer, Keith Oswald, who ran from a graduation here to give our opening remarks.

Keith O. Thank you, Paula. I appreciate that. I have to say that video really hit me hard. I just left a graduation for the Royal Palm School. For those of you who do not know about the Royal Palm School really severe and profound students attend there. It is pretty humbling to see what these families and children have persevered through and how challenging it has been. Your problems are pretty small when you see what they have overcome. It was a fantastic experience; we do record our graduations now so I encourage you to watch.

I am glad to be able to welcome you to the final Task Force meeting for the year. There is a tremendous amount of accomplishments we can see just on the agenda alone. We are pretty fortunate to be in a community that recognizes the importance of wellness where people can come to the table and have the conversations that make a difference. There is a coined term "collected impact." We know that we cannot do this work alone. We have got to come together as a community to talk about the outcomes that we want for our children and make this community better. Through this work, we know that those small steps will truly have significant changes in the outcomes. Some of you serve on committees where we talk about mental health issues that students face which falls quite parallel to this Task Force. It is important for us to identify those students and make sure we have the services to support them. This Task Force is



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going to be crucial in helping to make those changes. We have a new superintendent, Dr. Avossa, who will be starting in about a month; we know from having conversations with him that this kind of work, the collective impact, and the Wellness Task Force, is right up his alley. He will be reaching out to you all to support this community and to make it thrive. On behalf of the superintendent, old and new, and on behalf of the School Board I cannot thank you enough for continually showing up, being part of the solution and not part of the problem. It means a lot to us and I sincerely appreciate it. Have a great meeting.

Paula T. Thank you Keith. That is really great; collective impact, collaboration, unity, transformation, personal responsibility, and Energize...Feel the Power of Wellness, all our themes that have been in the process. We really have come a long way. This is the perfect time when kids are graduating and moving forward and realizing their dreams. Our contributions start from our kids, our kindergarteners to our high school students. Give yourself a round of applause for all that you do I really thank you because we collaborate from department to department and we continue to make efforts to make this district a better place.

With that, I will move to our Wellness Promotion Policy (2.035). As you know our policy was a mandate from President Bush that every school district had to have local wellness policies by June 1, 2006. We embarked on that journey really two years prior to look at best practices. At that time as we moved forward and we developed this policy it was a small effort of small penguins sitting in a room developing something we were not sure of. But we have come a long way and in 2015 we just readopted our policy for the 4th time. Everybody who has been a part of the evolution of adding materials to the policy and making it better, I want to thank you. We continue to nurture that policy and see the impact it has on the school centers. We just had the opportunity today to present to all of the high school principals. It was really great. I know that principals have so much on their table and so many responsibilities but when it comes to policy that is what we need to follow. Some policies are not looked up, but our policy for wellness - we have really massaged it and revised it a few times. We are also getting it out there to the principals because they are the essential piece when it comes to the school centers in cementing that culture of wellness.

I want to navigate briefly where you can find the policy itself:

<http://www.boarddocs.com/fl/palmbeach/Board.nsf/Public> - On the District website, under "District Links." From here you can navigate to Policy 2.035. The Goals and Objectives are here as well which cover our goals: Nutrition Education, Physical Activity, Other School/Department Based Activities, Nutrition Standards, and Nutrition Promotion. I encourage you to peruse this on your own time. I cannot promise that we will be revising this again this year, but we gave ourselves a two year plan to look strategically at how we are going to collaborate more with our internal partners - focusing on how things that are in the policy are being accomplished.

As you know, the Wellness Promotion Task Force sits under the School Food Service Department. This is our School Food Service website: <http://www.palmbeachschools.org/sfs/index.asp> you can find our policies here as well. If any of you have any issues finding these policies, please let us know and we can direct you.



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We now house every Task Force meeting on our website too. This will take you to the invitation, agenda, presentations, minutes, audio minutes, and presenter's contact information. We are finalizing the April and February minutes which will be uploaded soon.

Soul Source Project – we are collecting non-perishable goods here in the building until May 27th. Thus far we have collected **3,049** pounds. We did have a larger pickup on May 12th for all of our school centers. Perry Borman our executive from the Palm Beach County Food Bank says any amount will help. It is great to have “People Helping People.”

