

**School Health Advisory Council Meeting Summary  
American Lung Association of Florida  
February 13, 2014**

TOPIC	DISCUSSION	ACTION
<b>Introduction</b>	In the absence of Dr. Charmaine Chibar, Siobhan Gross welcomed attendees and asked them to introduce themselves.	
<b>Approval of Agenda</b>	Agenda was approved.	
<b>Approval of Summaries – November 14 and December 12, 2013</b>	Approval of summary of January 9, 2014, following motion by Cathy Burns, seconded by Paula Triana.	
<b>Old Business</b>	<p><b>Mental Health Committee</b> Sharon Tarlow from West Palm Hospital – informed that they will be presenting the Baker Act training to school counselors on February 18; expecting about 165 attendees. The presentation done previously to the nurses was a success so they will keep the same format. There will be a panel discussion. She also welcomed everyone to participate in the SHAC Mental Health Committee meetings on the second Tuesday of every month, from 10:30 to 12:00pm at FL Department of Health Palm Beach County, 800 Clematis, Floor 2</p> <p><b>SHAC Survey Task Force – Marsha Fishbane, MD.</b> Dr. Fishbane gave an overview of the purpose and methods of the SHAC Survey. The survey is developed, conducted and analyzed under auspices of SHAC using a questionnaire that has varied over time, depending of SHAC goals and school health concerns. The current survey was developed by the SHAC Mental Health Committee after review of multiple surveys from national, state and local sources, for the students, staff and parents (three languages: English, Spanish and Creole). This survey occurs in the spring. Dr Fishbane acknowledged the valuable support of Cathy Burns, from the School District. For this school year, a workforce group came together to validate the questionnaire to emphasize physical education and nutrition in addition to behavioral, mental health. Thank you to Dani Fitzgerald, Dr. Bernstein, Pete Stewart, Kim Williams, and Michael Kane for their collaboration. The group reviewed the questionnaire and they agreed that the California Healthy Kids Survey (CA Dept. of Ed) was excellent so they decided to use their questions for revising our survey tool. The group felt appropriate to consider expanding to 12 questions if possible, but not more. Also felt crucial to have a written script for teachers to use when conducting the survey in the classroom. Dr Fishbane would like the SHAC general endorsement of 10 questions; to possibly include questions #11 and #12.</p> <p><u>Comments:</u></p> <ul style="list-style-type: none"> <li>· <b>Q:</b> Will there be a question addressing nutrition, specifically breakfast?</li> <li>· <b>A:</b> Not specifically.</li> <li>· <b>Q:</b> Do we have Spanish translations of the survey?</li> <li>· <b>A:</b> Only for the parents, not for the students.</li> </ul>	

	<ul style="list-style-type: none"> <li>· Michael Kane has suggested that the teachers have a script with examples (bullying).</li> <li>· Some of the questions can't be addressed to the teachers. For instance, asking a teacher whether the student has had a soda or an apple?</li> <li>· <b>Q:</b> In Q4 - How often do the teachers or other adults at school try to <u>stop</u> it when a student is being bullied? (<i>Is it appropriate to include the term Stop?</i>)</li> <li>· <b>A:</b> This is the wording from the California survey.</li> </ul> <p>The SHAC members gave their endorsement to the Survey Questionnaire following motion by Mike Murgio, seconded by Sharon Tarlow.</p> <p><b>Wellness Promotion Task Force (WPTF)</b>  Paula Triana informed that the 3<sup>rd</sup> Task Force meeting was held on February 5<sup>th</sup> and the 7<sup>th</sup> Edition on the District's "Wellness Promotion Policy Annual Report FY-2013" was launched on January 2014. All stakeholders are encouraged to view this comprehensive annual report at the following URL/domain link:</p> <p><a href="http://www.palmbeachschools.org/annualreport/2013wellness/index.htm">http://www.palmbeachschools.org/annualreport/2013wellness/index.htm</a></p> <p>The District's Wellness Promotion Task Force is working with the Healthy District Collaborative (HDC) on completing the application for the Florida Healthy School District assessment tool. This recognition is based on submission of the completed Florida Healthy School District self-assessment. The self-assessment is based on the eight component areas of the Centers for Disease Control and Prevention's (CDC) Coordinated School Health model. It focuses on district infrastructure, policy, programs, and practices identified from national and state guidelines, best practices, and Florida statutes. Hoping to gather all materials and present it. It is due on May 30, 2014. The district has received the following Levels of Recognition the following years:</p> <ul style="list-style-type: none"> <li>▪ Silver Level Recognition – 2009-2011</li> <li>▪ Gold Level Recognition – 2012-2014</li> </ul> <p>Paula Triana brought brochures and pencils from the School Meals Program.  The next meeting is on Wednesday, April 9, 2014 -- (8:30 a.m. - 10:30 a.m.)</p> <p><b>CDC Grant Advisory Committee</b>  Dani Fitzgerald was not present. There is no update. The committee will meet on March.</p>	
<b>New Business</b>	<p><b>School Food Services</b> – Presentation by Allison Monbleau, Director of School Food Services School District of Palm Beach County.</p> <p><u>Mission</u> – To provide a variety of appealing and nutritious meals with the purpose of supporting student performance in a safe and effective manner.</p> <p>The School Food Service (SFS) Department oversees the implementation of four Child Nutrition Programs: the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Afterschool Snack Program (ASSP), and the Summer Food Service Program (SFSP). On average, the SFS Department serves approximately 157,762 meals daily through these programs.</p> <p>School Food Service is a grant program funded through the United States Department of</p>	

