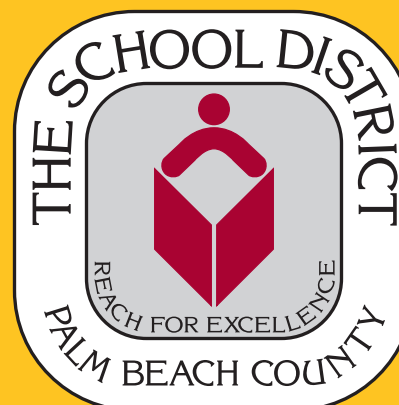




Wellness Promotion Policy

Progress Report



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DEBRA L. ROBINSON, M.D.

September 1, 2007

Dear School Board Members,


On June 30, 2004 the President signed the Child Nutrition and WIC Reauthorization of 2004 into law. Because of Public Law 108-265, Section 204 it was mandatory for every school district to create and implement a local wellness policy. Our District's *Wellness Promotion Policy (1.11)* provided the necessary attention given to the growing obesity problem in our youth. The issue is eminent, with devastating effects on children's health, their life expectancy, skyrocketing healthcare costs, and the potential for a diminished work force. Finding a solution to this problem within the school day is indeed a challenge; however, we do recognize that the academic success of each student is directly associated with their health status. Healthy bodies yield healthy minds; therefore, our commitment for overall health must go far beyond the scope of what we have done in the past. There must be a continuous, intensive, grassroots effort that will drive the importance of the wellness message at the local, state, national, and even at the global level.

This year the School District of Palm Beach County established a Wellness Promotion Task Force Committee to develop immediate and long-term strategies to move overall health to the forefront. The mission is to deliver a holistic approach, for years to come, that will enhance the health and wellness of our children, teens, and adults. The Task Force is comprised of internal and external partners whose ultimate goal is to improve student performance.

As the first year of the Wellness Promotion Policy comes to a close, it is apparent that the direction of the Task Force is to encourage a positive and proactive approach in nurturing the wellness for all school children and staff, their parents, and the community. We were passionate and excited in what we did accomplish and were extremely focused throughout the school year.

We take great pleasure in presenting the Wellness Promotion Policy's Annual Report and highlighting our journey.

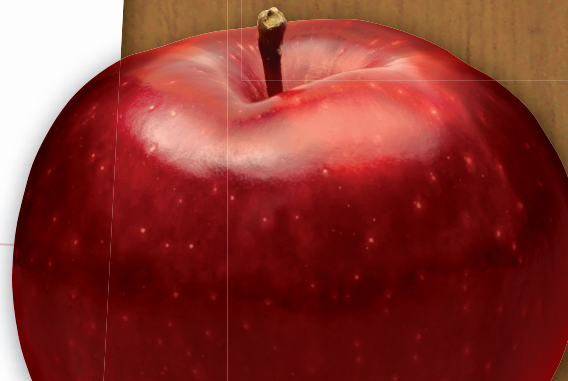
To Your Health,


Arthur C. Johnson, Ph.D.
Superintendent

From the Desk of the Superintendent



Arthur C. Johnson, Ph.D.
Superintendent



INTRODUCTION



RULES OF THE SCHOOL BOARD OF PALM BEACH COUNTY, FLORIDA

WELLNESS PROMOTION: SCHOOL BOARD POLICY 6Gx50-1.11

1. This Policy is intended to fulfill the requirement under Public Law 108265 § 204 (2004) (42 U.S.C. § 1751 Note) that school districts shall have a "local school wellness policy" to promote student health and reduction of childhood obesity.
2. The District school system will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in implementing, monitoring, and reviewing Districtwide nutrition and physical activity policies, and recommending the development of amendments to this Policy or the development of additional wellness policies.
3. The Board is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The District school system shall promote school environments that encourage and protect children's health, well-being, and ability to learn, by supporting healthy nutrition and physical activity.
4. The school environment should be safe, comfortable, and aesthetically pleasing; and schools should allow ample time and space for eating meals. Food and/or physical activity should not be used as a reward or punishment.
5. Child nutrition programs in the District shall comply with federal, state, and local requirements. Qualified child nutrition professionals shall provide healthful foods that are affordable, nutritious, appealing, and are accessible to all children. Child nutrition programs shall promote good health to foster student attendance and education.
 - a. To the maximum extent practicable, all schools in the District will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including afterschool snacks), Summer Food Service Program, and Child and Adult Care Food Programs).
 - b. Child nutrition programs shall comply with federal, state, and local requirements for food safety and security guidelines to include; Hazard Analysis and Critical Control Points (HACCP), Department of Education procedures, the Palm Beach County Health Department inspections, and ServeSafe.
6. Sequential and interdisciplinary nutrition education should be provided and promoted, in accordance with the goals and objectives incorporated by reference in this Policy.
7. In addition to providing healthful meals in the cafeteria, schools should also promote wellness by including more healthful selections when foods and beverages are otherwise available on campus during the school day (e.g., in vending machines, concession stands, a la carte, student stores, parties/celebrations, or fundraisers), consistent with health information in the USDA Dietary Guidelines for Americans (at www.healthierus.gov/dietaryguidelines).
8. Schools should instill patterns of meaningful physical activity connected to students' lives outside of physical education; and all school based activities, to the extent practicable, should be consistent with the wellness goals of this Policy.
9. The Superintendent will ensure compliance with the Board's nutrition and physical activity wellness policies through the designated employees. The Superintendent hereby designates the Food Service Director, and each principal shall designate an assistant principal at each school, to oversee the implementation and evaluation of this Policy to ensure that the schools comply with this Policy.
10. The Superintendent or designee will utilize a plan for measuring the implementation of this Policy, as outlined in the Wellness Promotion Goals and Objectives incorporated herein by reference, and will prepare a summary report annually on Districtwide compliance. The report will be provided to the School Board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the District.
11. Additionally, the School District will encourage the promotion of good health and well-being of every staff member by enlightening the awareness and support of healthy lifestyles.
12. The Superintendent shall recommend revision of this Policy as needed and shall develop work plans to facilitate implementation. The Wellness Promotion Goals and Objectives (available online at www.palmbeach.k12.fl.us/policies/111gao.htm) are incorporated herein by reference as if set forth fully herein.

STATUTORY AUTHORITY: Fla. Stat. §§ 1001.41(1), (2); 1001.43(1), (6) | LAWS IMPLEMENTED: Fla. Stat. §§ 1001.41(3); 42 U.S.C. § 1751. | HISTORY: New: 5/31/2006

The Wellness Promotion Policy is the Master Key to Better Health & Well-being



INTRODUCTION



The Wellness Promotion Policy Has Four Goals

1. NUTRITION EDUCATION
2. PHYSICAL ACTIVITY
3. OTHER SCHOOL BASED ACTIVITIES
4. NUTRITION STANDARDS

Each of these goals is discussed in detail in one of the four subsequent chapters. Each chapter in this report represents one step leading toward our goal of better health and well-being. The Wellness Promotion Policy serves as the master key, which will allow us to unlock the benefits of greater wellness.

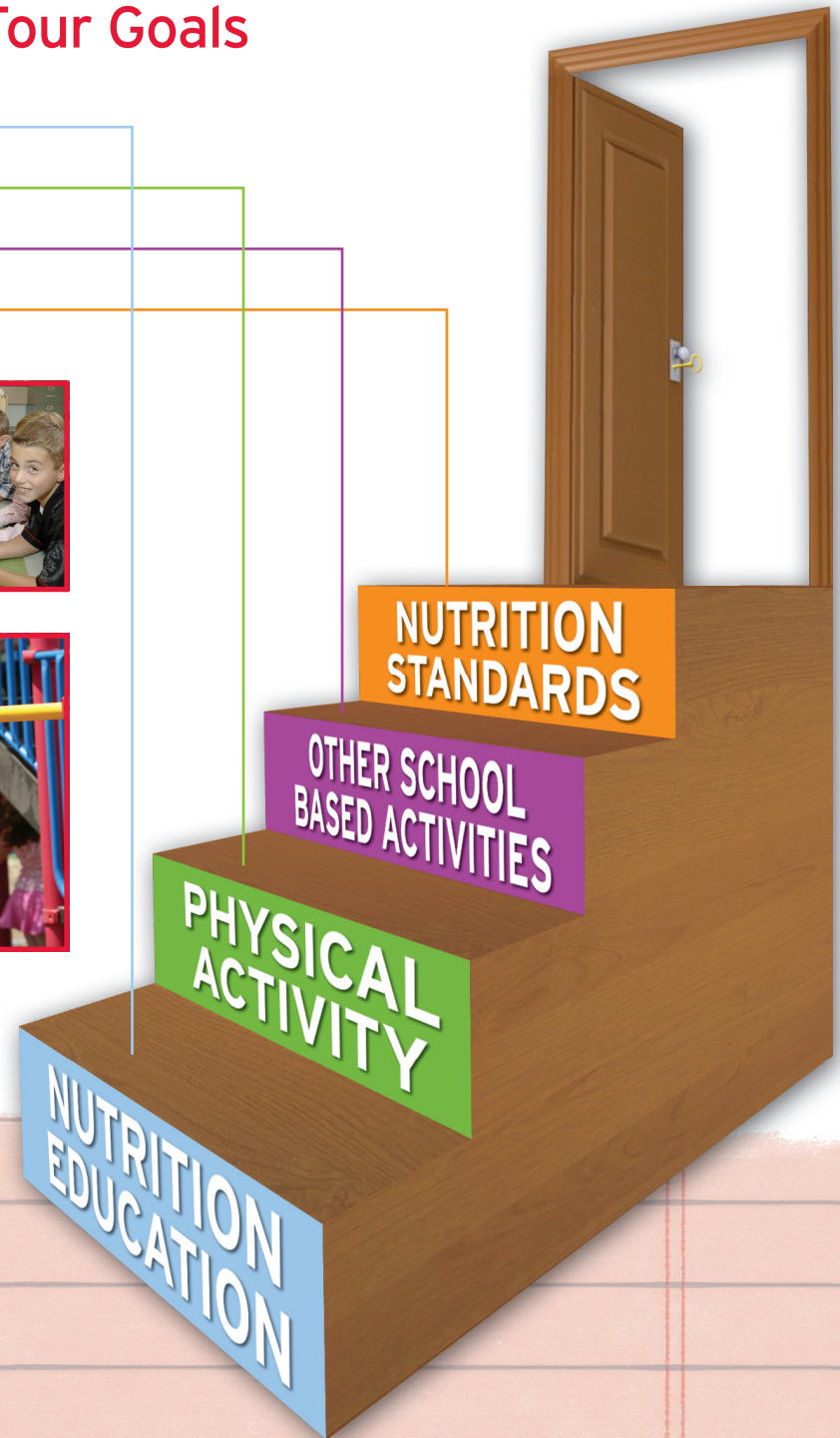


The goals of the Wellness Promotion Policy correspond to the eight components derived from the Centers for Disease Control model for coordinated school health programs, which include:

1. HEALTH EDUCATION
2. HEALTHY SCHOOL ENVIRONMENT
3. PHYSICAL EDUCATION/ACTIVITY
4. NUTRITION SERVICES
5. HEALTH SERVICES
6. STAFF WELLNESS
7. FAMILY/COMMUNITY INVOLVEMENT
8. COUNSELING & SOCIAL SERVICES

"The Wellness Promotion Policy Task Force has made remarkable progress in its first year. The School Health Advisory Committee looks forward to supporting the Task Force in its efforts to utilize the holistic approach of the coordinated school health model to improve student health and academic achievement."

—DR. MARSHA FISHBANE, SCHOOL HEALTH MEDICAL DIRECTOR
PALM BEACH COUNTY HEALTH DEPARTMENT



NUTRITION EDUCATION

DID YOU KNOW?

The School Food Service (SFS) Department has three Registered Dietitians (RD) and one Dietetic Technician Registered (DTR) on staff. Across the United States, Child Nutrition Programs typically do not seek the specialty that RDs can provide. However, the School District of Palm Beach County recognizes the valuable impact one can deliver and have three on staff.