We also collaborate with OneBlood. We really have come a long way in trying to market. Sometimes what is difficult is people are afraid of donating blood or for whatever reason they just do not like it. We are trying to move this collection to reach our goal of 150 pints and we have a final collection on June 10th. These collections are mainly for this building but many schools are having blood drives at their schools. Some of our high schools collect 250 pints at one time; it is amazing.

Wellness Promotion Policy Annual Report – As you know, we have to report to the School Board. In March of 2015 we presented. All of the annual reports are housed here, so you are welcome to see them. Moving to some of the responsibilities, as we move forward with the Annual Report, we could not do it alone and many of you are essential pieces in contributing materials. We are moving to a theme of ***Synergy...Partnering Together for Wellness***. For the 2015 Annual Report, we are asking everyone to provide materials by Thursday, July 30th. Make sure you are doing the proofreading and editing. Jaclyn and Jeannine if you want to raise your hands – they have really been the hub of collecting material. Our goal is to present to the Board in December 2015 or January 2016.

Other School/Department Based Activities – Updates:

Stephanie W. *Afterschool Programming* –

- This has been an exciting year. Afterschool programming is gearing up for summer camp. As of now we have 72 elementary summer camps that we will be operating which is the largest we have ever had I believe.
- We have been training our staff in summer camp safety trainings for both on campus and during field trips that they take so it is a really vital training.
- Staff members are also busy with the specific summer camp trainings that they need such as playground safety training. Thanks to Risk Management for helping us with that. They are also taking CPR and other health related training.

Kim C-W. *Behavior and Climate* –

- The Do the Write Thing event was this month. The top winners will be going to Washington D.C. in June. It was such a nice celebration with 1,000 people.
- End of the year Character Counts awards were given; 34 awardees and honorees. It was very exciting. The kids are so adorable and the culinary arts program provided a nice feast beforehand.
- We just wrapped up our last Safe and Drug Advisory Council meeting.
- Our behavioral health cooperative agreement has 35 agencies and we are still getting



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calls for that.

Michael K. *School Counseling –*

- We are excited for the awarding of a Department of Education grant worth \$1,194,000 to address mental health, wellness, school counseling, interventions, etc. We will be working with a few middle schools and the Department of Safe Schools to make sure we are enhancing services to students.
- 2nd Annual Student Mental Health and Wellness Conference is scheduled for June 11, 2015 at Park Vista High School. Registration is open for District employees; I encourage you to log into eLearning Management if you are interested in attending. There will be 29 breakout sessions, a keynote speaker, and a range of topics from suicide prevention to behavioral interventions to metacognition and the impact on achievement, etc.

Debbie N. *Exceptional Student Education –*

- We are lucky enough to be working with Alyssa and we will be compiling a SurveyMonkey with all of the opportunities that we have available to our staff for some brief workshops, especially during those ten hour days.
- As a department, we are participating in the Walking Challenge and we have two teams that are participating this May so you will see a lot of us with our sneakers.
- We will be having a spa day for staff at PGA National so if you happen to be around this Sunday stop by.

Amy C. *Teen Parent Program –*

- Half of all the teen parents receiving child care this year are seniors and are graduating which is very exciting because that is why we do what we do, to see that these young people graduate. A lot of them are going to college. The challenge is they are used to getting child care services and once they graduate they do not have those services anymore, so we are working hard to connect them.
- *On behalf of Cathy Burns: Health Services –* Right now they are working on nurse medical management of students while on field trips. She has been working hard this week on all the different field trip issues of students who have medical concerns that need to be addressed while they are on trips.

Alyssa H. *Employee Wellness –*

- The Needs and Interests survey is now available so we just encourage you to take a few minutes to complete this. Your feedback is very valuable to us and we really want to know what your interests are.
- We are wrapping up another year with our Wellness Champions and there have been a total of over 240 evaluations submitted. These evaluations are programs they have done like events or activities that involve healthy eating, physical activity, weight management, health rewards, etc.
- We are recruiting wellness champions for schools, bus compounds, and other departments that do not currently have champions so if your department does not have one please let us know.



