



The School District of Palm Beach County, Florida

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 9, 2014

Topic:

Wellness Promotion Task Force (WPTF) – 4th Meeting (FY 2013-2014)

School District Goals:

Effective Governance

Customer Service

Safety

Current Policy, Procedure and/or Situation:

Wellness Promotion Policy (WPP) (2.035)

Meeting Attendees:

Alicia Salvador	Christine Koehn	Jaclyn Granda	Linda Ashkin	Quinn Hayes
Alma Horne	Clarinda Shabazz	Jane Solomon	Lisa Collins	Robert Canane
Alyse November	Cynthia Clayton	Janet Duncan	Lisa Richman	Robin Nierman
Alyssa Handeland	David Baron	Jessica Bergen	Liz Shapiro	Robyn Raye
Amie Schneider	Debbie Neeson	Jim Kunard	Lynda Zimmerman	Ronna Lee
Amy Crease	Deborah Feinsinger	Jimmy Peterkin	Maggie Prieto	Seth Bernstein
Andy Hood	Denise Griffo	Joan Joens	Maria Camacho	Shoshana Levy
Ann Faraone	Diane Evans	JoAne Beckner	Marianne Gulino	Stephanie Wagner
Anne Hedges	Donna Doonan	Joanne Cannavo	Mark Murray	Steve Bonino
Anne Kist	Donna Peterich	Kathleen Moore	Marsha Fishbane	Tanya Greer
Beth Owens	Donny Brown	Kelly Gilbert	Marta Zuluaga	Theresa Goulet
Bonnie Rawlins	Elly Zanin	Kesta James	Miguel Benavente	Timothy O'Connor
Brianna Green	Fred Cahill	Kim C. Williams	Patrice Schroeder	Tom Aguanno
Bruce Harris	Geoffrey Sagrans	Kim Sandmaier	Patricia Ordonez-Feliciano	Tracey Mularchyk
Bryan Hunt	Ginny Keller	Kirstin Voitius	Paula Triana	Walter Ames
Candice Brodie	Greg Schwaid	Lea Lakovic	Peggy Conklin	William Stewart
Christina Davis	Isa Isaacs	Leah Buchin	Philippe Bilger	Yelena Gonzalez

Discussion/Progress:

The meeting began at 8:30 a.m.

Paula T. Good Morning. Welcome to the District's 4th *Wellness Promotion Task Force (WPTF)* meeting of the 2013-2014 school year. Please make sure everyone signs in and receives an agenda with a ticket attached to participate in a door prize drawing at the end.

I will now welcome Dr. Seth Bernstein who will lead us with the *Pledge of Allegiance*.

Seth B. Thank you; Good Morning. I always like to start these meetings by reading our *Wellness Promotion Policy - 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."

Paula T. Thank you all for being here today. We found this idea to be very proper in regards to



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our mission and our collaborative effort:



“When ‘I’ is replaced by ‘We’ even Illness becomes Wellness.” We are here to make a big impact in the lives of the District’s students, staff and families. Little by little with lots of baby steps...we have moved in the direction of our *Mission* by collaborating in promoting healthier lives and creating more awareness for a culture of wellness. We have not done this alone and we want to acknowledge everyone’s continuous support. *Thank you all!*

With that, I would like to share this morning’s *Ice Breaker* compliments of Kim Sandmaier, Wellness Coordinator, Risk & Benefits Management Department. This short video captured the promotion of the District’s WonderFit Campaign:

- ***Ice Breaker Video: WonderFit Campaign – 2:16 minutes***
 - <http://wonderfit.org/video.html>

Wellness Champions are doing a wonderful job promoting wellness around our district. The energy in the past year with all of our healthy campaigns brings awareness to our schools and you can see how fun the schools make it for the kids and the staff.

Just as a review, every meeting we go over the previous SurveyMonkey results to share our progress and feedback we receive from all of you. Here are the results from the February 5, 2014 *WPTF* meeting survey:

- 1. How satisfied are you with the efforts of the Wellness Promotion Task Force?**
 - **85.7%** were **Very Satisfied**
 - **10.7%** were **Somewhat Satisfied**
 - **3.6%** were **Neutral**
 - **0%** were **Very Dissatisfied**
- 2. Why did you attend the Wellness Promotion Task Force meeting?**
 - **3.6%** attended for the purpose of **Networking**
 - **0%** attended because of **Interest in Event Topics**
 - **10.7%** attended to Support the **Wellness Initiatives**
 - **85.7%** attended for **All of the Above Reasons**
- 3. Was this meeting meaningful and valuable to you?**
 - **100%** stated **Yes**
 - **0%** stated **No**

Paula T. For the February meeting, there were many comments mentioning that it was an emotional meeting. The stories from Connie Siskowski, Ann Faraone and the American Association of Caregiving Youth were heartfelt. We wanted to say thank you to all of our



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speakers from February. As far as topics to address in future meetings, some mentioned Afterschool Programming, and we actually have them speaking at our meeting today. Any feedback that you give us is important and we take it seriously for future meetings.

On March 13, 2014 we had a small meeting to plan for the development of the 8th Edition of the *Wellness Promotion Policy (WPP) Annual Report FY-2014*. Thank you to all participants for the discussion and valuable input. This year, we chose **Energize...Feel the Power of Wellness** as our new theme for this annual report. Please give us your information as early as possible for the **2013-2014 WPP Annual Report** so that everything can be incorporated timely; please provide all of your completed materials to the following individuals:

- **Jaclyn Granda** (Project's Customer Service Representative)
jaclyn.granda@palmbeachschools.org and
- **Paula Triana**: paula.triana@palmbeachschools.org

Remember – All proof-reading and editing of materials should be completed before submission no later than: **Thursday, July 24, 2014**

- The plan is to present the 2014 WPP Annual Report at a School Board Workshop – by no later than December 2014 (TBD)

We wanted to mention the *Florida Healthy School District Assessment* application which we met to discuss back in February. We are almost finished and we plan to submit the application before May 30, 2014. In the past years – the District has received the Silver Level and most recently the Gold Level status. This assessment application is for the 2014-2016 award years and we hope to be able to maintain that Gold Level recognition for the District. This will be announced by the FL Department of Education and the FL Department of Health by this coming summer.