The SFS Nutrition and Wellness Promotion Team conducts several nutrition education presentations throughout the school year. Topics include but are not limited to:

- 🍏 Childhood Obesity
- 🍏 Sports Nutrition/Hydration
- 🍏 Eating Disorders
- 🍏 Portion Distortion
- 🍏 Balancing Physical Activity and Nutrition
- 🍏 Food Safety and Sanitation
- 🍏 Food Guide Pyramid and Serving Sizes
- 🍏 Reading a Nutrition Facts Food Label
- 🍏 Special Needs

Nutrition education lessons can be taught on a beginner level or can be tailored to meet the need of the audience. Presentations are effectively delivered in a variety of forums including classrooms, cafeterias, auditoriums, gymnasiums, or even “break-out” sessions at workshops and conferences. All arenas provide for an atmosphere that is conducive for educating on nutrition and promoting healthy lifestyles.

WHAT IS A REGISTERED DIETITIAN?

A Registered Dietitian (RD) is a health professional with an extensive scientific background in food, nutrition, biochemistry, microbiology, anatomy and physiology. A Dietitian's coursework also includes food service systems, business management, economics, computer sciences, culinary arts, sociology, and communication. This knowledge is gained through an approved four-year college program endorsed by the American Dietetic Association (ADA), followed by a supervised internship, and passing a national exam registered by the Credentialing Board on Dietetic Registration (CDR). RD's apply their knowledge to promote health, prevent disease, and provide counseling and education. Registered Dietitians work in school districts, food service operations, hospitals, medical centers, health care facilities, food and nutrition-related businesses and industries, private practice, community and public health settings, universities, sport teams, corporate wellness, and pharmaceutical companies.

Visit the School Food Service website for more information
and resources on nutrition and wellness topics.

<http://sdpbc.palmbeach.k12.fl.us/coo/foodservice/public/default.aspx>

Key Fact

Approximately
4,000 students,
parents, teachers,
staff, administrators,
industry professionals,
etc. were reached
through Nutrition
Education lessons
throughout the
2006-2007
school year.



COMMISSION ON DIETETIC REGISTRATION
the credentialing agency for the American Dietetic Association

American Dietetic Association
Your link to nutrition and health™



THE KEY TO BREAKFAST

Key Fact

What's Next:
With the Superintendent's support, a 100% Accessible Breakfast Program will be featured in 37 AAA and AYP Watch schools starting September 2007.



According to the American Dietetic Association (ADA), children who eat a good, nutritious breakfast:

1. Have a greater chance to meet their daily nutritional needs for:
 - 🍏 Calcium
 - 🍏 Magnesium
 - 🍏 Vitamin A
 - 🍏 Vitamin C
 - 🍏 Vitamin B12
 - 🍏 Folate
2. Perform better on standardized tests
3. Attend school more frequently and are less likely to be tardy to class
4. Make fewer trips to the school nurse's office complaining of tummy aches
5. Have less referrals to disciplinarians
6. Have lower blood cholesterol levels
7. Keep their weight under control

PROVISION II

Provision II is an alternative serving method that School Districts may implement for counting and claiming purposes, in which all meals are served at no cost. Palm Beach County has instituted this method in 37 elementary schools, 3 middle schools, and 2 high schools for the breakfast meal service. The District will qualify an additional 8 elementary schools during the 2007-2008 school year. The benefits of this method are the abilities to both serve a large student population efficiently and increase student participation at the same time, while avoiding the stigma of meal status identification.

HEALTHY BODIES FOR HEALTHY BRAINS

The Education Network (T.E.N.-Comcast Cable 19) aired a specially produced thirty minute program, "Healthy Bodies for Healthy Brains", to help parents prepare their children for the FCAT testing season. The show was hosted by Julie Golden. All District Principals received a CD and an informational flyer regarding this program. The guests provided insight and strategies for children's physical, nutritional, and emotional needs during the FCAT demanding timeframe. Guests on the program included:

- 🍏 Dr. Marsha Fishbane, Medical Director for School Health at the Palm Beach County Health Department, who addressed the effects of good health on testing performance.
- 🍏 Kevin Sterling, former School District's Physical Education Program Planner and Amie Schneider, Physical Education Teacher at Equestrian Trails Elementary, who demonstrated the interactive "Brain Gym®" techniques, a series of "stress busters," utilizing Equestrian Trails students.
- 🍏 Robert Templeton, Manager of the School District's Psychology Services, who discussed ways to alleviate exam anxiety.
- 🍏 Paula Triana, Nutrition & Wellness Promotion Specialist for the School Food Service Department, who gave parents tips on how to prepare "brain food," study snacks, and the importance and benefits of eating breakfast daily.

This show aired throughout the months of February and March 2007.



Healthy Bodies for Healthy Brains display table



BREAKFAST BREAKS LAUNCHED DURING THE 2006-2007 SCHOOL YEAR!

Bill Thompson, former Principal at North Palm Beach Elementary, was recognized by the "got breakfast?"™ Foundation for his commitment to encouraging participation in the School Breakfast Program. The award was presented by Anna Kournikova and Gary Davis at the January 16, 2007 Superintendent's Administrators and Supervisors (A&S) District meeting. All District Principals attended the ceremony and the celebrations continued with a school-wide assembly at North Palm Beach Elementary.



Breakfast Breaks

Whole grain cereal, 100% fruit juice, and a nutritious snack.



"Since we implemented the 'Grab & Go' Breakfast in the morning there has been a marked improvement in student behavior. The students begin their day with a more positive attitude which carries over into their classroom and studies. Students who begin their day with a good nutritious breakfast tend to do better during the day."

— DENISE ALLEN, GUIDANCE COUNSELOR
NORTH PALM BEACH ELEMENTARY

"The 'Grab & Go' Breakfast starts the students' day on a positive note. Children come into class, eat a healthy breakfast, and start their class work earlier. This gives me more time to work with my students on an individual basis if needed. I find children who eat a nutritious breakfast have a better concentration level and are more alert."

— KAREN RUPAR, 4TH GRADE TEACHER
NORTH PALM BEACH ELEMENTARY

"Breakfast has become the way we do business in the morning."

— BILL THOMPSON, FORMER PRINCIPAL
NORTH PALM BEACH ELEMENTARY



Bill Thompson accepting the "got breakfast?"™ Award at Fulton Holland during a Principals Meeting. The award was presented by Gary Davis, East Side Entrées President and tennis superstar Anna Kournikova.



Bill Thompson accepting the "got breakfast?"™ Award presented by Anna Kournikova, and Gary Davis, President of East Side Entrées



Anna Kournikova passes out Breakfast Breaks to students inside their classrooms.



THE KEY TO "5 A DAY" PROMOTIONS



Key Fact

During the 2006-2007 school year approximately 2,500 students and 250 faculty and staff participated in the "5 A Day" and "National Nutrition Month" health fairs. The health fairs took place within the school cafeterias throughout the lunch meal services.

Pine Grove Elementary Tuesday, March 27, 2007
Principal: Anthony Anderson | SFS Manager: Liz Bohning

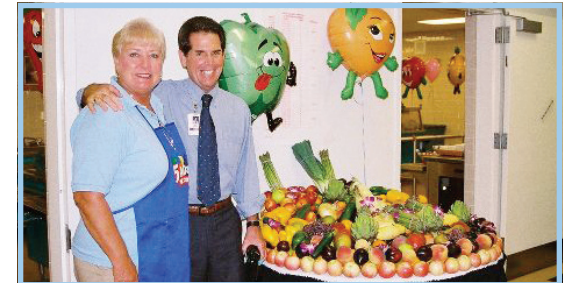


HEALTH FAIRS

Health Fairs provide an excellent opportunity for the School Food Service (SFS) Department to present a large variety of fruits and vegetables as well as a venue to incorporate nutrition education in a fun and creative environment. These health fairs take a tremendous amount of time to plan and lots of dedication from start to finish. The SFS Department has been recognized on a National level for their efforts in promoting fruits and vegetables.

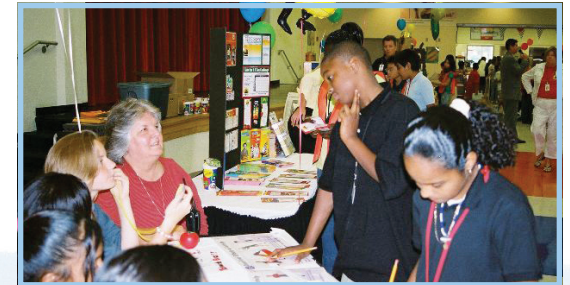
South Grade Elementary

Tuesday, September 26, 2006 | Principal: Michael Riley | SFS Manager: Donna Schendera



Tradewinds Middle School

Thursday, September 28, 2006 | Principal: Kathleen Orloff | SFS Manager: Karen Montas-Saez



Past "5 A Day" and "National Nutrition Month" Health Fair Schools:

- 🍏 Odyssey Middle
- 🍏 Manatee Elementary
- 🍏 Indian Pines Elementary
- 🍏 Highland Elementary
- 🍏 Tradewinds Middle
- 🍏 Suncoast High
- 🍏 Orchard View Elementary
- 🍏 Watson B. Duncan Middle
- 🍏 South Grade Elementary
- 🍏 Pine Grove Elementary

AWARDS AND ACCOMPLISHMENTS



The School Food Service Department continues to foster positive steps between the District and the community to encourage eating a diet rich in fruits and vegetables among the student population.

The SFS Department was recognized by the United States Department of Agriculture (USDA) Food and Nutrition Services–Southeast Region, with a 2004 Best Practice Award for increasing participation in School Lunch while increasing fruit and vegetable consumption.

The District was awarded two National “5 A Day” Excellence Awards in 2003 & 2005 from the Produce for Better Health Foundation, recognizing their efforts in creative approaches to increasing students fruit and vegetable consumption.

On March 12, 2004, Public Affairs announced a press release for the School District of Palm Beach County’s School Food Service Department in recognition of the “5 A Day” National Excellence Award for their efforts in creating a healthy environment with fruits and vegetables. The School District of Palm Beach County has become a strong advocate in the Surgeon General’s “Call to Action” to discourage obesity in America’s children.



Steve Bonino, SFS Department Director, was recognized during a special luncheon sponsored by Syngenta at the Produce for Better Health Foundation Annual Board Meeting in Monterey, California on April 3, 2004.



PRODUCE FOR BETTER HEALTH FOUNDATION’S 2005 NATIONAL “5 A DAY” AWARD PRESS RELEASE

“The School District’s Food Service Department was recognized for continually educating students and staff about the importance of fruits and vegetables through health fairs and a local wellness policy for the entire District. The department dedicated a section of its website to “5 A Day” and gave children the chance to try new fruits and vegetables they had not experienced before.”

THE KEY TO PHYSICAL ACTIVITY

Key Fact

Physical Activity can be **FUN** and is anything a child enjoys doing physically that raises their heart rate. Activities may be structured like a team sport or non-structured like walking, skating, bicycling, swimming, dancing, or even taking a trip to the playground or the park.



LEGISLATION

Governor Charlie Crist signed House Bill 967, a new legislation relating to physical education, on May 17, 2007 into law. The bill requires 150 minutes of physical education each week for all public elementary school students grades K-5. In addition, Governor Crist appointed 20 members to the Governor's Council on Physical Fitness to ensure the swift implementation of the bill as well as to develop a state plan of action to promote physical fitness and proper nutrition for all Floridians.

According to the Dietary Guidelines for Americans 2005, the recommendation for both children and adolescents is at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily.



Regular physical activity substantially reduces the risk of dying from coronary heart disease, the nation's leading cause of death. It also decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. Additionally, it can help to control weight, contribute to healthy bones, muscles, and joints, and reduce the symptoms of anxiety and depression.