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- Our Wellness Champion Kickoff will be September 17, 2015.
- We now have our indoor walking path here. I have seen people walking on their breaks which is awesome. We have 167 participants and 20 teams. We are excited to see what they will achieve.
- For health rewards, the deadline to complete the screening and possible coaching is July 31st. If anyone has not done their screening yet, we strongly encourage you to do so in case you need to complete coaching which must be done by then as well.
- We have heard that there may be a delay in getting coaching scheduled, but as long as the coaching has been set up prior to July 31st it is ok if some of the coaching sessions extend beyond that.
- We have had great success with over 1,500 non-instructional employees who have enrolled in the EAP Work-Life Workshops who have completed or are in the process of completing the online trainings.
- We have a new online weight loss program coming to the district which will cater to anyone who wants to lose weight (not just for pre-diabetics which is what we currently have a program for). This will be a great addition to all the programs we are doing to help our diabetic and pre-diabetic employees control and manage their condition.

Christina D. *Environmental & Conservation Services –*

- Yesterday was our 7th Annual Green Schools Recognition Award Ceremony. Over the years we have expanded the program both geographically and in numbers; we have invited Martin County to be part of our program. Yesterday we recognized a total of 79 schools which is quite a difference from our first year where we recognized only 26. The schools are recognized by category from Schools of Promise who are on the front edge of being green to those who are a little further along in their development as Green Schools of Quality, and then our top schools who are Green Schools of Excellence. We had sponsor awards and a few of them are here. The Besters of Memory Trees and UnitedHealthcare sponsored awards. We had our first Green Principal awarded this year: Kathy Pasquariello of Timber Trace Elementary. We also awarded our 2nd Annual Green Teacher of the Year to Lisa Zearn of Jupiter Middle School. She was one of the early adopters of the Green Schools Movement.
- Our department nominated both the Learn Green Conference and the Green Principal of the Year Award to a national Green Schools alliance. We won both in both categories. Cynthia Chiapetta of Eagles Landing Middle School won Green Principal of the Year and our Learn Green Conference won for Green Project of the Year. We are very proud and trying to make our bones as a national leader.

Yelena G. *Maintenance & Plant Operations –*

- We have been very busy in our department. Right now we are about to hire 42 students from the Construction Career Academy for the summer. That is always exciting; it is good experience for them and it is good for us as well. Hopefully we may even get some future employees so that is great.
- We are starting a new innovate pest management pilot program. We visited three



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schools this week with Dr. Faith Oi from the University of Florida. We visited pest vulnerable areas like the cafeterias, culinary classes, and the teachers' lounge. We are working on an approach where you are not just treating, but preventing. It takes the entire school working together. We visited Timber Trace Elementary, Duncan Middle, and Palm Beach Gardens High which is where we will start.

- Steve Backhus just returned from the Governor's Hurricane Conference. Their title is "Rethink Resilience." The goal is getting inter-agencies to cooperate and prepare for hurricanes. For us it is very important because when you are trying to get repaid from Federal Emergency Management Agency (FEMA) everything must be documented.

Allison M. *School Food Service –*

- Food Allergy Month was May of this year and May 10th-16th was Food Allergy Awareness Week. There are 15 million Americans with allergies and about 6 million of them are children. That makes 1 in every 13 children who suffer from allergies. We have many children in our district who have allergies. We wanted to put information out there about this so we did a Press Release and we also distributed posters to our cafeteria lines so the kids could see them and understand that their peers are dealing with allergies every day. We sent information and coloring pages to the classrooms as well. We have information about this on our website for anyone who needs to find it.
- School Meals Program Booklet: This is the third year in a row that we have put this booklet out. We will be sending this by mail probably in the third week of July to the households of all registered students. It talks about our Free and Reduced lunch benefits and how to apply; it gives information about our mission and what School Food Service is here for. We will offer free breakfast again next year for all students. It gives information about what makes up a breakfast, lunch, and the nutritional requirements that we meet and exceed for our meals. We also have information about special dietary needs and allergies, a la carte beverages and snacks, and our Farm to School Program. Next year every week we will have farm fresh produce infused into our menu. We also added information about Transportation, Afterschool Programming, Recruitment and Retention, and Wellness. All of the Task Force meeting dates for next year are there so more people can get involved.
- Summer Food Service Program: we have 114 sites so far through Palm Beach County School Food Service. The community also has about 84 sites, which is always growing; we probably have over 200 sites in our county. People can contact 211 or go to our website to find out which schools are doing summer feeding. We provide free breakfast and lunch to anyone under 18 in the community.