Agenda's Presentations & Discussion –

Paula T. We are very excited to have the Afterschool Programming Department presenting today. We want to thank JoAnne Becker, Kathleen Moore and Stephanie Wagner - who have just been wonderful partners to the District's Wellness Promotion Task Force.

Afterschool Programming -

Stephanie W. Good Morning. I am just going to give you all a brief overview of what our afterschool programs entail and then at the end I will go over some really exciting things we did this past week. Throughout the District we have **96** afterschool programs and over **19,000** students. As you can see we are not just afterschool; our afterschool programs operate from 2:00 p.m. – 6:00 p.m. daily, but we also offer care on the Professional Development Days (PDD), Teacher Work days, as well as Spring, Winter and Summer camp. We stay very busy with our kids. In our operational manual we go over with all our directors what the kids' schedules should look like on a daily basis. If you were to look at them, every day you would see a healthy snack like cheese and crackers, lots of fruits and vegetables, water, 100% juice and other extremely healthy things for our kids. We are really excited about the changes that we are seeing there. We also offer homework with assistance, outdoor activities (the requirement is at



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least 30 minutes every day, but our programs are usually upwards of 45 minutes to one hour of physical play whether that is indoors or outdoors). We offer our staff a lot of training on indoor activities since we have a lot of rainy days here in Florida that way kids are getting activity even on days they cannot go outside.

As far as academic enrichment, we offer fine arts, computer lab, arts and crafts, cooking clubs, you name it we probably have it in our programs. We could not do this without our amazing staff; we have directors, assistant directors, activity leaders, certified counselors, counselors, and counselors-in-training who are high school students that assist in our programs. Within six months of working for us they need to meet our training requirements. We offer playground safety training with which Risk & Benefits Management assists us. We have *Positive Ways to Work with Children* which is a Professional Development training our department has created that encompasses safety guidelines, homework completion and behavior management. Of course they are all CPR/First Aid Certified. In addition to that they complete another 12 hours of training annually. We offer them quite a few trainings by working with Corporate Care Works, Risk & Benefits Management, Exceptional Student Education, United States Tennis Association (USTA), SPARK, and the Alliance for a Healthier Generation. All of them really help us train the few thousand staff members we have. It is quite a task to get them 12 hours a year so we are really thankful to these departments and partners that help us with that process. *SPARK Physical Education* and our *Active in Afterschool Training* and *Afterschool Physical Games* are to teach our staff Best Practices in playing outdoor games. We teach them inclusion techniques so every child we serve regardless of special needs can participate and have fun in afterschool. We make sure our kids are getting active fun every day. We also offer academic initiatives; *STEAM*, *Explore Literacy* and *Journeys* are our summer camp curriculum. We help them learn and keep their reading skills up during the summer months.

Give 'Em a Boost is our Wellness initiative. This is a healthy lifestyle program that involves *SPARK PE*, *Camp Boost* which is a program designed specifically for afterschool programs and teaches students ways to avoid risky behaviors, and *Discover Arts* curriculum for a Fine Arts component.

We also have five grants now for 21st Century Community Learning Centers. That is a total of **25** schools as of this school year. Each one of those sites has an edible garden; 15 have them up and running. The kids worked with master gardeners, tended to the garden, watched it grow, and eventually got to take the food home to their families to use in cooking projects.

That brings me to this past weekend. As I said before, it is definitely a challenge to get all of our staff members trained since there are so many of them. In addition to that we have had quite a few requests for new trainings so they can offer the kids something different. We came together to brainstorm and created a Field Day for them called "Oh the Ways We Can Play." This past Saturday, April 5, 2014 we had about 300 staff members, including our Directors and other staff, come out to Gold Coast Community School which is where we are located. They basically played games for three hours out in the sun; we had six different rotations. Resource Depot came out and helped us with an Arts and Crafts station inside so the staff could get some cool down time. Basically we spent our time doing parachute games, Omniken ball, and All Run



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Kickball. As you can see we had a lot of our staff show up in jerseys they created themselves. We had so much spirit from each school. Liberty Park Elementary and Palm Beach Public made the winning banners in our banner contest. We had a DJ and a Zumba demonstration that our staff went wild over. We did water relays as well. The amazing thing was that it was hot outside but I did not hear a single complaint from anyone; they were out there guzzling water and getting back in the games. It was not just fun and games for them though; they brought everything they learned back to their school site. That is really what we wanted from this. We could not have done it without our sponsors and I want to thank all of them. Chick-Fil-A donated breakfast to our staff, the Richard David Kann Melanoma Foundation donated sunscreen, we had Icees out in the heat; every single vendor donated things so we could make this happen on Saturday - we are extremely grateful to them. *Thank you very much.*

Paula T. To keep on the topic of physical activity, aftercare, summer care and all the other things families are currently seeking for their children, we will now hear from the YMCA of South Palm Beach County. Thank you to Peggy Conklin who is the Executive Director of the Boynton Beach branch and her team for being here today. They were very gracious to ask the *Wellness Promotion Task Force* if they could present. Please help me welcome Peggy Conklin.

Peggy C. Good morning, the team that Paula mentioned are all on an airplane to San Antonio, Texas so I have the pleasure of coming here today to speak to you. I was so inspired by your WonderFit video; so much of what we are doing is in line with your mission statement.