Information provided from *Physical Activity and Health: A Report of the Surgeon General (USDHHS,1996)*

BRAIN GYM®

Brain Gym® uses movement to integrate and optimize brain and body function for whole brain learning. The formal name for Brain Gym® is Educational Kinesiology. Kinesiology is the science dealing with human body processes with respect to movement. This is a readiness program, which teachers have found enables students to be less stressed while learning new things and also gives them the ability to communicate it with others. The motto of the creator of Brain Gym®, Paul Dennison, is "Movement is the Door to Learning."

A special opportunity for West Area Schools to become trained in Brain Gym® was held on June





KIDS READ AND RUN MARATHON MILE PRESENTED BY THE MARATHON OF THE PALM BEACHES

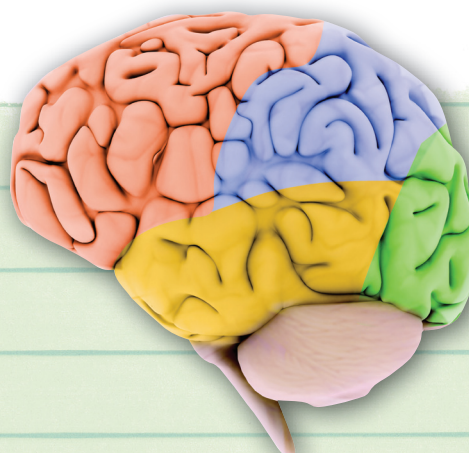
The annual Marathon of the Palm Beaches will host the Kids Read and Run Marathon Mile on December 1, 2007. Obesity has increased greatly in American youth during the past three decades, with the highest rates among children ages 6-11, with approximately 30% who are overweight and over 15% obese. The Kids Read and Run Marathon Mile was created to educate kids about the benefits of a healthy lifestyle through fitness and nutrition. The program is committed to addressing the national epidemic of childhood obesity by cultivating a new wave of young runners.

The School District of Palm Beach County facilitates the Kids Read and Run Marathon Mile by having elementary and middle school students walk or jog 25 miles in increments over a three month period prior to the race. The final 1.2 miles of the marathon (26.2 miles) are completed at the Marathon of the Palm Beaches on Saturday, the day before the Marathon. Each child receives a custom designed t-shirt, goodie bag and an official finisher's medal when crossing the finish line recognizing their accomplishment. The second component of the program requires students to read 15 minutes each day. These lessons include topics on nutrition and fitness.

The program began in 2005 with over 700 participants from 26 schools. Last year's Kids Read and Run Marathon Mile had over 1,500 student participants from 42 schools throughout Palm Beach County, including the Dwyer High School Special Needs Program. The Marathon Mile is the fastest growing component of the Marathon's three day event and has more than doubled in participants since its inception in 2005. This year we expect over 3,000 kids throughout the County to participate in the program and race on Saturday, December 1st in downtown West Palm Beach.

6-8, 2007 at Equestrian Trails Elementary. Approximately 40 teachers representing 19 West Area Schools attended the June training which was endorsed by West Area Superintendent, Janis Andrews, and the District's Chief Academic Officer, Anne Killets.

Ellen Smith, a Physical Education Teacher at Gove Elementary, acknowledged the fact that, "Everyone was excited about the opportunity to implement the skills taught for self management in focusing, organizing, and communicating both vocally and in written form. Many expressed how this would help them offer more specific tools to enable students to overcome learning challenges."



**"Without health and fitness,
wealth is without value,
knowledge is useless,
art cannot become manifest,
and music cannot be played."**

—HEROPHILUS,
THE FATHER OF SCIENTIFIC ANATOMY
3000 B.C.



THE KEY TO PHYSICAL ACTIVITY

COMMIT 2B FIT!™

In the 2006-2007 school year, Commit 2B Fit!™ was piloted with third grade students in eight elementary schools across Palm Beach County. The Commit 2B Fit!™ program is dedicated to affecting positive change in children by encouraging increased physical activity levels and better nutrition. By providing a fully integrated school, family, and community supported program, Commit 2B Fit!™ educates and motivates children to create habits that will lead to a healthier, longer life.



The foundation of Commit 2B Fit!™ is a customized academic/wellness journal full of fitness and nutrition information. Students record their physical activity, fruit and vegetable intake, as well as their academic assignments. This is a powerful reinforcement tool for students to develop habits that will lead to healthier lifestyles.

In the 2007-2008 school year Commit 2B Fit!™ will expand to include both third and fourth grade students for the following elementary schools: Coral Sunset, J.C. Mitchell, South Grade, Equestrian Trails, Melaleuca, Gove, Citrus Cove, and North Palm Beach.

SCHOOLS OF WELLNESS INITIATIVE

The Schools of Wellness Initiative promoted lifelong wellness skills, emphasizing physical activity and nutrition, with the ultimate goals of improving the health and academic performance of elementary school children.

There were three main components to the Schools of Wellness Initiative:
SPARK Lifelong Wellness, Pedometer Program, and KIDZ Bite Back.

1. SPARK = Sports, Play and Active Recreation for Kids.

This component taught students about goal setting, positive self-talk, balance, and moderation.

2. The Pedometer Program used the pedometers as an awareness tool to create a fun challenge among the students, and was monitored monthly through surveys.

3. KIDZ Bite Back empowered students to spread the word and take action.

"Exercise and recreation are as necessary as reading. I will say rather more necessary because health is worth more than learning."

—THOMAS
JEFFERSON

This was a grant funded initiative that continued to add schools to the program throughout the three year time span. This past school year, FY 2006-2007, was the final year for the grant.

Year 1, 2004-2005: Calusa, Hammock Pointe, Orchard View, Pine Grove, Plumosa, S.D. Spady, Verde, Village Academy

Year 2, 2005-2006: Berkshire, Boca Raton, Cross Pointe, Citrus Cove, Clifford O.Taylor/Kirklane, Forest Park, Hagen Road, Lantana, Sandpiper Shores, Waters Edge

Year 3, 2006-2007: Diamond View, Roosevelt, Hidden Oaks, Westward, Greenacres, Cholee Lake

Funding Partners included: The Robert Wood Johnson Foundation, Children's Services Council of Broward County, Health Foundation of South Florida, and the Quantum Foundation, Inc.

Collaborating Partners included: The School District of Broward County, Joe DiMaggio Children's Hospital Foundation, Health Care District of Palm Beach County, North Broward Hospital District, The School District of Palm Beach County, and the YMCA of South Palm Beach County



SUPPLEMENTAL EDUCATIONAL SERVICES (SES)

Wellness is promoted in our schools through the provision of health services with our partners the Health Care District of Palm Beach County, Health Department of Palm Beach County, Boca Raton Community Hospital and Florida Atlantic University (FAU) College of Nursing. All partners play an integral role in the delivery of basic health care to our students on a daily basis. School nurses and health technicians delivered the following health services to our students in Palm Beach County during the 2006-2007 school year. These nursing interventions allowed **79%** of the students receiving care to return to the classroom.

HEALTH SERVICES

VISION SERVICES: This year the School District of Palm Beach County participated with the Health Care District of Palm Beach County to bring under-served children the gift of sight. The Luxottica Group Foundation Vision Van assisted up to 100 children per day over a three-day period, providing examinations and free glasses.

FLUMIST® PROGRAM: A partnership with the Health Department, Health Care District and Palm Beach County Fire Rescue will initiate a FluMist® vaccination program in the 2007-2008 school year. Twelve schools will be targeted to administer influenza vaccine and learn how the partnership can efficiently and effectively provide vaccination to a large group of students.

FLORIDA DENTAL SWISH SERVICES: Volunteers coordinated by the Health Department of Palm Beach County assist elementary school children to maintain dental health through this daily swish program.

HAND WASHING: The prevention focus this year began in partnership with the Health Care District of Palm Beach County which provided hand-washing workbooks, sanitizer gels and germ kits to first graders in all schools. This initial project was well received by elementary school teachers.

CPR/AED/FIRST AID: The SES Department provides CPR/AED/First Aid certification to all health-room designees and Automated External Defibrillator (AED) Site Coordinators in all schools. This year a new AED Site Coordinator training process was initiated to help schools maintain compliance with the maintenance and operation of their AEDs. As a direct result of this training, the District will be assuming the cost of appropriate placement, maintenance and all the training for all AEDs in all District buildings.

PANDEMIC FLU READINESS: The SES Department has been tasked with developing a Pandemic Flu readiness policy and procedure. This policy is in the process of development through the Pandemic Flu Readiness Committee in coordination with the District's Continuity of Operations Plan (COOP).

SCHOOL COUNSELING: School Counselors play an integral role in the development of our students' mental and physical wellness. Through the management of the Student Development Plan, School Counselors deliver personal social programs that positively effect student success. Strategies include: individual and group counseling, classroom guidance, parental consultation, and referral to community resources for student and families. Programs that are implemented by School Counselors include: Student Success Skills, Character Education, Educational Enhancement Groups, Peer Mediation, Too Good for Drugs, Anger Management and substance abuse groups.



Health-room visits for medication and treatment within the school setting:

🍏 Elementary Schools	344,654
🍏 Middle Schools	163,250
🍏 High Schools	104,633
🍏 Alternative Schools	10,614

Prevention health interventions:

🍏 Hearing screening	61,860
🍏 Vision screening	61,510
🍏 BMI screening	12,579
🍏 Scoliosis screening	3,498
🍏 Pediculosis screening	1,867

Trained 2,853 school paraprofessional staff as health-room designees.

2006-2007 Data



SUPPLEMENTAL EDUCATIONAL SERVICES (SES)

SECTION 504 ACCOMMODATION PLANS: Section 504 of the Rehabilitation Act of 1973 is Congress's directive to schools receiving federal funding to eliminate discrimination based on disability from all aspects of school operation. Since the District is a recipient of federal dollars, we are required to provide eligible students with equal access (both physical and academic) to services, programs and activities offered by our schools. A 504 Team convenes to address eligibility on a student-by-student basis. If a student meets eligibility requirements, an individualized accommodation plan is developed. Section 504 is a civil rights statute. Therefore, it is the responsibility of regular education staff and administration to implement those practices and procedures necessary for a school to fulfill this law's requirements. Schools receive no additional funding to implement Section 504 accommodations. At each school, the responsibility for ensuring Section 504 compliance rests with the building principal or principal's designee, and each of our schools has an identified Section 504 designee.



PREVENTION CENTER SERVICES

BROWN RIBBON MONTH: An anti-tobacco campaign targeting kids in grades K-12 during the month of April.

CHARACTER EDUCATION: Support services impacting grades K-12 which coordinate and monitor programming and which facilitate the committee that promotes, supports and evaluates Character Education initiatives throughout the District.

RED RIBBON WEEK: A week-long campaign targeting grades K-12 to raise awareness and mobilize communities to combat alcohol and drug use among youth. District-wide essay writing, poster and music contests are conducted.

STUDENTS AGAINST DESTRUCTIVE DECISIONS (SADD)/

STUDENTS WORKING AGAINST TOBACCO (SWAT): Two student-led empowerment clubs targeting grades 6-12 that participate in alcohol, tobacco, and other drug prevention activities and campaigns. Students advocate on their school campuses and in their local communities.

TOO GOOD FOR DRUGS: A curriculum-based prevention program targeting grades K-12 that helps students with goal setting, decision making, bonding with others, identifying and managing emotions, and communicating effectively.



FACE IT: A district-wide educational alternative to out-of-school suspension for middle and high school students and their parents/caregivers that focuses on the prevention and early intervention of alcohol, tobacco, and other drug use and abuse.

BULLYING-PREVENTION INITIATIVES: The District's bullying-prevention and intervention initiatives include the Bullying Prevention Program, that educates students and staff regarding the dynamics of the bullying scenario while stressing effective staff and student responses; the Helping Hands Program, which utilizes the services of select older elementary students to assist primary-grade students who need help with effective school behaviors; Conflict Resolution, which teaches staff members the attitudes, curriculum, and techniques needed to build student skills and social competency; the Action Research Component, which focuses on assessing and modifying classroom climate through the application of Conflict Resolution practices; and the Problem Solving Room, which is a non-punitive behavior intervention strategy designed to guide disruptive students through a self-correction plan so that they may return to class better able to attend to instruction.

