



The School District of Palm Beach County

**Wellness Promotion Policy (2.035)**

Meeting Notes

Date:

**October 19, 2011**

Topic:

**Wellness Promotion Task Force – 1<sup>st</sup> Meeting (FY 2011-2012)**

School District Goals:

- Effective Governance                       Customer Service                       Safety

Current Policy, Procedure and/or Situation:

**Wellness Promotion Policy (WPP) (2.035)**

Meeting Attendees:

Alex Stevens	Cheryl Wallin	Geoff Sagrans	Linda Salzman	Paula Triana
Allison Monbleau	Cynthia Clayton	Ginny Keller	Lisa Lee	Paulette Burdick
Amy Crease	Debra Neeson	Houston Tate	Lori Dornbusch	Quinetta Hayes
Angela Usher	Dena Forman	Jamie McCarthy	Mark Murray	Rick Hawkins
Anne Hedges	Denise Griffo	Jane Solomon	Marsha Fishbane	Ruth Moguillansky
Anne Kist	Donna Winter	Janis Andrews	Marta Zuluaga	Seth Bernstein
Awilda Ramos	Elizabeth Shapiro	Jeanine Swick	Mary Jean Zamora	Sindee Winkler
Bonnie Rawlins	Elly Zanin	Jeanne Dexter	Mary Jo Tarrien	Stacey Lazos
Bruce Harris	Eric Hahn	Jennifer Lee	Meredith Pegg	Steve Bonino
Bud Tamarkin	Eric Stern	Jimmy Peterkin	Nancy Zinser	Sue Grammond
Candace Doon	Erica Whitfield	Joseph Sanches	Natalia Arenas	Tania Koerber
Cathy Burns	Eugenia Millender	Judy Klinek	Nate Nichols	Tom Aguanno
Cathy Cabazon	Flo Davis	Kim Williams	Nicole James	Tricia Nielsen
Chantal Gellermann	Fran Hickman	Kimberly Mazauskas	Olivia Rogers	Yelena Gonzalez
Cheryl Altman	Frank Barbieri	Laura Fellman	Pamela Santucci	

**Discussion/Progress:**

**The meeting began at 8:31 a.m.**

**Steve B.** Good morning and welcome everyone to the first **Wellness Promotion Task Force** meeting for the 2011-2012 school year.

**Paula T.** Please join me in welcoming Dr. Janis Andrews – Assistant Superintendent for the Division of Curriculum and Learning Support.

**Janis A.** Good morning, it is my pleasure to be here. This Task Force has taken on a critical task and should be recognized for the amazing work being done. You all are setting the standards for the United States. We have a committed goal to bring wellness to our community, students and schools. Childhood obesity is an epidemic. We have to set the standard in our young and for ourselves. The impact and message of the Task Force has reached the schools for the last 6 years and it is visible. Like all good messages that expand - it comes from your purpose. It is what you do, what you believe and how you behave. Thank you for inviting me today.



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**Steve B.** There is a requirement for assessing the Wellness Promotion Task Force meetings. **Section 204 of the Healthy, Hunger-Free Kids Act of 2010. Public Law 111-296** requires periodic assessment of the implementation of the local wellness policies. We use Survey Monkey to gather your feedback and comments. Please complete the survey after every meeting, we review the results and use your feedback/suggestions to make changes to the meetings accordingly. [Survey Summary of WPTF FY 2010-2011.pdf](#)

I attended a Pre-Med Open House at Jupiter Community High School and the teacher for Health Occupations Students of America (HOSA) shared some expectations with us. I learned about nutrition promotion and formal assessments that are currently being done by the CDC– the causes of death and the reasons why people are going to die fall under the umbrella of obesity and we have come a long way with infectious diseases. However, it surprised me to learn that young people are going to be dying because of **poor choices!** Today’s children ages 15 – 24 are going to die from violence, road traffic accidents, poisonings, suicide, other injuries and drowning. This information was important and shocking and I thank you for allowing me to share this with you all. We need to treat the child more holistically and not only focus on obesity. Focusing on “**Mental Health**” should be one of the priorities of this Task Force.

**Paula T.** Please refer to the Wellness Promotion Policy 2.035 in your agenda packet. We are constantly making revisions as a result of changes. Please provide us with your feedback. This evening we have our first reading of the revised policy which will be presented to the School Board at 5:00 p.m. School District employees please join us so that you can answer questions and provide your expertise related to your departments and contributions to this policy.