The YMCA's mission is at the heart of what we do every day. I have been with them for so long; this is my 5th YMCA. For me, it is not just a job or a career; it is a passion. To hear how much it aligns with this Task Force is really heartening. Like you, we work on a proactive approach and we work to build the whole person: spirit, mind and body. That is at the heart of what we do. In 2011 our key leaders (all volunteers since we are a volunteer based organization) came together in a strategic planning session and decided on four strategic initiatives that we have reaffirmed in the Fall of 2013:

- ❖ *YMCA Diabetes Prevention Program:* This is an adult focused program; we will be in south Palm Beach County doing diabetes screenings and hoping to get commitments from individuals with diabetes to make a yearlong lifestyle change. Robin Nierman is here today and she is the director of this program.
- ❖ *Drowning Prevention Program:* We work very closely with Anna Stewart from the Drowning Prevention Coalition. Drowning is 100% preventable. Florida is the number one state for drowning accidents and Palm Beach County is the number two county for it as well. We have served almost **5,000** kids making sure they have swim lessons and that parents have information about drowning prevention. We are hoping to move this program to a whole new level in the community. We recently went to the Milagro Center and gave free swim lessons all summer long for eight weeks of their camp. We hope to do more of that in the future.
- ❖ *Y Bikes:* This program has been internally focused where we do biking with our afterschool and summer camp programs. So many kids today do not know how to ride bikes. This is an eight week program that starts with safety, helmet fitting, etc. By week



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three they actually get on the bikes. We found that 35-40% of these children have never been on a bike or do not know how to ride. In the future we want to bring this out into the community.

- ❖ *YMCA Education and Program Enrichment:* We try to infuse learning into our afterschool and summer camp. Brian Hunt and I started this project years ago. We have a strong volunteer committee of educators striving for that goal with this program.

Looking at that list collectively, you can see that we strive to change lives in our community. The YMCA of South Palm Beach County has worked with many of you here in this room on different initiatives over the years. Most of you are probably familiar with Sara Jones, who I am very fortunate to work with at my branch. We have worked on many of these initiatives together currently or in the past. Since 2006 we have worked with Prime Time Palm Beach County, Inc. to serve children by expanding learning opportunities in our afterschool community. Prime Time served 70 schools in 2013 and we delivered a wide range of wellness and sports activities to qualifying programs. This is a program also run by Sara Jones.

In addition, at both branches (Boca Raton and Boynton Beach) we do Field Days for schools. We do Family Nights where we invite families into the YMCA and do swim lessons and fun *SPARK* activities with them. We feel like we are partners in education making sure we have an educational component in both afterschool and summer camp. Part of our afterschool program offers a tutoring program that is completely volunteer run; it has been very successful. We have a volunteer educator who takes kids in our summer camp or afterschool program reading below grade level and works with them to help improve their reading.

Our Boca Raton branch has offered swim lessons to Olympic Heights Community High School students. New this summer, our Boca Raton branch will be running a summer camp at Hammock Pointe Elementary. We also feel we are partners in Wellness in that we offer a discount to anyone who works for Palm Beach County Schools. We want you to come to the YMCA so we can all be healthy together.

Our dream for the future is that we can continue our partnership and help you in any way we can. At the YMCA we are “can-do” kind of people. If you have an idea we would love to talk to you about how to make it happen. We would love to take our *Drowning Prevention* program and collaborate with schools. We want to provide the funding to get kids to the YMCA for swim lessons if there is no pool on their school site. We would love to do more sports programs at school sites to enhance what is already happening. We would like to be a strong community partner in any way that we can. This is a short video about the YMCA:

- ***Video shown: What is the Y all About – 1:18 minutes***
 - <http://www.youtube.com/watch?v=xPuT2WOTvd0>

Thank you so much. I would love to take any of your questions or you can ask our team after the meeting. Our big day coming up that is in your agenda packet is our *Healthy Kids Day* on Saturday, April 12, 2014 at both of our locations. *Thank you.*

Paula T. Thank you Peggy, I know of a few schools who will be hosting upcoming Wellness or Parent nights so I will forward your information to them.

Our mission is all about the kids, but it does start with us as parents and employees. We also



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need to take care of ourselves so that we can better take care of others.

Wellness is not only related to health but also finance. That is why our next presenter from Horace Mann, Theresa Goulet, will enlighten us on the benefits of financial wellness. Many district employees utilize their services for retirement. I just wanted to thank Horace Mann for their generous financial contributions to the District's *Wellness Promotion Task Force*. They have provided us with some of today's door prizes and scholarship money to support schools moving forward their wellness initiatives. Please help me welcome Theresa Goulet.

Theresa G. Thank you for having me here today. I recognize a lot of faces and names. For those of you who are not familiar with Horace Mann, we are *Financial Health Educators* who help you take charge of your finances so they do not take charge of you. Horace Mann was the founder of public education. The company Horace Mann was founded in 1945 by educators and for educators. They help educators inside and outside the classroom. Having financial balance is essential to overall wellness and in pursuing a healthy lifestyle. Offering financial services in competitive insurance programs to our public school employees is our primary focus. Today we are the largest multiline insurance company focused on educators and their families. I can speak on behalf of all the local Horace Mann representatives in saying we really do appreciate everything that The School District of Palm Beach County employees have done and continue to do for our families. We are really honored to be able to work with you and offer our services to our schools and their staff.

When considering your family's finances it is important to know where to start. We offer tailored workshops to educators focused on budgets, credits, and how to save a little and have a lot. Our business partnership programs are where we are really considered a silent partner. I have been here 25 years, but really only in the last few years has Horace Mann done more recognized partnerships. This is very important to Horace Mann both locally and nationally. Every school has different needs. If you are working in a Palm Beach County school you will find the Horace Mann representatives in the schools. We are there with pens, pencils, planning calendars, whatever a classroom or teacher needs. We do a lot of programs for teacher appreciation. We have "Snack and Learns" for teachers and employees and we get very good participation in these workshops. We also have Bike Programs for young students. As Peggy mentioned, a lot of kids do not have bikes or do not know how to ride, so this is our way of giving back.