EARLY INTERVENTION PARTNERSHIPS

SCHOOL BEHAVIORAL HEALTH PROGRAM: The Health Care District of Palm Beach County provides a Behavioral Health Professional (BHP) at 46 targeted elementary schools in the District. The BHPs provide screening and assessment, referral and linkage, and prevention and early intervention services primarily to kindergarten through third-grade students and their families. The overall goal of the program is to improve the emotional, social, and behavioral health of students attending the targeted schools so they are on grade level by the third grade and functioning to the best of their abilities. The Health Care District and Children's Services Council of Palm Beach County fund the program.

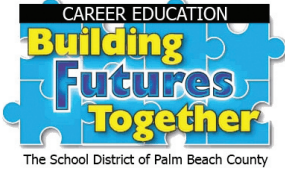
PRIMARY PROJECT: Primary Project is a nationally recognized program that is administered locally by the Health Care District and funded by The Picower Foundation, Children's Services Council of Palm Beach County and the Health Care District. The program provides child-directed play interventions to kindergarten through second-grade students identified as having adjustment issues related to task orientation, assertiveness, behavior and/or peer-social interactions. Primary Project is provided at twelve elementary schools in the District.

COMPREHENSIVE SERVICES PROGRAM: Comprehensive Services assists children aged from six weeks to five years old, and their families who are enrolled in subsidized childcare sites throughout Palm Beach County. The program helps families develop a plan for their child's success. It identifies and addresses social, emotional, developmental, behavioral, and physical health-related issues that may become barriers to their readiness. Families are then referred and linked to the appropriate services. The Health Care District and the Children's Services Council of Palm Beach County fund the Comprehensive Services Program.





CAREER EDUCATION



MEDICAL SCIENCES ACADEMIES

Healthy Lifestyles and Wellness is promoted in our schools through the Medical Sciences Academies at the middle and high school level. The Medical Sciences Academies offer an innovative, sequential and integrated learning environment designed to provide students with an academic foundation in basic health sciences including the study of diseases and disorders (such as childhood obesity and diabetes), structure and function, occupational hazards, and educational requirements and information concerning the practices for promoting good health. It provides all students with a motivating, skill-based curriculum which teaches the medical skills and training necessary to succeed in post-secondary health career education and/or to successfully transition into the healthcare workforce.



CURRICULUM

EVERGLADES AREA HEALTH EDUCATION CENTER (EAHEC) SUMMER HEALTH CAREER CAMP: Every summer, Everglades Area Health Education Center, a division of Nova Southeastern University School of Osteopathic Medicine, offers students the opportunity to participate in the Health Careers Camp. The program is designed to educate, train and promote careers in healthcare.

PHYSICIAN SCIENTIST TRAINING PROGRAM: Every summer, middle and high school students have the opportunity to attend the Temple University School of Medicine Summer Program. The main objective is to prepare and train future scientists to pursue a career in biomedical research. Students gain an early exposure and clinical experience while receiving a stipend for their participation.

CARDIOPULMONARY RESUSCITATION (CPR) CERTIFICATION: As part of the curriculum requirements for Health Science 2, the second course in sequence for Health Science Education at the high school level, students are eligible to be certified in CPR and First Aid—preparing students to prevent and respond to life-threatening emergencies.

JOINING HANDS CONFERENCE: This year the School District of Palm Beach County partnered with the Palm Beach County Coalition for Children to educate teachers, guidance counselors, school nurses, occupational therapists, school psychologists, registered dietitians and other professionals on several topics including Childhood Obesity—a growing concern affecting our youth. The presentation on “Childhood Obesity: The Weight of the Issue,” was targeted mostly for school personnel. The scope and magnitude of this problem is reaching epidemic proportions, and the role of the media as well as choices regarding beverages and physical activity plays a large role. Participants learned how parents, schools, and communities can work together in developing behavioral and nutritional interventions.

COMMUNITY SERVICE: Students in the medical sciences academies at the secondary level participated in several projects educating the public, and handing out important information



concerning health issues. Students received community service hours for their participation.

HUMAN IMMUNODEFICIENCY VIRUS (HIV) 104 COURSE: All students in Health Science 2, after successfully completing this training, also receive a State of Florida Certification. The purpose is to provide students with an understanding of the intent of the blood borne pathogens regulation issued by the Occupational Safety and Health Administration (OSHA), how disease transmissions occurs, serious communicable diseases, precautions to prevent disease transmission, and what to do if an exposure occurs. In addition, specific information about HIV and AIDS is covered, with topics ranging from transmission and prevention of the virus to health care and relevant social and legal issues.



GLADES INITIATIVE MEDICAL INTERPRETER TRAINING:

Founded by Palm Healthcare Foundation, this training program helps prepare students to become effective translators in our community.

EXPLORE NURSING CAMP: Palm Healthcare Foundation's Summer Program is held every summer. Student campers, aged 9-12 years old, learn about nutrition, body systems, emergency first aid and other skills, and nursing careers. Activities include visits from healthcare professionals and field trips to nursing schools, Trauma Hawk, local hospitals and universities.

HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT (HIPAA) TRAINING: Prior to going out to the clinical setting on the medical internship, students are required to successfully complete the HIPAA training. Students must follow confidentiality laws to protect all patients.

INSTITUTIONAL CONTRACTS AND ARTICULATIONS: There are several contracts in place with educational institutions to grant students advance placement and college credit hours by completing the medical program at the high school level. In addition, PBC Schools have partnered with the medical community to place students in internships to complete the clinical required component of the medical sciences curriculum.

HEALTH OCCUPATIONS STUDENTS OF AMERICA (HOSA): Our students participate in the Health Occupations Students of America which is a national student organization endorsed by the U.S. Department of Education and the Health Science Technology Education Division of the Association for Career and Technical Education. This national organization promotes career opportunities in the health care industry and enhances the delivery of quality health care to all people, providing a unique program of leadership development, motivation, and recognition. Palm Beach County students received honors and awards at local, state and national competitions.

Website: <http://www.palmbeach.k12.fl.us/careered>

Middle School Pre-Medical Academies

- 🍏 Boca Raton Middle School
- 🍏 Congress Middle School
- 🍏 Howell L. Watkins Middle School
- 🍏 Lake Worth Middle School
- 🍏 Lantana Middle School
- 🍏 Loggers Run Middle School
- 🍏 Roosevelt Middle School
- 🍏 Western Pines Middle School

High School Medical Sciences Academies

- 🍏 Boca Raton High School
- 🍏 Glades Central High School
- 🍏 Inlet Grove High School
- 🍏 Jupiter High School
- 🍏 Lake Worth High School
- 🍏 Pahokee Senior High School
- 🍏 Palm Beach Gardens High School
- 🍏 Palm Beach Lakes High School
- 🍏 Park Vista High School
- 🍏 Royal Palm Beach High School
- 🍏 South Tech Academy
- 🍏 West Boca Raton High School

Medical Program Completer Courses

(Granting students Occupational Completer Points)

- 🍏 Allied Health Assisting
- 🍏 Electrocardiograph Aide
- 🍏 First Responder
- 🍏 Health Unit Coordinator
- 🍏 Home Health Aide
- 🍏 Nursing Assistant
- 🍏 Practical Nursing

EMPLOYEE WELLNESS



RISK & BENEFITS MANAGEMENT

MISSION: The School District of Palm Beach County Employee Wellness Program seeks to establish a workplace that encourages and supports a healthy lifestyle by integrating health promotion activities and resources that help to enhance health and well-being.

OVERALL GOALS:

- 🍏 Promote good health and reduce health risk behaviors among employees and their families.
- 🍏 Identify and correct conditions in the workplace that can compromise the health of school employees, reduce their levels of productivity, impede student success, and contribute to escalating health care costs.
- 🍏 Create a culture that embraces wellness initiatives and activities.

WELLNESS SERVICES

Wellness is a lifestyle, a choice, and a process that includes the balance of physical, spiritual, emotional, psychological and social wellness. Each of these areas is equally important to living a well-rounded life. We offer a comprehensive program that includes the prevention of health problems, the protection from health threats and the promotion of the health of self and others. Our goal is to assess wellness needs, plan programs, schedule health screenings and to coordinate wellness programs at all sites within the Palm Beach County School District. Current wellness program emphasis includes physical activity, healthy eating, reducing stress, getting regular preventive screenings and making healthy choices.

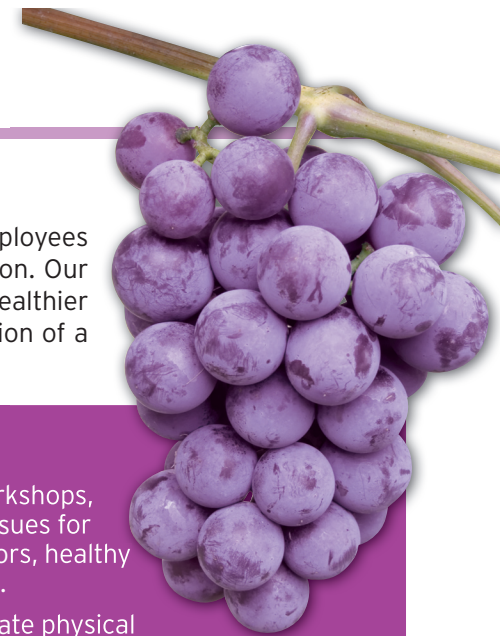
DISEASE MANAGEMENT

Our goal is to help employees adopt a healthy lifestyle and take control of their medical condition so they can live a fuller life. Our disease management programs offer condition-specific education and information to help employees understand their disease better and take a more active role in controlling it. Getting employees engaged in their personal health is the best way to effect change. Having an effective disease management program improves the health and well-being of our employees and the financial health of the School District. Current disease management programs offered through UnitedHealthcare include: Cancer Resource Services, Heart Condition Management, Kidney Resource Center, Healthy Pregnancy Program, Transplant Resource Services, Asthma & COPD Management, Diabetes Management, Nurseline and Long-Term Disease Management. These programs, along with the sound advice of physicians, provide employees with the support to take charge of their health.

WELLNESS WORKS

Healthy employees are positive role models for their students. Research confirms that employees who participate in wellness programs are absent from work less often, increase their productivity, have lower health care and insurance costs, and fewer work-related injuries. School districts that implement employee wellness programs are able to improve morale and retention of current employees as well as recruit prospective employees more easily.





The Employee Wellness Program kicked-off in January 2006 as a result of a growing awareness among employees and management, that many illnesses and disabilities could be prevented through early detection and education. Our staff wellness program includes the components listed below, which are in accordance with the Alliance for Healthier Generation and National Association of State Boards of Education. Our accomplishments have provided evolution of a comprehensive program.



KEY COMPONENTS OF EMPLOYEE WELLNESS

1. **EDUCATION & AWARENESS:** Provision of workshops, classes, and information on common health issues for school staff members such as lifestyle behaviors, healthy eating, physical activity, and injury prevention.
2. **PHYSICAL ACTIVITY:** Opportunities to integrate physical activity in the school day such as walking, jogging or yoga programs.
3. **HEALTHY FOODS & BEVERAGES:** Access to healthy options for staff to eat and drink throughout the school day.
4. **WEIGHT CONTROL PROGRAMS & NUTRITION PROGRAMS:** Support and resources provided such as assessment of current diet and goal setting to eat healthier. Resources provided can include meal planning, education on healthy foods, weight check-ins, etc.
5. **IMMUNIZATION:** Provision of immunization for common illnesses found in the school environment such as the flu.
6. **HEALTH SCREENINGS:** Periodic screening at school for blood pressure, blood cholesterol, blood sugar, body mass index, bone density scans, mammography, and other health indicators with advice on appropriate follow-up medical treatment.
7. **INDIVIDUAL HEALTH-RISK APPRAISALS:** Helping staff members to evaluate health risks and establish personal health-improvement goals.
8. **STRESS MANAGEMENT:** Provision of workshops, information and counseling on how to manage stresses specific to the school environment and how to balance work and family. Resources are provided from our Employee Assistance Program, Corporate Care Works.
9. **ENCOURAGEMENT:** Staff members are encouraged to set medical appointments for screening of cancer, heart disease, diabetes, and other diseases.
10. **ONGOING ASSESSMENTS:** The Staff Wellness Plan is continually reassessed to update and improve its effectiveness.