Paula T. As Allison mentioned we do have all of our dates secured here in the Board Room for next year's Task Force Meetings so I encourage you to put them in your calendar. We are looking forward to having Dr. Avossa join us on June 15th in the District. He will have some time to get his feet wet but we hope to meet with him and have him as an opening speaker at our October meeting.

If anyone has any Wellness related events and announcements I encourage you to let us know so



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we can add it to our Events and Announcements document that we will update. If there are any external partners who would like to give an update at this time please do so.

Patrice S. *211 Helpline* –

- As Allison mentioned we do have information about summer meals. If you know a family who is looking for a summer meal site for their child, I highly encourage you to tell that family to call 211 so we can help them find resources.
- We have a new initiative called Help Me Grow. 211 is now a place that people can call if they are concerned about their child’s development related to moving, talking, learning, etc. We have a counselor who will go over the mile markers with them and will help them find screenings and support needed. This is a great addition to our set of programs.
- We are collaborating with Whole Foods. On June 10th when you shop at Whole Foods in Palm Beach County, 5% of the proceeds will go to 211 and our lifesaving services. We get 300 calls per day. On average, 7 of those calls are related to suicide and 5 are related to rape crisis and crime victims. I really encourage you guys to support 211; we are here for all of you. You guys have been great collaborative partners and we thank you.

Paula T. Thank you. We do evaluate our Task Force meetings and we ask that you complete the survey we will be sending out with our Thank You message. We will put together a document highlighting topics that you would like to hear more about so please complete this survey so we can get your feedback. I want to thank our partners PNC, Horace Mann, and SunTrust. Also the Education Foundation who serves as the conduit for holding our funds. I want to thank all of you as well. Our next meeting is October 14, 2015 at 8:30 a.m.

The meeting ended at 4:50 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 Road Warriors website to support/participate in their upcoming events: www.roadwarriorscorp.org ❖ Complete Employee Wellness Department’s Needs and Interests Survey. ❖ Complete biometric screening and coaching (if needed) by July 31st. ❖ Shop at Whole Foods in Palm Beach County on June 10th. 5% of all proceeds will go toward 211 Helpline’s lifesaving efforts. ❖ Attend the 2nd Annual Student Mental Health and Wellness Conference on June 11th at Park Vista High School. 	<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. ❖ Develop Healthy School Teams in each school center. ❖ Assess the implementation of Wellness Promotion Policy 2.035.



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- ❖ Attend the Palm Beach County Food Bank’s 3rd Annual Canstruction at the Gardens Mall in support of local hunger relief: June 9th-21st.
- ❖ Save the Date for the 7th Annual Learn Green Conference on November 16, 2015 at Boynton Beach High.

SY 2014-2015 Upcoming WPTF Meetings:

Date	Time/Location	Topics To Be Discussed
Wednesday, October 14, 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
Thursday, December 3, 2015	3:00 p.m. – 5:00 p.m. Board Room	<ul style="list-style-type: none"> ▪ Nutrition Standards - <i>Smart Snacks in Schools</i> continued progress ▪ Exceptional Student Education <ul style="list-style-type: none"> ▪ – Special Needs
Wednesday, February 3, 2016	8:30 a.m. – 10:30 a.m. Board Room	<ul style="list-style-type: none"> ▪ Human Trafficking ▪ Girls on the Run
Wednesday, April 6, 2016	8:30 a.m. – 10:30 a.m. Board Room	<ul style="list-style-type: none"> ▪ Building a Safe School Environment ▪ Single Point of Entry – Keeping our School Safe
Thursday, May 12, 2016	3:00 p.m. – 5:00 p.m. Board Room	<ul style="list-style-type: none"> ▪ Urban League of Palm Beach County, Inc. ▪ Financial Literacy ▪ HealthCorps University Partnership ▪ Potential Community Stakeholders <i>and many more topics to come...</i>

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 and staff, parents, and the community.