On a national level, Horace Mann supports and sponsors a program called DonorsChoose.org where people can choose to donate to specific school projects. Horace Mann then matches these donations. Since 2011 Horace Mann has donated over **\$2 million** to fund different classroom projects in Palm Beach County and by the end of 2013 we have fully funded **460** projects to help classroom teachers with anything they need. The donations come from outside business partners whether it is Citibank, Wells Fargo, Home Depot, etc. It is our challenge to get that information out. Financial Wellness to us is making sure our school teachers understand how to make their budget work, whether it is paying for supplies at schools, planning for retirement, or dealing with insurance needs.

We are really excited about being a partner to the District's *Wellness Promotion Task Force* and



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are looking forward to continue offering different types of scholarships for schools who are participating in wellness initiatives.

Horace Mann - Healthy School/Well Workplace Award Winners:

Theresa G. On behalf of Horace Mann, we are pleased to present two “*Healthy School/Well Workplace Awards*”

- **Robyn Raye** – Wellness Champion of **Hope-Centennial Elementary School**
 - *Inside Outside Upside Down* – A program inspired by the children’s book by Stan and Jan Berenstain. It will help staff members feel better on the inside and outside and turn their unhealthy choices upside down. This program bridges classroom incentives for student wellness to increase staff involvement in wellness activities on the school campus and increases wellness literacy in the classroom.
- **Isa Isaacs** – Wellness Champion of **West Gate Elementary School**
 - *Biggest Loser* – A program to motivate staff to maintain a healthy weight and incorporate exercise into their daily lives. It also provides body analysis to measure progress; daily exercise activities and weekly discussion topics to improve overall health and wellness.

Congratulations to Robyn, Principal Awilda Tomas-Andres, Isa, and Principal Patricia Ordonez-Feliciano. Thank you for inspiring healthy role models and a healthy school environment.

(Picture taken with award winners)

Christine K. I really want to commend The School District of Palm Beach County for all they are doing in support of financial literacy for teachers and for their families. As a matter of fact there are a number of funders who have come together to work with the District to support creating a curriculum specialist position that is going to be incorporating financial literacy K-12. It is really important not only for our teachers but also for children and families to be prepared financially; it makes for a more successful life and more opportunity. This did not have to be done, but the District really came together as a collaborator and we are thankful for that...so kudos to you.

Other School/Department Based Activities – Updates:

Amie S. *Physical Activity* –

- Carol M. White Physical Education Program Grant – as the third year of this grant comes to an end, we have approximately **109** elementary schools using a new curriculum called **SPARK**. This ensures that children are at or above Moderate to Vigorous Physical Activity (MVPA) for more than 50% of their class time. Along with receiving about \$10,000 of new physical activity equipment and 4-6 days of quality professional development we expect to see big changes in the kids getting fit in Palm Beach County schools.

Denise G. *Physical Activity* –

- We will be having our FY-2015 K-12 Physical Education and Health Pre-School teacher workshop held at John I. Leonard High School on August 14, 2014. We usually have



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over 400 physical education and health teachers in attendance.

- *HealthTeacher* – Stacy Lazos our HealthTeacher community engagement manager could not be here today. She has presented HealthTeacher resources to the District and charter school personnel, K-12 teachers at the District professional development training, guidance counselors, school wellness events, School Health Advisory Council (SHAC) meeting, and also at various Wellness Promotion Task Force meetings. These resources include direct access to K-12 health lessons, and interactive brain breaks that improve student engagement in classroom culture. Those activities are referred to as *GoNoodle*. The classroom teacher presents a lesson and students get up and move. Currently we have over **2,000** users within the District. Sadly we are in our fourth year, and we only have one year remaining with this resource.
- Legislative Update - we are currently tracking “School Emergency Procedures” Senate Bill 790 that focuses on district digital classrooms filed by Senator John Legg from Pasco and Hillsborough counties. He is the Education Committee Chair. This bill unfortunately allows district school boards to substitute computer programming courses to satisfy one credit of Physical Education core requirement for high school graduation. One credit equals one year. It has gone through the Senate and will go to a vote. There is a positive side; the companion bill which is House Bill 7165 was just put forward. This bill has to mirror what the Senate bill states. This just came out last week and does not have the physical education substitution language in it. The problem is that this is a priority for the State to push this forward. We are very concerned with the State as well as the District to be able to fund this requirement. We believe in digital classrooms, but are concerned with where the money will come from to continue to update it.
- We are excited that the State has appropriated funds for us to update our high school textbooks and resources for two courses: Personal Fitness and Health Opportunities through Physical Education (HOPE).

Kim C-W. In regards to HealthTeacher, when the year is over, will there be a grant to cover the continuation of the program since it is so critical?

Denise G. The resource was provided by Miami Children’s Hospital and we were the first of the three counties (Broward, Miami-Dade and Palm Beach) to take this on. We have no idea at this point if there will be funds but it would be wonderful to be able to sustain the program. We are in the process of discussing and I know Eric Stern has expressed our desire to continue.

Kim C-W. *Single School Culture© Initiatives* –

- The work that we do is based around School Climate. Rick Lewis is our Training Specialist who works with Conflict Resolution Safe School Ambassadors which is a program where he works with students who are the eyes and ears of the school, and teaches them to intervene before situations escalate into a fight. There are **28** schools who have embraced this program and we have a huge list for next year.
- Kim Mazauskas is our Bullying Prevention Coordinator for the District. She has her hands full because schools experience a lot of bullying and mistreatment. She has been working with School Police and we are excited this school year that we are bringing



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Gang Resistance Education and Training (G.R.E.A.T.) which is a revamped pro social life skills program taught by our school police officers to 5th and 6th graders. We are also bringing back Aggressors Victims and Bystanders taught in 7th grade which worked fabulously before in reducing incidents in schools.