Please visit the Wellness website for more information and resources:
<http://www.palmbeach.k12.fl.us/wellness/>



WELLNESS CHAMPIONS

Schools and Departments with Wellness Champions

SCHOOL SITES

- 🍏 Addison Mizner Elementary
- 🍏 Belvedere Elementary
- 🍏 Binks Forest Elementary
- 🍏 C.O.Taylor/Kirklane Elementary
- 🍏 Del Prado Elementary
- 🍏 Diamond View Elementary
- 🍏 Don Estridge High Tech Middle
- 🍏 Eagles Landing Middle
- 🍏 Elbridge Gale Elementary
- 🍏 Frontier Elementary
- 🍏 Golden Grove Elementary
- 🍏 Gove Elementary
- 🍏 Grassy Waters Elementary
- 🍏 H.L.Watkins Middle
- 🍏 Lake Worth Community Middle
- 🍏 Meadow Park Elementary
- 🍏 Omni Middle
- 🍏 Osceola Creek Middle
- 🍏 Pine Grove Elementary
- 🍏 Royal Palm School
- 🍏 South Grade Elementary
- 🍏 Suncoast High
- 🍏 Washington Elementary
- 🍏 Wellington Landings Middle
- 🍏 Woodlands Middle

DEPARTMENTS AND OTHER SITE LOCATIONS

- 🍏 Adult Education Center
- 🍏 ESE Hospital Homebound
- 🍏 Payroll Department
- 🍏 Safe Schools Department
- 🍏 School Food Service Department
- 🍏 South Area ESE

A Wellness Champion is a staff member with a commitment to health such as a health educator, physical educator, nurse, counselor, psychologist, or other member of the school staff. They volunteer to assist in the implementation and coordination of wellness initiatives. They are responsible for promoting awareness of wellness programs and encouraging the participation of their co-workers, and they do so with dedication and enthusiasm.

CONGRATULATIONS TO OUR WELLNESS CHAMPIONS!
THANKS TO YOU, WE HAVE SEVERAL "HEALTHY SCHOOLS."

ACTIVITIES

- | | |
|----------------------------------|-------------------------------|
| 🍏 Walking/Running Group | 🍏 Fitness Challenge |
| 🍏 Fit Club | 🍏 Stamp Out Stress |
| 🍏 Biggest Losers Club | 🍏 Support Groups |
| 🍏 Florida on the Move | 🍏 Hand-Washing Campaign |
| 🍏 Daily Health Tips | 🍏 Walk-a-thons |
| 🍏 Marathon Mile Running Club | 🍏 Wellness Week |
| 🍏 Passport to Play | 🍏 Back to School Health Night |
| 🍏 Passionately Pink for the Cure | 🍏 Health-Risk Screenings |
| 🍏 Healthy Food Fair | 🍏 Project Hydration |
| 🍏 Health & Wellness Fair | 🍏 Step-Up Florida |
| 🍏 Jump Rope for Heart | 🍏 Weight Loss Team Challenge |
| 🍏 Yoga/Aerobic Classes | 🍏 Healthy Eating Week |
| 🍏 Community Fitness Events | 🍏 Walk to School Day |
| 🍏 Health Workshops | 🍏 Health & Safety Fun Fair |
| 🍏 Weekly Wellness Corner | 🍏 Go Red for Women Campaign |
| 🍏 Weight Watchers | 🍏 Wellness Bulletin Boards |
| 🍏 Betting on Wellness | 🍏 Fitness Fair |
| 🍏 Fresh Fruit Friday | 🍏 Pedometer Challenge |
| 🍏 Family Fitness Night | 🍏 Community Wellness Fair |



The Wellness Challenge – Voluntary Health Enhancement Program to Take Charge of Your Health!

PARTICIPANTS WILL EARN WELLNESS BONUSES AND RECEIVE GREAT PRIZES FOR PARTICIPATING

PREVENTIVE SCREENINGS

- 🍏 **Health Fair Screenings** **2 TICKETS**
Complete Evaluation
- 🍏 **Blood Pressure Check[†]** **2 TICKETS**
Health Tracker/Stamp
- 🍏 **Full Lipid Profile** (Cholesterol)* **2 TICKETS**
Health Tracker/Stamp
- 🍏 **Glucose** (Diabetes)* **2 TICKETS**
Health Tracker/Stamp
- 🍏 **Physical Exam or Age Appropriate Preventive Screening*** **3 TICKETS**
(Ex. Mammogram, Pap Smear, PSA, Skin Check, Colorectal Test, Dental Exam, Eye Exam, etc.)
Health Tracker/Stamp
- 🍏 **Flu Shot*** **1 TICKET**
Consent Form/Receipt
- 🍏 **Other Health Screenings** **1 TICKET**
Approved by the Wellness Coordinator

* One time activity only
† Maximum of 2 tickets per quarter

FITNESS ACTIVITIES

- 🍏 **Community Fitness Events** **2 TICKETS**
(Ex. Race for the Cure, HeartWalk, etc.)
Registration
- 🍏 **Pedometer Program** **2 TICKETS**
(Ex. Florida on the Move)
Walking/Step Log
- 🍏 **Physical Activity** **2 TICKETS**
(3 X week/3 months required)
Fitness Log
- 🍏 **Other Fitness Activities** **2 TICKETS**
Approved by the Wellness Coordinator

SELF-CARE/HEALTH EDUCATION

- 🍏 **Health Risk Assessment*** **5 TICKETS**
(www.myuhc.com or paper for waived insurance)
Certificate of Completion
- 🍏 **Quarterly Incentive Program** **3 TICKETS**
(Ex. Holiday Health, Explore the Food Pyramid, etc)
Program Tracking Log
- 🍏 **Monthly Newsletter Quiz** **1 TICKET**
Complete Quiz
- 🍏 **Monthly Quick Challenge** **1 TICKET**
(Ex. Goal Setting, Hydration, Breakfast, etc)
Wellness Log
- 🍏 **Wellness Seminars** **3 TICKETS**
(On-site Educational Sessions)
Complete Evaluation
- 🍏 **Wellness Library** **2 TICKETS**
(Videos, Books, Nurseline topics, etc.)
Living Well Form/Quiz
- 🍏 **Community Wellness Classes** **3 TICKETS**
(Ex. Hospital Lectures, etc.)
Health Tracker/Stamp
- 🍏 **First Aid & CPR Classes*** **2 TICKET**
Copy of Certification
- 🍏 **Site Wellness Champion*** **4 TICKETS**
Approved by the Wellness Coordinator
- 🍏 **Attest to 100% Seatbelt Use*** **1 TICKET**
Safety Form
- 🍏 **Wellness Hall of Fame*** **3 TICKETS**
(Nomination for Modeling a Healthy Behavior)
Nomination Form
- 🍏 **Other Wellness Activities** **1 TICKET**
Approved by the Wellness Coordinator

* One time activity only
† Maximum of 3 tickets per quarter

BEHAVIOR CHANGE PROGRAMS

- 🍏 **Weight Management Program[†]** **3 TICKETS**
(Ex. Weight Watchers, etc.)
Health Tracker/Stamp
- 🍏 **Tobacco Cessation Program*** **3 TICKETS**
Health Tracker/Stamp
- 🍏 **Healthy Eating Program** **2 TICKETS**
(Ex. Fruit & Veggie Challenge, etc.)
Nutrition & Activity Journal
- 🍏 **Disease Management Program*** **2 TICKETS**
Health Tracker/Stamp
- 🍏 **Diabetes Management*** **2 TICKETS**
Health Tracker/Stamp
- 🍏 **Healthy Pregnancy Program*** **2 TICKETS**
Health Tracker/Stamp
- 🍏 **Stress Management Program** **2 TICKETS**
Relax, Refresh, Renew or CCW program
- 🍏 **Wellness Consultation*** **2 TICKETS**
(Lifestyle Advising related to wellness)
- 🍏 **Well Assured Guide** (take home)[†] **3 TICKETS**
(Stress, Weight Management, Heart Health, etc.)
Living Well Form/Quiz
- 🍏 **Other Behavior Change Programs** **1 TICKET**
Approved by the Wellness Coordinator

* One time activity only
† Maximum of 3 tickets per quarter

For questions or more information, please contact:

Kim Ingledue, Wellness Coordinator
561-434-8044 (PX48044)
ingledue@palmbeach.k12.fl.us

Proof of Participation is required for all raffle tickets.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for reward under this program, or if it is medically inadvisable for you to attempt to achieve the standard for the reward under this program, please call Kim and she will work with you to develop another way to qualify for the reward.





THE KEY TO AFTER SCHOOL PHYSICAL ACTIVITY

It is recommended that all children receive basic instruction in motor skills and be exposed to a variety of sport activities. Encouraging middle and high school students to participate in intramural activities can complement the physical education that students receive during the school day.



RECHARGE!™, ENERGIZING AFTER SCHOOL

Recharge!™ is a fun-for-kids after school program that was designed for students in grades 3-6 to learn about and practice good nutrition and physical activity habits.

Jennifer Whittaker MPH, RD, LD/N, Director of School Marketing with the Dairy Council of Florida, provided a District-wide Training for Elementary After School Directors on Wednesday, January 17, 2007. This training provided Directors with an overview of the obesity epidemic that is plaguing our youth population as well as simple instructions on how to implement this fun and active program to "ReCharge" their students after school.



"Recharge!™, Energizing After School has given my students and staff an exciting, invigorating tool that educates and enriches while putting smiles on everyone's faces. The format is easy to follow and the kids seem to love keeping track of the foods they eat. The staff is thrilled at how easy the lesson plans are to follow and implement."

— JANE WINTERS, SACC DIRECTOR
BEACON COVE ELEMENTARY



Some of the benefits of implementing intramural sport activities include:

- 🍏 Student participation will increase since the activities are intended to be voluntary and students have a choice in the activities in which to participate
- 🍏 Every student is given an opportunity to participate regardless of physical ability
- 🍏 Provides activities for students in a safe and professionally supervised environment
- 🍏 Nurtures healthy competition, enjoyment, fair play and teamwork
- 🍏 Enhances social interaction and reduces student conflict
- 🍏 Provides an opportunity for co-ed physical activity participation
- 🍏 Students have the opportunity to be involved in the planning, organization, and administration of programs

Intramural sports include but are not limited to: tennis, basketball, wrestling, touch football, soccer, volleyball, field hockey, etc.



NUTRITION STANDARDS

USDA CHILD NUTRITION GUIDELINES

Children across America, in public and nonprofit private schools and residential childcare institutions, are eligible to receive a nutritionally balanced low-cost or free lunch every school day. The National School Lunch Program (NSLP) is a federally assisted meal program which was established under the National School Lunch Act, signed in 1946 by President Harry Truman.

The **School Breakfast Program (SBP)** was established in 1966 as a two-year pilot project designed to provide categorical grants to assist schools serving breakfast to “nutritionally needy” children. Over the next nine years, the School Breakfast Program had extended to include several schools and the categorical grant reimbursement structure was replaced by a system of specific per-meal reimbursement. In 1975 Congress declared its intent that the program “be made available in all schools where it is needed to provide adequate nutrition for children in attendance.”

The **National School Lunch Program** and the **School Breakfast Program** established nutrient requirements to which approved Child Nutrition Programs must adhere. The guidelines recommend that no more than 30% of an individual’s calories come from fat and less than 10% from saturated fat. Regulations also establish a standard for school lunches to provide one-third and school breakfasts to provide one-fourth of the Recommended Dietary Allowances (RDA) for protein, vitamin A, vitamin C, iron, calcium, and calories.