We received the **SUNSPRA Medallion Award** on July 15, 2011 for the **Wellness Promotion Policy Annual Report 2009-2010**. Thank you to Mr. Joe Sanches and Dr. Seth Bernstein for traveling to Orlando to pick-up this valuable award on behalf of the District and community. Please view the plaque on the sign-in table.

On **November 16, 2011** the **Wellness Promotion Policy Annual Report 2010-2011** will be presented to the School Board and District Leadership. I encourage you all to attend this important presentation at 4:30 p.m. in the Board Room – *invitation will be forthcoming*.

The new **Act of 2010** (Public Law 111-296) requires the District to periodically measure and assess their established policy implementation. We have already added an Assessment Tab to the Annual Report. The tab features the WPP TrainU Course which was a requirement for Area Superintendents, Chiefs, Directors, and Principals. Two hundred and ten (**210**) individuals completed this TrainU required training. Here are the summarized results: [WPP TrainU Summary.pdf](#)

**Steve B.** Please refer to your agenda packet - a Technical Assistance (TA) note that we received will alter the way local wellness policies are looked at. This is an unfunded mandate. In the past, we have had 4 major goals set forth by the **Act of 2004**. Due to the **Act of 2010**, a 5<sup>th</sup> goal has been added “**Nutrition Promotion**” - we already have that in place however, in the years to come we are going to add it more formally and segregate it. The mandate requires more formality and documentation of wellness efforts – we have already done these assessments dating back to our *2006-2007 WPP Progress Report* and will continue to do so in years to come.



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Public Law asks how we share the local wellness policy with the community and schools. We build awareness through marketing, training, websites and task force meetings. Thank you all for your participation and support.

**Joe S.** I want to thank everyone for being here and participating in this Task Force. I am a big proponent of wellness. My entire division is involved in getting our employees healthy and taking responsibility for their own decisions. We have a long way to go but we continuously bring awareness to our staff. With your commitment we are reaching our students, employees, the community and I want to thank you all for your efforts.

**Paula T.** This year we infused the School Health Advisory Committee into the Annual Report under the Coordinated School Health tab. Over this summer the State of Florida released the Florida Healthy District website which contains a wealth of information <http://www.healthydistrict.com/>. It contains a “*Best Practices*” tab which compares The School District of Palm Beach County to other districts within Florida. Under the Florida Healthy School District Profiles section Palm Beach County is listed as a “**Silver District**”. We appreciate your participation. Our Task Force has grown from 15 people – 6 years ago to over **80** people at every meeting now. Thank you for sharing your commitment and passion!

I would like to introduce Meredith Pegg from the Community Blood Centers of Florida.

**Meredith P.** We appreciate all of you for including the Community Blood Centers of Florida in your Task Force meetings. We are passionate about saving lives and we educate the community about the importance of donating blood. Every donation saves up to 3 lives or buys time. Our organization believes strongly in giving back to the schools. Nearly 29,000 lives were touched from the donations at our schools. Every donation that we collect at a school or from this building puts \$20 back into a scholarship fund. In Palm Beach County over 200 students have received scholarship funds. We are looking forward to reaching out to other businesses to form strong partnerships. Please feel free to include us in any of your events. Thank you very much.

**Paula T.** We need **142** more pints to meet our goal of **150** pints of blood for this school year. Please support this valuable effort.

I would like to introduce Ms. Paulette Burdick, who has in the past supported this Task Force. She has currently moved from being a School Board Member to become the County Commissioner for District 2. Please join me in welcoming her.

**Paulette B.** Good morning, I am thrilled to be here. I am the newly elected County Commissioner from District 2. Please come out at the next County Commission meeting to invite the new county “**Wellness Director**” to participate in this Wellness Promotion Task Force. We are all promoting the same message of improving the lives of children and employees. Oxygen, a company opening on Congress near Forest Hill Blvd. will be employing over 400 people shortly. Please contact Workforce Alliance for further information. I would like to thank Steve and Paula for all of their efforts and thank you all for being here today. Eric Stern and Erica Whitfield have worked very hard with our communities to develop those fantastic gardens to feed our people. Mr. Sanches thank you for your leadership with the green initiatives. I am honored to serve each and every one of you. Please feel free to contact me.