- Kim, Rick and I are involved with the District's Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) youth and faculty team. We will be rolling out a campaign next school year that I am hoping we can present about called "We're All In" to provide a safe place for these youth that are very targeted at times.
- We just finished the Do the Write Thing campaign for middle schools where they answer three questions about school violence. We had 28 middle schools participate this school year and 300 essays written. It was heart wrenching to read some of these intense stories. Schools submitted their top ten and we are working on judging for the final process.
- We just finished the Florida Substance Abuse Survey which is important because it helps us tell what our student risk behaviors are throughout the county.
- Weight of Words (WOW) – many of you supported us by coming through the Action Alliance for Mental Health to see this play that Broward students performed for CAO principals who gave them a standing ovation. We have received funding from Boca Raton's Promise to bring this to seven of our schools in the District where they will be committed to have this play at their schools so elementary, middle and high school students can come see it as well.
- For those of you who know people with a mental illness, we have been doing Community Conversations and we do have an upcoming one on April 25, 2014. This is a great opportunity to find out about resources and participate.
- The Character Counts! Year End Celebration will be held at Santaluces Community High School on May 5, 2014.
- HALLUCI-NATION is a Spanish River Community High School's play that we were able to help these students produce. It is clever how they identify all the different mental illnesses. We would love to have you all attend on May 13, 2014 at 5:30 p.m. at Mizner Park in Boca Raton.
- We also run the Tobacco Online Course and we have **800** enrollees. Teachers get 60 in-service points.
- We have some Cooperative Agreements up for renewal this school year. These 30 different community agencies work with our schools as educators since we do not always have everything needed for interventions. Agencies help our school based teams with this effort.

Seth B. *Single School Culture© Initiatives – School Counseling –*

- The Safe Schools Institute is having the 1st Annual Student Mental Health and Wellness Conference on Thursday, June 12, 2014. If anyone is interested you can contact Mike Kane or Dave Ramos for information. There is a maximum of 200 attendees and you need to be a District employee or school nurse - so please sign up as soon as possible.



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

- Our department director Will Gordillo was the chair for the Walk Now for Autism Speaks again this school year. ESE showed up in great force on March 2, 2014.
- On April 29, 2014 at 9:00 a.m. at the Bridges in Belle Glade there will be an ESE breakfast to meet the Director, Will Gordillo and the Associate Director, Kevin McCormick.
- ESE Department has been line dancing and competing so feel free to challenge us here in the District. We also have a ten pound challenge where we have all committed to losing ten pounds before June 2014. In terms of our wellness initiatives, we are on the mark.

Amy C. *Student Intervention Services (SIS)* –

- In March 2014 we completed two tours of Palm Beach State College's Palm Beach Gardens and Belle Glade campuses. We had about **140** students on each tour. They had exceptional tours of the campuses and the staff really did a great job of informing students of all the support and resources available to provide them with a successful experience.
- April 26, 2014 is the Annual Youth Summit held at Gaines Park. Over 400 students are attending and it is free. This information is also in your agenda packet.
- In May 2014 The School District of Palm Beach County along with many partners are working together to bring about our national campaign to prevent teen pregnancy. This allows young people to stop and think about decisions and consequences. At the next Wellness Promotion Task Force meeting we will have posters and wristbands for the campaign.

Marsha F. *Student Intervention Services (SIS)* –

- I am from the Florida Health Palm Beach County and I am pleased to report on behalf of Dr. Cathy Burns.
- I just want to acknowledge Amy Crease for the leadership she has provided. Under the umbrella of a group called the Teen Pregnancy Prevention and Parenting Coalition we have a primary prevention committee that really works tirelessly with the community partners. Thank you Amy, you are a tireless champion. This is such an important effort.
- School Health Advisory Council at a recent meeting approved their survey that will be administered May 2014 to students, parents and staff at 12 selected elementary schools. This school year we are continuing a survey that emphasizes behavioral health, school connectedness, safety, and most recently some nutrition questions. This will help us literally learn from the students about what they are eating.
- In Fall 2014 – The School District of Palm Beach County and the Florida Health Palm Beach County with the support of the Health Care District of Palm Beach County will be providing the influenza vaccine to all students. It will be optional but available to elementary, middle, high school as well as school staff - thanks to Dr. Burns' negotiating. We anticipate September 2014 through October 2014 the administration of these vaccines. Hopefully this will prevent influenza significantly this coming school year among our students and staff.



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Ginny K. *Health Care District of Palm Beach County*

- In February 2014, we had representatives from the Florida Health of Department come down and inspect four of our school health rooms and the feedback we received was overwhelmingly positive.

JoAnne B. *Afterschool Programming –*

- We are gearing up for one of our biggest summers ever and have been training our directors and staff about sun safety and hydration.
- This school year we will have the most elementary summer camps than ever before with **69** of our schools opening for summer camp, **25** of those will have a summer enrichment program for their grant funded students through 21st Century Community Learning Centers.
- Children's Services Council of Palm Beach County is partnering with community agencies and the District to offer about **1,500** summer camp scholarships for students from low-income families so they may have a safe, fun and secure place for their children to go.

Kathleen M. *Afterschool Programming –*

- In May 2014 we have 16 trainings for summer camp safety. We have Professional Crisis Management (PCM) trainings for afterschool workers that will be working in summer camp. We will also be having a day long physical games training coming up.
- On Saturday, May 31, 2014 we will have our final morning long training where we have on average 300-700 staff at Plumosa School of the Arts. Much of it is also geared toward summer camp safety.

Liz S. *Choice and Career Options –*

- Last week letters were sent out to parents and students to inform them on their acceptance status to Choice Programs in the District. We had 20,000 applications and only 8,000 seats. We will be working toward the creation of more programs to give our students and families more options.
- We are having Textbook Adoption this summer for the first time in about eight years.

Miguel B. *Choice and Career Options –*

- This last week we were at the Health Occupation Students of America (HOSA) competition. We took seven buses from Palm Beach County with over **400** students to compete and they did wonderful. Right now we are planning for the national competition; we have many students going to nationals.
- For the first time, the National Parkinson Foundation and our department has partnered to do Parkinson's Awareness month this April 2014. Every day in April, schools (especially the 32 medical academies) will be participating in fundraisers. The National Parkinson Foundation will be giving two full scholarships to Florida Atlantic University to senior Medical Academy students graduating this school year. Hopefully every year we can continue to increase that effort.
- We are ready to give all the industry certification examinations to prepare students to be college and career ready and so they can work in their field immediately after graduation.