General Purpose of the NSLP. *Section 2 of the National School Lunch Act (42 U.S.C. 1751)*, states: “It is declared to be the policy of Congress, as a measure of national security, to safeguard the health and well-being of the Nation’s children and to encourage the domestic consumption of nutritious agricultural commodities and other food, by assisting the States, through grants-in-aid and other means, in providing an adequate supply of food and other facilities for the establishment, maintenance, operation, and expansion of nonprofit school lunch programs.”

DIETARY GUIDELINES FOR AMERICANS 2005

Since 1980, the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA), collaborate in publishing the Dietary Guidelines for Americans every five years. The guidelines, which target the general public over 2 years of age and who are living in the United States, provide science-based advice to promote health and reduce the risk for chronic diseases through diet and physical activity. The key recommendations on the *Dietary Guidelines for Americans 2005* are provided per chapter and are based on the scientific evidence of nutritional factors that are important for lowering risk of chronic disease and promoting health.

The current chapters of the Dietary Guidelines for Americans 2005 are the following:

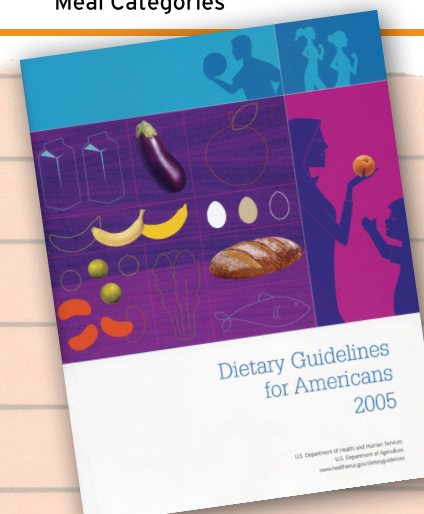
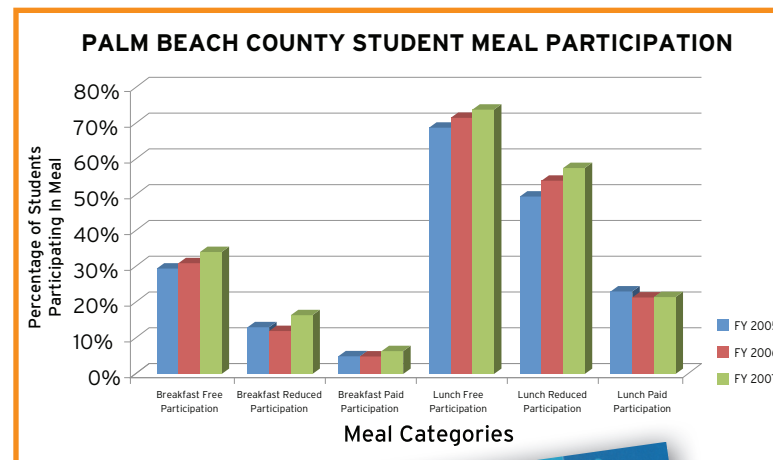
- | | | |
|--|-----------------------------|-------------------------|
| 1. ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS | 4. FOOD GROUPS TO ENCOURAGE | 7. SODIUM AND POTASSIUM |
| 2. WEIGHT MANAGEMENT | 5. FATS | 8. ALCOHOLIC BEVERAGES |
| 3. PHYSICAL ACTIVITY | 6. CARBOHYDRATES | 9. FOOD SAFETY |



Key Fact

Since the modern program began, more than 187 billion lunches have been served.

USDA Food and Nutrition Service Department, September 2006



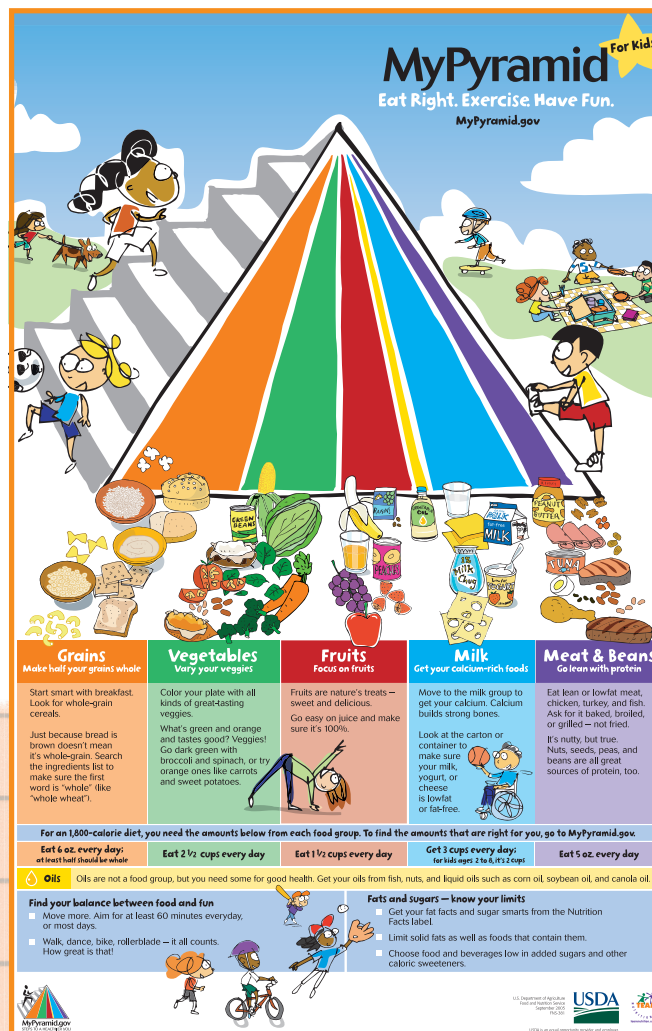
THE KEY TO USING MYPYRAMID

THE MYPYRAMID FOR KIDS SLOGAN IS... "EAT RIGHT. EXERCISE. HAVE FUN."

The *MyPyramid for Kids* symbol represents the recommended proportion of food from each of the five food groups and focuses on the importance of making smart food choices every day. Daily physical activity is prominent in *MyPyramid for Kids*. Through an interactive game, lesson plans, colorful posters and flyers, worksheets, and valuable tips for families, *MyPyramid for Kids* encourages children, teachers, and parents to work together to make healthier food choices and be active every day.

"This is a fun approach to addressing the very serious problem of childhood obesity. As teachers take advantage of the lesson plans and children learn what it takes to win the game, messages about the importance of healthy eating and physical activity will take hold. We know that *MyPyramid for Kids* captured America's attention and our hope is that *MyPyramid for Kids* will inspire the same level of interest and help to improve the health of America's kids."

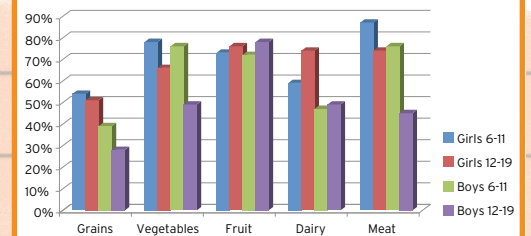
—MIKE JOHANNIS,
USDA AGRICULTURE SECRETARY



The Key Messages are:

- Be physically active every day. The child climbing the steps reminds children that physical activity should be done every day.
- Choose healthier foods from each group. Every food group has foods that you should eat more often than others.
- Eat more of some food groups than others. The different size stripes suggest how much food you should choose from each group.
- Eat foods from every food group every day. The different colors of the pyramid represent the five different food groups plus oils.
- Make the right choices for you. MyPyramid.gov gives everyone in the family personal ideas on how to eat better and exercise more.
- Take it one step at a time. Start with one new, good thing a day, and continue to add another new one every day.

PERCENTAGE CONSUMING LESS THAN THE MINIMUM RECOMMENDED NUMBER OF PYRAMID SERVINGS



Source: USDA Research Service. Pyramid Servings intakes by U.S. Children and Adults 1994-1996



THE ALLIANCE FOR A HEALTHIER GENERATION



The Alliance for a Healthier Generation is a partnership between the American Heart Association and the William J. Clinton Foundation. The mission of the Alliance is to eliminate childhood obesity and to inspire all young people in the United States to develop lifelong, healthy habits. Their goal is to stop the nationwide increase in childhood obesity by 2010 and to empower kids nationwide to make healthy lifestyle choices.

07C-14D: TERM CONTRACT FOR BEVERAGE AND SNACK VENDING SERVICES

The District's Purchasing Department is utilizing the School Food Service Department in collaboration with the District's Wellness Coordinator as resources to ensure that the snacks and beverages available to students in the vending machines are aligned with the Alliance for a Healthier Generation's Memorandum of Understandings. The beverage and snack guidelines apply to all items (outside of School Food Service) sold to students on school grounds during the regular and extended school day. The extended school day includes before and after school activities like clubs, yearbook, band, student government, drama, and childcare/latchkey programs.

BEVERAGE GUIDELINES

Representatives of Cadbury Schweppes Americas Beverage, Coca-Cola Company, PepsiCo, Inc. and the American Beverage Association participated with the Alliance in the establishment of the new guidelines to limit portion sizes and reduce the number of calories available to children during the school day. Under the guidelines, only lower calorie and nutritious beverages will be sold to schools with a 100 calorie cap on all beverages other than milk and assorted 100% fruit juice.

SNACK GUIDELINES

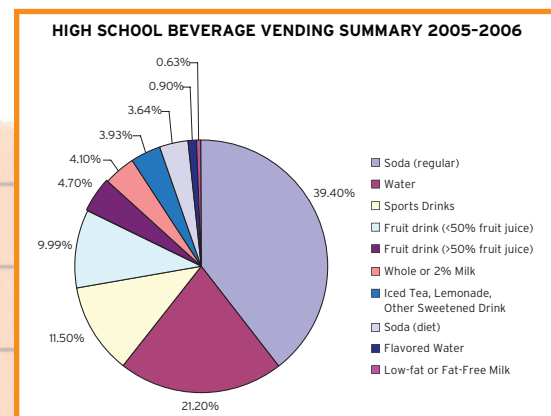
Representatives from Campbell Soup Company, Dannon Company, Inc., Kraft Foods Global, Inc., Master Foods USA, Inc., and PepsiCo, Inc. joined with the Alliance to establish the guidelines for snacks and side items sold in schools that will provide healthier food choices for the nation's children. These five food industry leaders will invest in product reformulation and new product development. The new guidelines will apply to foods offered for sale in schools outside of the National School Lunch Program (NSLP) such as school vending machines, a la carte lines, school stores, snack carts and fundraisers.



Under both Beverage and Snack Memorandum of Understanding's terms of agreement the industry leaders will strive to fully implement these guidelines prior to the beginning of the 2009-2010 school year.

"It's a sad fact that childhood obesity is one of the nation's leading public health threats and the Alliance has already made great strides in providing the necessary tools and solutions to improve the well-being of our next generation."

—GOVERNOR MIKE HUCKABEE,
LEAD GOVERNOR AND CO-LEADER
ON THE ALLIANCE FOR A
HEALTHIER GENERATION



The School Food Service Department conducted a High School Beverage Vending Machine Survey during the 2005-2006 school year which revealed some interesting findings. There were a total of 194 beverage vending machines on High School campuses throughout the District. Of these 194 vending machines, 178 housed 20-ounce bottles and the remaining machines consisted of 12-ounce bottles. It is imperative to educate our students on portion control and more importantly as a District, we need to provide smaller container sizes and more low-calorie drink options. As of May 2007, the District's Beverage contract has been revised to facilitate healthier beverage options and vendors will now need to comply with the new guidelines put in place. To the left is a representation of the percentage of beverage slots accessible to students on any given day. The percentages may surprise you!

The vending machine survey will be conducted every other school year to evaluate the progress. The scheduled years are the upcoming 2007-2008 school year and thereafter during the 2009-2010 and the 2010-2011 school year. Based on the Alliance for a Healthier Generation's Memorandum of Understanding all schools should be in compliance by the 2009-2010 school year.