Agriculture (USDA) and receives funding based on qualifying meals served to students.

National School Lunch Program:  
 The School Food Service Department serves over 18 million lunch meals annually or over 100,000 students daily.

Palm Beach county school meals meet or exceed the following criteria:

- Calories from total fat not to exceed 30%
- Calories from saturated fat will not exceed 10%
- Items will not contain trans fat
- Offer a variety of fresh fruit and cupped fruit
- Offer a variety of vegetables and salad options to include locally grown produce
- Offer low-fat and fat-free milk choices
- Offer whole wheat and whole grain bread choices
- Every effort is made to exclude food items that contain artificial flavorings, dyes, and monosodium glutamate.

Special Events during the year:

- “100<sup>th</sup> Day of School” Celebration – Cafeteria staff and managers wore 100th Day glasses and hung banners proclaiming the 100th Day of School. Students enjoyed the festive atmosphere in the serving lines and many schools associated learning activities with the cafeteria celebrations.
- Customer Appreciation for students for Valentine’s Day.

Power-Up With Breakfast Campaign:

- Palm Beach County serves over 7 million meals annually equating to over 42,000 meals daily in the School Breakfast Program. Ten years ago it was realized that many students were not consuming breakfast and they were coming to school hungry. School Food Service decided to focus its efforts on their breakfast program and how they could reach more students. They began a new Breakfast program in 2003 in two schools where they provided breakfasts free to all students. The program was a great success and over the past ten years they methodically added additional schools to the program. The 2012-2013 school year was the first year where breakfast was offered to all students in all schools for free. By the end of the school year over 790,000 more breakfasts were served than the year before. Already this year 450,000 more breakfasts have been served than last year. This program has provided the opportunity to reach so many more children with good nutrition to start their day.

Afterschool Snack Program (ASSP):  
 Schools are eligible for the ASSP if they are located at a school where at least 50% of the enrolled children are eligible for free and reduced price meals and they offer an after school enrichment program . Eighty-five schools currently participate in the After School Snack Program where 1.2 million snacks are provided each year.

Summer Food Service Program (SFSP):  
 The Summer Food Service Program is usually offered in over 90 sites allows children age 18 and younger to receive free breakfast and lunch meals during the summer. This past

Inviting SHAC members to participate in the Advisory Board 2014.

summer over 587,000 meals were served. All children, whether enrolled in a summer program or not, can eat free under the SFSP guidelines.

Farm to School Program:

The Farm to School Program was started in Palm Beach County in 2006 offering fresh corn cobbettes and green beans from local farms. This program allowed partnerships with local farmers to bring fresh produce to our students. Other fruits and vegetables have been added throughout the years and Palm Beach County has also taken advantage of a State bid to offer additional choices to include:

- squash and zucchini,
- carrot and green bean medley
- navel oranges
- honey tangerines
- mini sweet peppers
- grape tomatoes

The first week in February 2014 fresh strawberries from Plant City were delivered to our schools. Over 44,000 servings of strawberries were served during that week.