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- The passing grade in our Medical Academy exams is above 91% which is very good and this means students are really competent in the information taught to them.
- Palm Beach County Medical Society announced the Heroes in Medicine awards. We have two students in two of our high schools that are finalists. On May 8, 2014 they will compete for the final award.

Marsha F. I just wanted to interject because we have an unsung hero right here: Dr. Miguel Benavente has been nominated in the Health Care Educator category. I knew he would not say anything; congratulations to you!

Paula T. Thank you for mentioning this wonderful news Dr. Fishbane...yes - he is our hero; thank you so much for everything you do Dr. Benavente.

Kim S. *Employee Wellness* –

- First, I just wanted to thank everyone for participating in WonderFit; we were very pleased by the results. When we created the event last school year, we really wanted it to impact the whole school environment so it was very nice to see staff, students, and even some parents participating. We had over **2,700** people register at over 200 locations which is 24% more than last school year. We had **71,000** activities completed equaling **1.4 million** minutes of physical exercise so there was a lot of moving in February 2014. Sandpiper Shores Elementary was our competition winner. I especially want to thank the Wellness Champions for encouraging everyone to participate and log activities.
- We have several schools working on their applications right now for the Alliance for a Healthier Generation - *Healthy Schools Program*. They are applying for the Bronze level recognition. One school has applied for the Silver level recognition. I wanted to thank the School Food Service Department for helping me with the meal component of the applications and the Wellness Champions because it takes a lot of time to fill this inventory out.
- I wanted to thank the Florida Department of Health and Janiece Davis for funding the billboards along the highway that say “100% Tobacco Free Schools” as a reminder to the community.
- During next month’s WPTF meeting our director Dianne Howard will be giving an update on benefits and sharing some success of Wellness Rewards and the Diabetes Health Plan. She will also talk about the future and some things we are doing to try to control health care costs. If you have any pressing questions about benefits please let me know and we can address it at the May WPTF meeting.
- We recently received an award from the state Surgeon General recognizing our worksite wellness program so we are very pleased with that honor.
- I also wanted to welcome Alyssa Handeland, our new Assistant Wellness Coordinator. Please welcome her to the team.

Paula T. Kim you have been an amazing contributor to the Wellness Promotion Task Force and you have helped Employee Wellness come such a long way. *Thank you so much for all you do!*

Fred C. *Risk Management & Safety* –

- As we all know, safety is an important part of the District’s wellness effort. In support of



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those efforts, Risk Management is doing a few things and I will touch on some of those.

- In April of every year we have National Playground Safety Week. This year it is April 21-25, 2014. You will see a banner on the District's website. The School Board will be reading a statement in support of this at their next meeting. We will also have a display in the courtyard here at the District building. There are 318 playgrounds that children use within the District. We inspect them regularly and we provide training to schools about safety.
- Slips, trips, and falls are the number one accident in the District. This year we are focused on awareness and proper footwear that prevents slipping and falling.
- We monitor Automated External Defibrillators (AEDs) and there are 1-6 in all of our facilities. We have had **eight** lives saved since the program has been in place. We would like to encourage everyone to check the light on defibrillators in your building as you are walking by to be sure you see a green light. If you see a red light, bring it to someone's attention because you could save someone's life. We do have people monitoring AEDs but it still helps to check.
- Last fall of 2013 we created a guide for District events. We want to make sure your events are safe and not unintentionally violating any District guidelines or policies. Be sure to take a look at this guide before your next event.

Jimmy P. *Office of Communications* –

- I am so happy to see some of our business partners here today. Being the District Business Partnership Coordinator, it is wonderful to hear all about the resources you are providing to help education here in Palm Beach County and supporting the *WPTF*. If you are interested in acquiring more wonderful business partners, please do not hesitate to give me a call.
- If you want to find out about anything happening in the District in our schools, please visit our website or the District's main website. I encourage you to use our Office of Communications to generate that material.
- FCAT is coming up and graduation is upon us. Graduations will be May 14-28, 2014. Most of them will take place at the South Florida Fair Grounds this school year.
- If you have interesting information that you would like to have put on Facebook or Twitter please do not hesitate to contact the Office of Communications. Any press related issues that you have going on can be discussed with Owen Torres who has just come on board as a manager for our office.

Seth B. School District employees just recently finished the One Campaign. There were four non-profits that employees so generously donated to. One of them was the United Way of Palm Beach County, an organization I volunteer for. I just wanted to thank Jimmy, Natalia, Owen, and everyone throughout the District who donated anything at all. It was an extremely successful campaign.

Christina D. *Environmental & Conservation Services* –

- We just wrapped up this year's Green Schools Recognition Program and we did grow a little bit from last school year. We had **70** total applications; 40 were from our public



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schools, and the remainders were from private Palm Beach County schools and public Martin County schools. We will announce the winner at a luncheon on May 9, 2014. A new addition is that UnitedHealthcare is sponsoring a \$500 special award to a school who has demonstrated exemplary activities in the area of health and wellness.

- Learn Green Conference is held every Fall. This school year's Learn Green will be on October 20, 2014 at Alexander W. Dreyfoos School of the Arts. There will be a special emphasis on health and wellness this school year. We will be looking for speakers on that topic, exhibitors for the exhibit hall, and sponsors for the event. Promotion for this event will be on the District website.
- Kesta James is one of the Environmental Managers in our department who oversees Indoor Air Quality. As it relates to health and wellness, we have a lot of kids who deal with asthma and other ailments so if there are any issues that you run across in relation to this please do not hesitate to let us know.