THE SCOOP ON FIBER

WHAT IS FIBER?

Fiber is a plant substance that cannot be digested or absorbed by the body, so it passes through the small intestine almost entirely intact. Fiber helps to keep the digestive tract in good working condition.

Key Fact

Fiber appears to reduce the risk of developing various conditions including heart disease, diabetes, diverticular disease, and constipation.

There are two types of fiber:

- 🍏 **Soluble Fiber:** Helps improve cholesterol and blood sugar levels. Soluble fiber is found in dried beans, oats, rice, barley, corn, bran, fruits, and vegetables.
- 🍏 **Insoluble Fiber:** Helps promote regularity, prevents constipation, and reduces the risk of certain cancers. Insoluble fiber is found in whole grains, wheat bran, and vegetables.

Experts recommend that women consume 21-25 grams of dietary fiber and men consume 30-38 grams of dietary fiber per day. The average American eats only 14-15 grams of dietary fiber a day.

FIBER CONTENT OF VARIOUS FOODS

1/2 Cup Beans	8 gm
1 Corn dog	5 gm
1/2 Cup Green Peas	4 gm
1 Medium Apple or 1 Medium Pear with Skin	4 gm
1 Cup Cooked Oats	4 gm
1 Cobblestone Mill 100% Whole Wheat Hamburger Bun	4 gm
1 Slice School Pizza	4 gm
1 Cobblestone Mill 100% Whole Wheat Hotdog Bun	3 gm
1 Medium Orange or 1 Medium Banana	3 gm
1 Slice Nature's Own 100% Whole Wheat Bread	2 gm
1/2 Cup Carrots, Broccoli, and Cauliflower Medley	2 gm

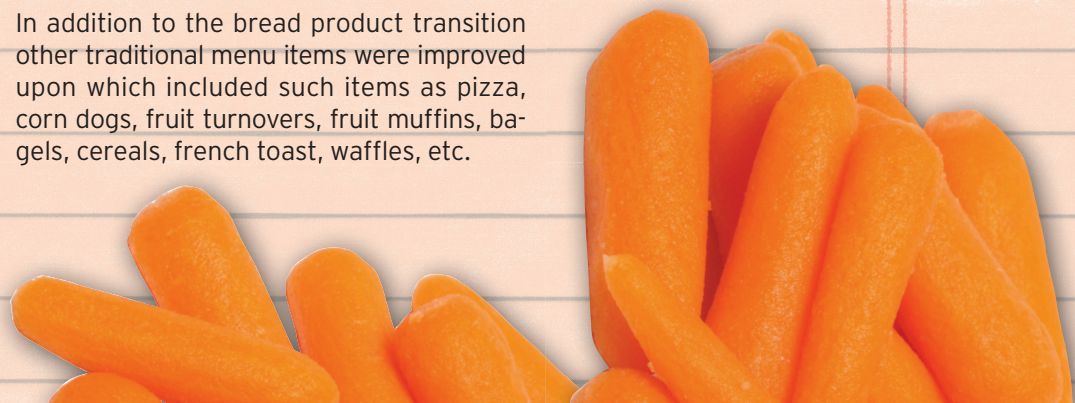
All foods listed above are available for students in the school cafeterias.



DID YOU KNOW?

The School Food Service Department embarked on a movement in the 2004-2005 school year to transition from using "refined" grain/bread products to wholesome whole wheat and whole grain products. At the end of the 2005-2006 school year, approximately 78% of all bread products purchased by the schools were whole wheat. This past school year 2006-2007, 82% of all bread products purchased were whole wheat. Since the whole wheat movement began, the total amount of fiber that students are consuming has increased by a minimum of 1,250,000 grams per year. Furthermore with the 4% increase in total products an additional 10,000 grams of fiber were consumed. This movement has truly proved to be successful in increasing the amount of fiber students are consuming.

In addition to the bread product transition other traditional menu items were improved upon which included such items as pizza, corn dogs, fruit turnovers, fruit muffins, bagels, cereals, french toast, waffles, etc.



THE SCOOP ON WHOLE GRAINS

The Dietary Guidelines for Americans 2005 recommends that all individuals should consume **6 ounces of grain-based foods per day**. At least 3 ounces or more should come from whole grain products, yet most Americans barely eat 1 serving of whole grains per day.

Whole grains are packed with:

- 🍏 Vitamins
- 🍏 Minerals
- 🍏 Fiber
- 🍏 Phytonutrients/Antioxidants

Whole grains sources:

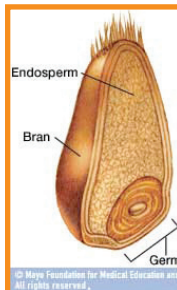
- 🍏 Whole Wheat Flour
- 🍏 Whole Oats
- 🍏 Oatmeal
- 🍏 Whole Corn Masa
- 🍏 Popcorn
- 🍏 Buckwheat Flour
- 🍏 Whole Rye
- 🍏 Whole Grain Barley
- 🍏 Wild Rice
- 🍏 Buckwheat
- 🍏 Bulgur
- 🍏 Millet
- 🍏 Quinoa
- 🍏 Sorghum



Key Fact

The average American eats less than one serving of whole grain products per day and more than 30% of Americans never eat any whole grain products at all!

Studies have shown that eating a diet rich in whole grains may lower the risk of developing many chronic diseases, such as diabetes and heart disease. It also promotes better weight maintenance. While the recommendation is to consume at least 3 servings of whole grains daily, consuming as little as 1 serving per day is seen as beneficial.



Learn About the Three Parts of the Whole Grain Kernel:

1. **THE BRAN**, or outer layer of the grain, provides fiber, B vitamins, and minerals.
2. **THE ENDOSPERM**, the grain's powerhouse, provides carbohydrates and B-vitamins for energy.
3. **THE GERM**, which is rich in vitamins, minerals, and phytonutrients, including antioxidants that are known for their excellent disease fighting properties. It is also the seed for a new plant.

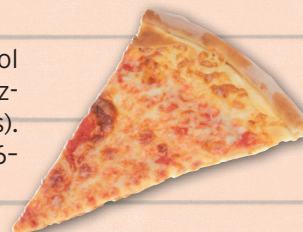
SO THE MAIN MESSAGE IS:

EVERY WHOLE GRAIN IN YOUR DIET HELPS!

Most people know that fruits and vegetables contain antioxidants but did you know that whole grains have up to five times more antioxidant activity than do most fruits and vegetables? And some of the antioxidants in whole grains are not even found in fruits and vegetables!

DID YOU KNOW?

Pizza can be healthy...especially if it's pizza day at school! The school pizza is made with a whole grain crust and part-skim low moisture mozzarella cheese. Each slice contains an excellent source of fiber (~4 gms). Approximately 2,230,500 slices of pizza were served during the 2006-2007 school year. That's a lot of healthy pizza!



THE KEY TO DEVELOPING THE SCHOOL MENUS

The District school menus are created seasonally by the School Food Service (SFS) Department. Developing a menu that meets the nutritional needs, as well as the personal preferences, of such a large and diverse District such as Palm Beach County can be a challenge. To overcome this challenge and ultimately improve the District's school menus a formal Menu Committee was instituted in the Fall of 2002. The Menu Committee is comprised of a minimum of 18 Menu Committee Representatives—MCR's (SFS Managers representing their geographical area), SFS Administrators including Registered Dietitians, and SFS Field Coordinators. Special guests to these Menu Committee meetings have included: School Site Administrators, School Teachers, School Nurses, Media Representatives, Parents, Food Industry Representatives, etc.



HEALTH-E LIVING™

Health-E Living™ is a comprehensive internet company that the SFS Department utilizes to provide students, parents, and staff with the nutrient data for the District's breakfast and lunch menu items. This area of the program is designed as an interactive tool that takes the menu items that one chooses, totals the nutrients, and then compares them to the amounts appropriate for the age group selected. In addition to providing the nutrient composition of each menu item, the website provides access to the District's Wellness Promotion Policy (1.11), the District's School Menus, Nutrition Lessons, and much more. Each quarter the health and wellness section of the website is updated with new facts and tips. These educational sections include: Keep Your Balance, Aim For Healthy Weight, Ask A Dietitian, All Foods Fit, Harvest Time, Food Myths, Get Moving, Refuel, and Relax.




A Health-E Living™ website link is provided on the SFS Department's website. Thus far there have been approximately 8,000 visitors to the site!

"Our children's health and well-being are dependent on our commitment to promoting food access and good eating habits at home, at school, and in the community."

—ROB BLAGOJEVICH

MENU COMMITTEE REPRESENTATIVES (MCR's)



Areas	MCR	School Name
1	Carol Greer	Jupiter Elementary
1	Janice Badone	Watson B. Duncan Middle
2	Julia Diaz-Torres	Lincoln Elementary
2	Kristine Zaugg	John F. Kennedy Middle
3	Joan Guerin	Westward Elementary
3	Rosemary Stone	Jeaga Middle
4	Edwarda Lombi	Forest Hill Elementary
4	Corey Sweeney	L.C. Swain Middle
4	Cynthia Stewart	North Grade Elementary
5	Linda Harrington	Santaluces High
5	Christina Simmons	Freedom Shores Elementary
5	Natalie O'Neal	Hidden Oaks Elementary
6	Trish Cole	Orchard View Elementary
6	Judy Lohmann	Atlantic High
6	Jody Mattison	Omni Middle
7	Maureen Masia	Sandpiper Shores C. Elementary
7	Christine Meoli	Don Estridge Middle
8	Scott Kalkstein	Palm Beach Central High
8	Maureen Hankey	Discovery Key Elementary
9	Kristine Galganski	Pierce Hammock Elementary
9	Amy Kelso	Golden Grove Elementary

The SFS Department issues a food bid to the public each year in order to competitively procure nutritious products from various manufacturers. Historically many of the staple food items stay consistent year to year, however stricter product specifications are written for these products.

For example, the specification for school pizza has evolved to include language such as made with whole grain flour, 100% low moisture part skim mozzarella cheese, contain no more than 250 calories, 7 grams of fat, 0 grams trans fat, 550 mg of sodium, and must contain at least 3 grams of fiber.

As the District continues to focus on the health and well-being of the student population, the SFS Department is committed to researching new innovative healthier products. Just remember, while some of the traditional products may seem to remain the same the nutritional integrity improves with each school year.

Throughout the past couple of years, tailoring the a la carte offerings has become a high priority. An *Elementary Nutrition—A La Carte Guide* has been created for Elementary SFS Managers to use when ordering a la carte choices for their students. Continual maintenance of the guide is completed and only approved items which have undergone strict nutritional analysis are approved. The goal of the *Elementary Nutrition—A La Carte Guide* is to have it align with the guidelines of the beverage and snack Memorandum of Understandings established through the Alliance for a Healthier Generation.



MENU MILESTONES AND ACCOMPLISHMENTS

How does using a more nutritionally sound product affect the student population in Palm Beach County?

Below are some examples of the movements that the School Food Service (SFS) Department has made to improve the nutritional integrity of the menu items while still continuing to offer the items students love.

CORN DOGS & HOT DOGS

Corn dogs and hot dogs are two of the most popular items with young students but are not always the most nutritious. With this understanding, the SFS Department sought out the opportunity to research products on the market and were successful in their search! To the right is a nutritional comparison between traditional corn dogs and hot dogs and the ones served in Palm Beach County school cafeterias.

Throughout the 2006-2007 school year approximately 14,200 corn dogs and 11,275 hot dogs were sold. When comparing the nutritional integrity of a traditional corn dog to the school corn dog the benefits include a reduction of 28,400 grams of fat, 14,200 grams saturated fat and an increase of 42,600 grams of fiber. When comparing the nutritional integrity of a traditional hot dog to the school hot dog served on a whole wheat bun the benefits include a reduction of 73,287 grams of fat, 56,375 grams of saturated fat, and an increase of 22,550 grams of fiber.