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**Paula T.** Thank you Ms. Burdick, your support has been amazing throughout the years. And now, I would like to present Mr. Steve Bonino who will share the success of Atlantic Community High School's Cafeteria Pilot Program.

**Steve B.** We have a lot of work to do with our High School students when it comes to healthy eating and the time available to receive and consume meals. About 8 years ago we had a vision which came through fruition at Atlantic Community High School on August 22, 2011. We changed the way children perceive and receive their meals. The typical meal style is inconvenient and unfair to our students. They therefore make poor choices when it comes to their meals and nutrition. We wanted to test this program with the support of the State of Florida, Department of Education - Food and Nutrition Management (FNM) Office and the School District's Leadership. We typically have one serving line that is perceived as the "Free and Reduced" line. This stigma is created by the students themselves by the way they file into the service line. We wanted to eliminate this by having all students whether free or paid to experience a great dining experience and a sense of pride. We believe that we have accomplished that. We met with the football, band, multiple student groups, interns and parents over the summer and they were all attracted to the idea. We had a grand opening in August 16, 2011 and over 400 people participated – some of you were there. However, the real grand opening was when the students came back on day one from summer vacation August 22, 2011. They were amazed - much like the kitchen is the heart of our home our vision was for the dining area to be the heart of the school. Last school year, approximately 850 lunches were served on a daily basis and as a result of the changes this school year lunches served have increased to 1,100 daily. The school's newspaper has been writing positive things about how school moral has been affected by the improvements in the cafeteria. We have made the dining room and the courtyard more inviting to the students. Based on a national survey of the most popular foods for youth, we created the menu with nutritional factors in mind. We also developed the menu into 4 segments – *Asian Experience, Café Sol y Mar, Mangia Mangia, and Atlantic Gourmet Deli*. Most high schools serve 3 entrée choices and at "Café Atlantic" students have 23 entrées including fresh fruits and vegetables to choose from regardless of meal status. Not only is lunch participation increasing daily we have reached 700 servings of breakfast as well. The students are eating 2 meals a day available at school. We have created outside windows to serve the courtyard called *Beyond Burgers* and *Athletic Advantage* (not opened yet). This is a post school retail center that will be available for students who participate in afterschool activities. We want to have food available to these students who may stay late and just have had one meal for the day. In order to do this program, the District and the school agreed to allow a minimum of three (**35 minutes**) lunch periods for the next 10 years. I would encourage everyone to visit because the theory is that good nutrition supports academics.

**Seth B.** Are there plans to incorporate this program into other high schools?

**Steve B.** It took us 2 years to design this pilot program. Then it took an entire year before the opening to train the School Food Service (SFS) Manager and staff. We know that the program is successful; however, we are still evaluating and measuring it. We have other programs being implemented at the middle schools called "*Nutritious Dishes*" and we also have "*The OrganWise Guys*" which is an age appropriate social marketing at the elementary school



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level. We are working at having continuity of programs. There are three different programs at three different levels serving kids that are age appropriate. **The Atlantic Community High's School Cafeteria Pilot Program "School News" video was shown...**

**Paula T.** The Department of Education – FNM Office donated **110** of “The OrganWise Guys Foods of the Month Club Kits” worth about **\$38,000** to all our district elementary schools and these kits were appropriately distributed. As our 1<sup>st</sup> plan of action, we presented the program to all of our elementary School Food Service (SFS) Managers at an In-service on August 11, 2011. Dr. Danielle Hollar was able to come and give this motivational/inspiring presentation to them. Our 2<sup>nd</sup> plan of action was to spread the value and benefit of this program throughout the school. Therefore, the Nutrition & Wellness Promotion Team created and conducted an “OrganWise Guys” workshop on August 15, 2011 designed to offer SFS Managers additional resources and ways on how to introduce this program to their schools by delivering assemblies and/or nutrition education with these characters in the classrooms. The participation was great, 70 SFS Managers attended the workshop and are currently infusing this program message even further and creating a stronger school wellness culture. This is important to us due that we are trying to create an “**Umbrella of Consistency**” messaging within the School Food Service Department. Our 3<sup>rd</sup> plan of action was to address all elementary school administrators. On September 1, 2011, I presented to the Elementary Division Principal’s meeting and received great welcoming regarding the “OrganWise Guys”. Also, we have infused the characters into our elementary school menus and the SFS website. There is tremendous research related to the benefits of this program such as: improved weight measures, improved blood pressure measurements, and significantly higher academic achievement scores. I wanted Dr. Danielle Hollar to come today but she is in Colombia, South America. Some of the universities there are trying to research how to implement “OrganWise Guys” into their elementary schools. There is also a Smartphone “OrganWise Guys” application that is downloadable for free. Also, since the Food Pyramid is transitioning to the MyPlate icon...“OrganWise Guys” is trying to work their marketing and social marketing into MyPlate. We are also working with our district’s “The Education Network” (TEN) to showcase 72 PSA’s and videos in the elementary schools internal television channels. The videos are also available in the morning for the community-at-large on channels 234 and 235. Our wonderful – district producer Mr. Greg Kinney is also working with us to contact WXEL and encourage them to considering having the “OrganWise Guys” videos shown on Palm Beach County’s public television channel. **An “OrganWise Guys” breakfast promotion video was shown...and also two of their dolls...**