No Update from *Planning and Real Estate Services*

No Update from *Building Code Services*

No Update from *Transportation Services*

No Update from *Program Management*

Yelena G. *Maintenance and Plant Operations* –

- FCAT testing is a busy time for us too, because during this time that our staff is not in schools, we do a lot of trainings for our employees. We use this time to do CPR/First Aid/AED training. About half of our employees have a valid certification.

Paula T. Maggie Prieto is the new General Manager of School Food Service and she will be providing the update today.

Maggie P. *School Food Service* –

- We have some exciting pilot programs we will be starting next school year:
 - *Reimbursable Meal Vending Machine Pilot*: we are putting vending machines in four high schools and kids will be able to choose a three, four, or five component meal from the machine. We are hoping this will help with meal distribution during the meal service.
 - *Community Eligibility Provision (CEP) Program*: The United States Department of Agriculture (USDA) is allowing us to offer free lunch to everyone in the school regardless of economic status. We are going to pilot this program in about 19 schools next school year and we will evaluate the effects it has on the kids and on the National School Lunch Program.
 - *Afterschool Supper Program*: We have been working with the Afterschool Programming Department on this and we will be piloting this program in five afterschool programs. This is an opportunity to provide a free supper meal to all children attending afterschool.
- We will be increasing school lunch prices next school year as a plan of action that the School Board has approved. There will be a 0.10 cent increase, so elementary lunches will be \$1.95 and the middle and high school lunches will be \$2.20.



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Kristine K. In having a lot of conversations throughout the community about afterschool, a common fact that comes up is that kids, particularly middle and high school students are starving by the time they get to afterschool. I know there is a program for elementary students, but I was wondering if the District provides snacks for middle and high school kids too. Offering supper definitely sounds a lot more substantial.

Maggie P. We do have a reimbursable snack program for afterschool programming, and it is up to the different schools to apply for that program with us at School Food Service. They have to have 50% or more of their students on Free and Reduced-Price meals to qualify and then they would be provided with a free healthy snack for their students. The supper program would allow us to provide both the snack and the supper meal. At this point because it is new, and there is a lot of strategic planning that would go into determining who would be preparing these meals, we are just starting with the five schools for now. The good news is we can evaluate the program and bring on more schools throughout the school year for the supper program, whereas with breakfast and lunch we can only add schools annually.

Seth B. Is the supper program going to be piloted in elementary schools?

Maggie P. Yes, right now the five schools we have discussed are elementary schools.

Paula T. Chief Academic Office –

- We recently met with Cheryl Alligood, Chief Academic Officer. She invited us to present at the Superintendent's Leadership Summit June 10-12, 2014. We will put together a presentation to promote the WPTF, Employee Wellness, the Final Ruling for our Wellness Promotion Policy (2.035) as well as updates about our revisions on the policy. We are very excited about this opportunity and will report back to you most likely during the upcoming October 2014 WPTF meeting.

Paula T. Moving on to Nutrition Education and Nutrition Promotion, the month of March 2014 was National Nutrition Month and this year's campaign was "*Enjoy the Taste of Eating Right*" which we promoted at every school. We selected Lake Shore Middle School in Belle Glade to have a Health Fair in their cafeteria. The principal Ms. Dowers and all of their staff were amazing. I just wanted to thank all of our sponsors and partners for making this possible.

- **Video Shown: Lake Shore Middle School Health Fair – 2:13 minutes**

Steve B. I just really want to promote the wonderful things happening inside and outside this room. Looking around I think we have about 85 people this morning - it is really exciting to see our growth. I am looking forward to our new theme and tagline for the 2014 WPP Annual Report. I would say out of all the things I am a part of, the transition of the Wellness Promotion Task Force has been the smoothest, and that is due to the hard work and dedication of Paula and all of you. Paula definitely does not let me forget my responsibilities so I thank her for keeping me on track with wellness. Thank you to all of you for the wonderful job you do for our kids and our community.

Paula T.

- We are excited to announce that all of our WPTF meetings for the 2014-2015 school year are scheduled and secured here at our Board Room.
- Our 5th and last WPTF meeting of this school year is scheduled for Thursday, May 15,



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2014 from 3:00 p.m. – 5:30 p.m. and we are looking forward to a great turnout as we did last school year.

- The 4th Annual **“Wellness Celebration”** will be on Thursday, December 4, 2014 and we will soon have our first planning meeting to prepare for it.
- Please respond to the SurveyMonkey link your input on today’s WPTF meeting. Everyone’s feedback is important to us:
 - <https://www.surveymonkey.com/s/WXGS629>
- The Community Events and Announcements document that we put together for you on the agenda packets will be updated after today’s WPTF meeting that way if any new events were mentioned they will be included and everyone will receive it electronically.
- We again want to thank all the sponsors: The Education Foundation, Citibank, Horace Mann, and OneBlood, Inc. for their continued support to the WPTF.
- OneBlood, Inc. *Blood Drives* progress - so far we have collected **59** pints of blood and I am confident that we will exceed our goal of 150 pints this school year. For today’s blood drive, we are supporting one of our colleagues, Tom Orloff who is in the Intensive Care Unit at Good Samaritan Hospital. Every pint of blood counts. His wife Cathy Orloff would really appreciate the support. There will also be another blood drive specifically for him at the McKesson building on April 14, 2014.
- Additionally, Brian Thomas, teacher of Okeehetee Middle School, is going through his own personal struggle. He has done so much in the name of cancer research and he is adored by staff and students at his school and throughout the District. Saturday, May 10, 2014 is the 2nd Annual Brian Thomas 5K and Kids Mile Color Run at Okeehetee Middle School. There will be a blood drive on this day as well. Brian is taking on the amazing goal of walking from Greenacres, Florida to Washington D.C. stopping in cities to speak along the way, and is hoping to meet President Obama and delegates of Palm Beach County at the end of this journey. He will walk 20 miles a day, for about 40 days in total.
- As you all know, Allamanda Elementary School campus is the first Health and Wellness Choice Program in the District, they are expecting over 65 families registering their children next school year due to these efforts. Also, thanks to Whole Foods Market who hosted a 5% Day for Allamanda’s Fitness Trail, they donated 5% of all their total proceeds of April 2nd and gave \$7,000 to the school. Allamanda now only needs a few more thousand dollars to build their fitness trail.
- **2nd year ~ Soul Source Project and the PBC Food Bank** – The WPTF has partnered with the Palm Beach County Food Bank for a second year through our **“Soul Source Project”** with the motto of *“People Helping People.”* This school year so far we have collected **2,834** pounds of non-perishable food to go to families in need in Palm Beach County. Here at the District in February 2014 we collected **87** pounds, so thank you to everyone who has donated!