Comprehensive Annual Report: Find it at this link:

<http://www.palmbeachschools.org/annualreport/2012/index.html>

Nutrition Standards

The School Food Service Department has a team of people, including registered dieticians, who develops specifications for every item on the bid and evaluates and product tests each item to ensure the they meet or exceed the nutritional guidelines. They work closely with manufacturers to reformulate products to meet standards.

The USDA has always had standards in regards to nutritional content of meals, which are met or exceed in Palm Beach County.

- Calories from fat does not exceed 30%
- Calories from saturated fat does not exceed 10%
- We must offer a variety of:
  - fresh fruit and cupped fruit
  - vegetables and salad option to include locally grown produce
  - low fat and fat free milk choices
  - whole wheat and whole grain bread choices
  - 100% fruit juice which is fortified with calcium and vitamin D

Only 1 entrée choice is required by the USDA. Palm Beach County offers 3-4 entrees each day to encourage students to choose something they like.

The Healthy Hunger Free Kids Act of 2010 mandated the modification of some of the Nutrition Standards for the School Breakfast Program and the National School Lunch

	<p>Program.</p> <p>The new standards are required on a phased in approach. Next year there is a requirement for sodium. Palm Beach County already meet the guidelines for next year as well as the guidelines to be implemented in the 2017-18 school year.</p> <p>There is also a requirement next year for whole grains. The majority of Palm Beach County's items already meet the new standard and the remaining items are on the current food bid.</p> <p>The last new standard is to provide a fruit at breakfast as opposed to only offering the fruit. This was implemented last year when the same requirement for lunch was implemented.</p> <p>Additionally there is a new Smart Snacks in Schools guideline which covers the nutritional aspects of foods offered outside of the meals served through the School Nutrition Program. These new guidelines go into effect on July 1, 2014 and will include the additional items served in cafeterias, the items that are available to students in vending machines and the items contained in fund raisers.</p> <p><u>Comments to the Presentation:</u></p> <ul style="list-style-type: none"> <li>· Dr Fishbane acknowledged how progressive the School District.</li> <li>· The big moving forward is that all the foods sold in school campus need to meet the nutrition standards. The vending companies will also need to meet those standards.</li> <li>· Fund raisers will also have to adhere to these nutrition standards.</li> <li>· There should be no food competition during school hours, that is, food not to be offered in school campus at breakfast, lunch or snack times.</li> <li>· Kids have adjusted to the nutritional changes and they want to eat.</li> <li>· There should be a link from each individual school to the School Food Service site.</li> <li>· In 2009 the School Food Service Department developed the High School Cafeteria Pilot Program (HSCPP) to reinvent the way students perceive and receive their school meals. In 2012, Atlantic Community High School was the first high school in Palm Beach County to receive the program. Forest Hill High School was selected as the second high school to receive this Program. Cost of implementation? The cost funding comes from School Food Service. Continue the development of an "Umbrella of Consistency" program - to cover all the schools in the District.</li> <li>· The School Food Service Department in conjunction with the March National Nutrition Month has organized an educational health fair to be held at Lake Shore Middle School Belle Glade, Florida, March 12. All students will be exposed to the health fair during their lunch period which will take place in the school cafeteria. Everyone is invited to support this fair.</li> </ul>	
<p><b>Announcements</b></p>	<p>The Florida Department of Health in Palm Beach County and the School District of Palm Beach County are partnering with Healthy Schools LLC. to offer the nasal spray influenza vaccine this fall through vaccination clinics in elementary, middle and high schools. This</p>	

	<p>initiative is in the works. These vaccinations will be offered to all students in Palm Beach County public and charter schools during September and October 2014. They will be staffed by teams of nurses and vaccine administration will be entered into Florida SHOTS, the state immunization registry.</p> <p><b><u>Upcoming events</u></b></p> <ul style="list-style-type: none"> <li>▪ February 15-17 – ArtiGras 2014, art festival in Abacoa Town Center, Jupiter.</li> <li>▪ February 22 – S.T.A.R.S. Conference at John I Leonard HS. A conference and resource fair for families and students with disabilities.</li> <li>▪ March 12, 2014 from 10:45 A.M. to 1:15 P.M. Health Fair at schools.</li> <li>▪ June 12, 2014 – Student Mental Health and Wellness program.</li> </ul>	<p>Those interested in participating in the student mental health &amp; wellness program, please contact Michael Kane.</p>
<b>Adjournment</b>	Meeting adjourned at 1:30 PM. Next meeting is March 13, 2014.	