Many schools are trying to apply for the **HealthierUS School Challenge** and also the **Alliance for a Healthier Generation** recognition awards. And we want to have the “OrganWise Guys” program assist them with cultivating the wellness message around school – and allowing these schools to be considered carefully for a well deserving recognition at a bronze, silver, or gold level if all area are represented well in the application process. Some schools in the process for receiving the Alliance for a Healthier Generation and the HealthierUS School Challenge – their material goes from the state then it gets transferred to the US Department of Agriculture and they do a review and award the winners.

**Jamie M.** Please join us in recognizing Ms. Bonnie Rawlins – SFS Manager from Galaxy



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Elementary who has done some education at her school promoting the “OrganWise Guys” program.

**Paula T.** Please welcome Mr. Eric Stern who will talk about a great opportunity that we just recently received for our District.

**Eric S.** For the past 4 years we have been working on being awarded a federal grant for Physical Education (PE) in our schools. The School District of Palm Beach County was the only district awarded in the State of Florida. Many people in this room wrote great letters in support of this PE grant. We had tremendous community support that came out from this Wellness Promotion Task Force. The grant period starts from September 1, 2011 to September 30, 2014 for every public elementary school. This grant is worth over **\$2 million** and we got it. The details concern the **Sport Play and Active Recreation for Kids (SPARK)** elementary school curriculum – it is the only research-based PE curriculum for students. We have already extended this curriculum to middle schools and provided training and equipment to them. The Afterschool Programming Department has already included SPARK in their programs. SPARK teaches how to keep children physically active for the entire time they are in class. There is a nutrition component involved and our PE teachers will be infusing nutrition education into the curriculum over the next 3 years. Also, at least a minimum of **\$9,000** worth of equipment will be given to each elementary school. The goal is to improve vigorous activity. Every child will be given equipment they no longer will have to take turns. On November 2, 2011 the School Board will review the grant. We will have two additional positions due to this grant – a Project Coordinator and a Project Specialist will have to be hired. We will also need an external evaluator and we will offer teacher training for the elementary level. In order for us to sustain the program beyond the three year period we will have 8-12 elementary “Teacher Trainers” who will be trained by SPARK in San Diego, California.

On another topic, I would like to mention that today at Olympic Heights Community High School from 11:30 a.m. to 1:30 p.m. The Dori Slosberg Foundation is performing a Health Fair to teach kids about distracted driving. Thank you very much.

#### **Other School/Departments Based Updates:**

**Dr. Janis A.** *Division of Curriculum* – CDC visited and one of the important outcomes was that we have such wonderful partnerships through our preventative activities.

**Eric S.**

- *Division of Curriculum* – HIV instruction and Human Growth Development curriculum will continue through our science education teachers - this usually takes place towards April or May of each school year.
- *Physical Activity* – The School Board is very supportive of the Physical Activity initiatives and would like to see more if it could be infused in the curriculum especially for elementary schools. SPARK training for all middle school PE teachers will be held at Palm Beach Atlantic University on Thursday, October 20, 2011. The ultimate goal is to teach children how to stay healthy now and in the future. The Kid’s Marathon will be held at The South Florida Fairgrounds on **Saturday, January 14, 2012 at 8:30 a.m.** The event will no longer take place at City Place. The kids have been training and running 25



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miles during the school year from August 2011 through January 2012 while reading an additional 15 minutes per day in order to participate in the marathon. The support by the Education Foundation has been wonderful, last year another \$28,000 was donated for elementary school PE teachers to have a library filled with books that related to health, nutrition and physical activity. We will provide more updates in December 2011 as we move along because of the logistics of the new venue.