Patrice S. *External Partner: 211 Palm Beach/Treasure Coast –*

My name is Patrice Schroeder I am the Community Relations Specialist Public Information



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Officer for 211. I wanted to thank all of you for donating to the United Way of Palm Beach County; we are one of the agencies that benefits from your generosity. We average about **350-400** crisis calls per day, and about **seven** of these calls are related to suicide.

I wanted to make everyone aware of the Volunteer Income Tax Assistance (VITA) program which is a program that allows families to have their taxes done for free if their income is less than \$52,000 per year. Call 211 to find your nearest location.

Lastly, in gearing up for summer meals, it is important for families to have access to summer meal program sites so please call 211 for that information as well.

Paula T. The School Food Service Department also offers the Summer Food Service Program; last year we had about 95 sites. We are working on this right now in our office.

Pete S. I just wanted to mention quickly that every year since 1995 the American Public Health Association has recognized the second week of April as Public Health Week. This year it is April 7-13. Please congratulate yourselves because everything we talk about here has to do with Public Health and a lot of your events will be taking place during this week.

Paula T. As mentioned by Dr. Malecki, former Health Department Director – “*Public Health is everyone’s business.*” It is an honor to be in a school district that takes this seriously and makes it a priority to serve the community in this way.

Lisa R. *External Partner: Richard David Kann Melanoma Foundation* –

May is Melanoma Awareness Month and Brian Thomas is one of our spokespersons. I encourage all of you to call upon our organization to see how we can help you become more sun safe and spread the word through your programs.

Paula T. Lisa, last year Steve and I were able to put out a community message with permission from the Superintendent to remind students and their families about sun safety over the summer. Hopefully this year we will be able to do this again.

Diane E. *External Partner: Girls on the Run* –

For those of you who are not familiar with us we are a holistic approach to health for girls in grades 3-8. We are concerned with emotional, social, physical, and mental health. We have a curriculum that incorporates fun physical activities. We are planning an early registration for the Fall 2014. If you know anyone who wants *Girls on the Run* to be part of your program, please come forward so we can prepare for those particular sites.

Also, *The Great Give* is a United Way of Palm Beach County and Community Foundation of Palm Beach and Martin Counties giving promotion. It will be online on May 6, 2014 for one day only. You can donate to the organization of your choice and we would be thrilled if you chose to donate to *Girls on the Run*, or any of the other worthy charities listed.

Paula T. Today we have nine door prizes: eight restaurant.com gift cards from Horace Mann and a reclining chair from Citibank. *Door prize tickets drawn and winners announced.*

Thank you all so much, this WPTF meeting is adjourned.

There is now some time for networking.

Meeting adjourned at 10:33 a.m.



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Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ Choose three Wellness Champion Award winners to be announced at the next WPTF meeting on May 15, 2014. ❖ Schedule the first Planning Meeting for the 2014 Wellness Celebration event. ❖ Continue to share scholarship information from the Office of Communications with students/families who may qualify. ❖ Promote the YMCA – Healthy Kids Day Saturday, April 12, 2014. ❖ Attend the Mental Health Association’s OK2Talk discussion on April 25, 2014 at the Embassy Suites in West Palm Beach. ❖ Inform students about the Youth Summit 2014 on April 26, 2014 at Gaines Park. ❖ Attend the End of the Year Character Counts Event Ceremony on May 5, 2014 at Santaluces Community High. ❖ Promote the 13th Annual National Day to Prevent Teenage Pregnancy May 7, 2014. ❖ Participate in the 2nd Annual Brian Thomas 5K at Okeehetee Middle on May 10, 2014. ❖ Present at the Superintendent’s Summer Leadership Summit on June 10-12, 2014. ❖ Promote the 1st Annual Student Mental Health and Wellness Conference at the Safe Schools Institute on June 12, 2014. 	<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. ❖ Continue to seek community stakeholders that bring value to the district’s Wellness Promotion Task Force. ❖ Assessing and reviewing the (2.035) Wellness Promotion Policy for consideration of potential future revisions to take to the School Board for adoption. ❖ Submit application for the Bronze Award Level of the HealthierUS School Challenge (HUSSC) for selected elementary schools in the District. ❖ Complete the <i>Florida Healthy School District</i> Assessment Tool on behalf of the District – due by May 30, 2014. ❖ Continue to promote the Wellness Rewards Program that began in January 2014. ❖ Continue to promote EAP’s Stress Management Tips for Mental Health.

Assignments:

Person Assigned	Details	Date Due
Paula Triana/Planning Team	Planning for 4 th Annual “Wellness Celebration” 1 st Planning Meeting	May 2014
All contributing departments/external partners	Materials and assets for the 2014 WPP Annual Report	July 24, 2014



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FY 2013-2014 Upcoming WPTF Meetings:

Date	Time/Location	Topics To Be Discussed
Thursday, May 15, 2014	3:00 p.m. to 5:30 p.m. Board Room	<ul style="list-style-type: none"> ▪ Children’s Services Council of PBC ▪ School Counseling ▪ Employee Wellness – Risk & Benefits Management ▪ 2014 Green School Recognition ▪ “Healthy School/Well Workplace Awards” Nutrition Standards - Smart Snacks in Schools future discussion ▪ Urban League of Palm Beach County, Inc. ▪ HealthTeacher ▪ <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.