Traditional Corn Dog	SFS Corn Dogs
10 grams of fat 3 grams of saturated fat 2 grams of fiber	8 grams of fat 2 grams of saturated fat 5 grams of fiber

Traditional Hot Dog with Bun	SFS Hot Dogs with WW Bun
15 grams of fat 6 grams of saturated fat 1 gram of fiber	8.5 grams of fat 1 gram of saturated fat 3 grams of fiber

8-OUNCE MILK COMPARISON

	Whole Milk	1% Milk	Skim Milk
Grams of fat	8	2.5	0
Grams of saturated fat	5	1.5	0

MILK

According to the American Pediatrics Academy, any child over the age of two should consume low-fat dairy products. Switching to 1% or fat-free milk is one of the easiest ways for children to get the calcium and vitamin D they need, while reducing their saturated-fat intake and heart-disease risk. In 2003-2004 the SFS Department forecasted 14 million 8-ounce milks to be consumed throughout the school year. Of the 14 million, 4 million were projected to be whole milk. The SFS Department found it advantageous to "mooove" to eliminate whole milk from school meals. This move took place during the 2004-2005 school year and proved to be successful in reducing the total amount of unnecessary fat, saturated fat, and cholesterol.

Based on the 4 million units of whole milk that was previously forecasted, these milks would have yielded approximately 32 million grams of fat, 20 million grams of saturated fat, and 14 million grams of cholesterol. Amazingly...during this past school year 2006-2007, approximately 14.3 million units of milk were consumed. Last year's milk consumption equaled approximately 27.5 million grams of fat and 17.2 million grams of saturated fat which is less than the amount that the 4 million whole milks alone would have given.



MENU MILESTONES AND ACCOMPLISHMENTS

Key Fact

Children who drink 1 cup of 1% milk instead of 2% milk during the school day would cut almost 19 pounds of fat from their diet during their 13 years of school



DID YOU KNOW?

Whole milk and 2% milk are leading sources of total and saturated fat in children's diets; two out of three children who drink milk with school lunch choose whole or 2% milk. Promoting 1% and fat-free milk in schools is an important strategy for reducing children's saturated-fat intake.



FRENCH FRIES

The SFS Department utilizes its annual food bid to ensure the products being served in the schools meet desired specifications. Great strides were made when language such as "The District discourages the use of Monosodium Glutamate (MSG), High Fructose Corn Syrup (HFCS), Trans Fatty Acids, etc." were incorporated into the bid language. In addition, "Balance of Line" has been added to the bid language. This is important because if a manufacturer makes an "improvement" to a product during the same bid year, "Balance of Line" reserves the right for the SFS Department to have an opportunity within the same year to select and serve the product in which an improvement has been made with an emphasis on nutritional integrity.

One of the greatest accomplishments for the SFS Department was the complete elimination of french fries. As a district during a typical school year, secondary schools would serve approximately 2.5 million pounds and elementary schools would serve approximately 750,000 pounds of french fries. That is over 3 million pounds of french fries during a school year. Why so many pounds? Well...when surveyed, many students will say that french fries are their favorite vegetable. Ask any Dietitian and they will tell you french fries are not a vegetable! The elimination of french fries occurred during a critical time when other foods were possibly being fried. Thus this elimination lead to the removal of fryers from most schools and the assurance that we were improving the menu items served to students.

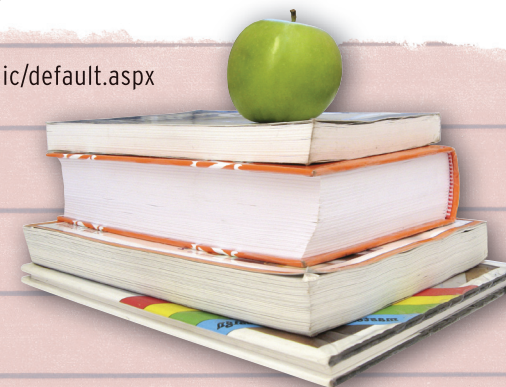
School Districts across the United States are just now beginning to phase french fries out of their menus while Palm Beach County has not served french fries since 2005!



RESOURCES

ACTION FOR HEALTHY KIDS
ALLIANCE FOR A HEALTHIER GENERATION
ALLIANCE FOR EATING DISORDERS AWARENESS
AMERICAN DIETETIC ASSOCIATION
AMERICAN HEART ASSOCIATION
BREAKFAST BREAKS
CENTER FOR SCIENCE IN THE PUBLIC INTEREST
CENTERS FOR DISEASE CONTROL
CHILDREN'S SERVICES COUNCIL—Palm Beach County
COMMISSION ON DIETETIC ASSOCIATION
COMMIT 2B FIT!™
DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIETARY GUIDELINES
FLORIDA DEPARTMENT OF HEALTH
FLOWERS FOODS
FOOD ALLERGY AND ANAPHYLAXIS NETWORK
GOT BREAKFAST?™
HEALTH CARE DISTRICT OF PALM BEACH COUNTY
HEALTH-E LIVING™
INTRAMURAL SPORTS
MYPYRAMID
NATIONAL DAIRY COUNCIL
PRODUCE FOR BETTER HEALTH FOUNDATION
RECHARGE!™ ENERGIZING AFTER SCHOOL
SCHOOL DISTRICT OF PALM BEACH COUNTY
SCHOOL FOOD SERVICE DEPARTMENT
SCHOOL NUTRITION ASSOCIATION
SCHOOLS OF WELLNESS INITIATIVE
THE WHOLE GRAIN GUIDE
USDA FNS
WELLNESS PROMOTION GOALS AND OBJECTIVES
WELLNESS PROMOTION POLICY (1.11)

<http://www.actionforhealthykids.org>
<http://www.healthiergeneration.org>
<http://www.eatingdisorderinfo.org>
<http://www.eatright.org>
<http://www.americanheart.org>
<http://www.breakfastbreaks.com>
<http://www.cspinet.org>
<http://www.cdc.gov>
<http://www.cscpbcc.org>
<http://www.cdrnet.org>
<http://commit2bfit.org>
<http://www.hhs.gov>
<http://www.health.gov/DietaryGuidelines>
<http://www.doh.state.fl.us>
http://www.flowersfoods.com/FFC_NutritionCenter/TruthAboutWholeGrains/GettingEnoughWholeGrains
<http://www.foodallergy.org/school.html>
<http://www.gotbreakfast.org>
<http://www.hcdpbcc.org>
<http://www.ahigherlevel.com/healtheliving/index.aspx>
http://www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf
<http://www.mypyramid.gov>
<http://www.nationaldairycouncil.org/NationalDairyCouncil>
<http://www.fruitsandveggiesmorematters.org>
http://www.actionforhealthykids.org/special_after.php
<http://www.palmbeach.k12.fl.us>
<http://sdpbc.palmbeach.k12.fl.us/coo/foodservice/public/default.aspx>
<http://www.schoolnutrition.org>
<http://www.schoolsofwellness.org>
<http://www.cspinet.org/nah/wwheat.html>
<http://www.usda.gov/wps/portal/usdahome>
<http://www.palmbeach.k12.fl.us/policies/1-11gao.htm>
http://www.palmbeach.k12.fl.us/policies/1_11.htm



WELLNESS PROMOTION TASK FORCE

MISSION AND MEMBERSHIP

The *Wellness Promotion Policy (1.11)* 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 Committee* is to encourage a proactive approach to holistically address the health and wellness for all school children and staff, their parents, and the community.

School District Members

Steve Bonino

Director of School Food Service Department
PBCSD Wellness Promotion Policy—*Lead Person*

Paula Triana

Nutrition & Wellness Promotion Specialist
PBCSD Wellness Promotion Policy—*Assistant to Lead Person*

*Available as Resources

SCHOOL FOOD SERVICE DEPARTMENT

Jamie McCarthy, Nutrition Educator
Nutrition & Wellness Promotion Team
Chantal Gellermann, Nutrition Educator
Nutrition & Wellness Promotion Team
Stacey Zimmerman, School Food Service Manager
Vickie Deskin, SFS Support Manager
Nutrition & Wellness Promotion Team
Annette Crocetti, Secretary

COMPLIANCE DEPARTMENT

Barbara Terembes, Administrative Director
of Compliance & Special Projects

SCHOOL IMPROVEMENT DEPARTMENT

Denise Doyle, Director
Adam Miller, Former Member

RISK & BENEFITS MANAGEMENT

Dianne Howard, Director
Kimberly Ingledue, Wellness Coordinator

SCHOOL AGE CHILD CARE

Jane Winters, SACC Director
Beacon Cove Intermediate School

SUPPLEMENTAL EDUCATIONAL SERVICES

Judith Klinek, Director
Dr. Cathy Burns, Health Specialist

LEARNING SUPPORT/K-12 CURRICULUM, ADULT & COMMUNITY EDUCATION

Dr. Brenda Magee, Assistant Superintendent Learning Support
Kevin Sterling, Former District Employee & Member
Eric Stern, Admin. Physical Education, Driver Education & Health
Ellen Smith, Physical Education Instructor—Gove Elementary

PBC SCHOOL ADMINISTRATORS' ASSOCIATION EXECUTIVE BOARD

Dr. Bonnie Peyton Jerome, Assistant Principal Division Chairperson
Elizabeth Kennedy, Principal Division Chairperson
Cheryl Alligood, High School Division Chair
Dr. Walter Pierce, Consultant Specializing in Human Resources*

BOARD MEMBERS

Bill Graham*
Monroe Benaim, M.D.*
Mark Hansen*

LEGAL SERVICES DEPARTMENT

Bruce Harris, Sr. Admin. Reg. Compliance Attorney*
Randall Burks, Consultant*

PUBLIC AFFAIRS DEPARTMENT

Nat Harrington, Chief Public Information Officer*

PRIMARY & SECONDARY STUDENTS

Nzinga Williams, 11th Grade—Saint Andrews School*



Supplemental Members/Community Partners

BUSINESS/FOOD INDUSTRY

Florida Coca Cola Bottling Company

Michelle Frith, Education/Youth Market Representative
for Palm Beach County*

Pepsi Americas

Carlos Palacios, On Premise Director*

Randy Allen, Education Development Manager*

Distributor Representative (SYSCO Southeast Florida, LLC)

Gloria Steib*

Jeffrey Dettman*

CHILDREN SERVICES COUNCIL

Tana Ebbale, Director*

Nate Nichols, Deputy Director

FOOD SECURITY COUNCIL

Terry Jurewicz, Food Security Project Coordinator–United Way

Tracy Padian Lampert, Former Member

HEALTH CARE DISTRICT OF PALM BEACH COUNTY

Anne Hedges, School Health Administrator

Ginny Keller, School Health Administrator

Pamela Goldberg, School Health Program Specialist (Former Member)

HEALTH RELATED ORGANIZATIONAL PARTNERS

Resources were available as needed*

PALM BEACH COUNTY HEALTH DEPARTMENT/SHAC

Dr. Marsha Fishbane, Medical Director of School Health

Sue Grammond, WIC/Nutrition Program

Flo Davis, WIC/Nutrition Program

QUANTUM FOUNDATION INC.

Christine Koehn, Vice President for Programs*

Sara Jones, Schools of Wellness Initiative Director

PARENTS

Susan Franklin, Robin Franklin,

Reverend Dianne Van der Meer*, Chris Baker

WELLNESS PROMOTION POLICY SCHOOL-BASED DESIGNEES

Each Principal was required to designate an Assistant Principal as the school Wellness Promotion Policy Designee. The WPP Designees were established to bridge the communication from Task Force Meetings to school sites.*

*Available as Resources



Thank you for your dedication and commitment to the Wellness Promotion Task Force. The School District appreciates your time and effort given to the overall health and wellness of the students, parents, staff, and ultimately the community of Palm Beach County.



AS WE BEGIN ON OUR SECOND YEAR'S JOURNEY, WE LEAVE YOU WITH A WELLNESS THOUGHT...

"The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually."

—GREG ANDERSON, 1964

WE ARE LOOKING FORWARD TO ANOTHER SUCCESSFUL YEAR...