- *HealthTeacher* – Ms. Stacey Lazos is here today, she has developed a video and lessons for teachers to reduce stress and test taking anxiety. She has been presenting this to schools on a weekly basis.
- *The Urban Physical Education Leadership Summit* – was a unique opportunity from the CDC and the Director of DASH Dr. Howard Wechsler. They invited 35 urban school districts around the United States to participate in a three day event and they invited The School District of Palm Beach County – Ms. Denise Griffo and Ms. Erica Whitfield attended this valuable event. While many urban school districts are really struggling with the concept of health and wellness Palm Beach County is a leader because we are doing great things. Erica Whitfield is a blessing to our team and she continues to do a wonderful job with our schools and community gardens.
- *United States Tennis Association* – has partnered with Wellington Tennis Center and has donated over \$100,000 worth of professional development equipment and will impact for the next 3 years - 8 elementary schools. This program will continue to grow and we are very proud of the partnerships developed over the years.

**Debbie N.** *Exceptional Student Education* – Our ESE teams have supported our local initiatives such as the 17<sup>th</sup> Annual Gold Coast Down Syndrome Organization Buddy Walk that was held on October 16, 2011. On March 4, 2012 – Ms. Laura Pincus will be cheering our team for Autism walk. On a national level our staff has contributed to an article that showcases a proactive measure that this district has taken regarding children with food allergies. Pending School Board approval today Mr. Jeff Silverman will become our new ESE Director and Ms. Laura Pincus is now a practicing attorney in our Legal Services Department.

**Kim W.** *Student Intervention Services* – We have a new director – Mr. Keith Oswald (previous Principal of Boynton Beach Community High School). Our focus is on the social-emotional issues of the child to help them achieve academically.

- There are over 900 foster care youth and 553 of those are in our schools. Our other new initiative falls under Character Education. It is a service learning project for the poor and 7 of our high schools have embraced it. The club with 700 students will focus on local and global poverty – and also assist in our homeless project by collecting hygiene kits for our youth and homeless. Last year, we had 1,400 homeless youth and this year so far we have 500 youth.
- Our Statewide Online Tobacco Prevention course has received more funding from the state. Last year we had 1,000 participants and so far this year we have 500. We are working with the colleges to offer CEU's to school nurses and expect to go national with this course next year.
- FACE IT is our alternative to suspension program and the data will be shown in the



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“2010-2011 Wellness Promotion Policy Annual Report”. The program changes the whole family dynamics because the parents and students are both involved. It saves days out of school by providing an alternate course for 8 weeks which both parents and students attend.

**Linda S.** *Student Intervention Services* – We are excited to have the 2<sup>nd</sup> Annual Alcohol Prevention Poster contest. Last year, 500 students’ submitted entries and the posters that won are displayed inside our school buses. **66,000** students get an anti-alcohol message everyday to and from school. This year we will double the entries by having at least 60 schools participate. The contest starts on October 27, 2011 and there will be a media event to announce it. There will be 2 winners chosen from elementary, middle and high schools. We have partnered with departments within the District – Public Affairs, Transportation and our community PBC Sheriff Office, PBC Substance Awareness Coalition and the Acreage/Loxahatchee Rotary Club. There will be online voting in January 2012 and the top 50 entries will be shown during the South Florida Fair.

**Seth B.** I sit on the Safe and Drug Free Advisory Committee with Ms. Kim C. Williams and Ms. Margaret Kallman and for years we have gotten positive reports about the FACE IT program. However, the funding is at risk of ending in March 2012 in spite of all the positive data given by Ms. Kim C. Williams. It is not a lot of funding required and I hope that the community and the District take a look at funding this valuable program for years to come.

**Cathy B.** *Student Intervention Services* – As the Health Services Specialist, I would like to take this opportunity to recognize partners that have been with us from the beginning. The Palm Beach County Health Department’s - Medical Director of School Health, Dr. Marsha Fishbane and Community Health Nursing Consultant, Anne Kist - are here with us today. Please take a few minutes to talk about your program.

**Anne K.** The Palm Beach County Health Department partners with the Health Care District of Palm Beach County and the School District to follow the State of Florida school health guidelines. The Palm Beach County Health Department has a small amount of staff in high risk schools – Atlantic Community High, Glades Central Community High, Palm Beach Lakes Community High and Carver Community Middle. Nurses address the risk taking behaviors of those students reducing teenage pregnancy. We also have 2 staff members working with our School Health Immunization Program responsible for the entire District by educating and working on immunization compliance for our county. The Palm Beach County Health Department assists with communicable diseases or environmental health issues within the schools.

**Bud T.** **My question is regarding the newspaper article that stated there is no more funding for immunizations. Is that correct?**

**Cathy B.** There was a grant for Influenza (flu vaccines) for the past 3 years to be administered at schools and unfortunately that grant was not awarded this year. However, the flu vaccine still is available at the Palm Beach County Health Departments offices and parents can still get that free of charge for their children. I would like to recognize the Health Care District of Palm Beach County; they provide the School District with nurses. Please welcome Ms. Anne Hedges and Ms. Ginny Keller.



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**Anne H.** We have over 200 nurses employed at the schools. They provide preventative services, health education and manage children with acute or chronic health conditions daily. Nurses are an integral part of the School District team and we are well accommodated. Everyone is there for the children - our nurses detect illnesses and respond to emergencies. The children need to be educated and we want them to be ready and able to learn by having access to a nurse every day. We could not do it without total team collaboration.

**Lisa L.** *Chief Academic Office* – Ms. Klinek will be here shortly and she is a huge proponent of wellness for our children. She has been with the Wellness Promotion Task Force since the beginning/inception. We thank you all.

**Paula T.** We are very excited to meet with Ms. Judy Klinek (CAO) every 5 weeks to discuss wellness progress and we will be inviting Mr. Joseph Sanches to these meetings -- because we want to create consistency/transparency of messages between the District and community.

**Liz S.** *Choice and Career Option* – Last night we had the “**Showcase of Schools**”. This is our biggest event of the year. Choice programs offered for the 2012-2013 school year were highlighted by the elementary, middle and high schools. Over 8,000 people attended and parents were interested. We are accepting applications up to December 16, 2011 if anyone is interested. Thank you.

**Donna W.** *Employee Wellness* – Ms. Kim Sandmaier is out on maternity leave and both mom and baby are doing well.

- The Annual Wellness Champion Kick-off took place on September 22, 2011 and I would like to thank Ms. Denise Griffo and Mr. Eric Stern for all their help. Over 90 employees participated in this fun yet informative event. In addition to communicating wellness – “Wellness Champions” receive professional development points and are eligible for a \$500 stipend. We would like to have one “Wellness Champions” at every school.
- We are continuing to partner with the Alliance for a Healthier Generation and 28 schools have committed this year compared to 9 schools last year.
- We have added an additional Kiosk which provides vital information to employees. We have a kiosk that rotates and one that stays at the District office. We hope to motivate employees to make healthier choices – please look at our website.
- Congratulations to everyone that participated in the wellness rewards, you will receive confirmation during open enrollment. Open enrollment begins on August 31, 2011 through November 18, 2011. There will be a wellness savings of \$50/month equivalent to \$600/year savings. Please look for our new campaign at the end of the year for more information.
- Our biggest news – the Tobacco Policy is going before the School Board this evening for its 1<sup>st</sup> reading.

**Natalia A.** *Public Affairs* – We were involved in promoting the national “**Farm to School**” Month. This Monday, October 24, 2011 is “**National Food Day**” which encourages kids to make healthy food choices and stay active.

Berkshire Elementary and Kirklane Elementary created two new gardens thanks to Ms. Erica Whitfield. It is really a community event with tremendous planning and hard work.

The **LEARN Green Conference & Expo** is coming up on Friday, November 11, 2011 and it is



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in your agenda packet.

The **PBC-SRTSC's "Safety and Wellness Fair"** is coming up on Saturday, November 5, 2011 at Forest Hill Community High School this will be a great opportunity for families to come out and enjoy.

Information pertaining to the **United Way of Palm Beach County Campaign** will be released in a couple weeks.

**Angela U.** We received a second grant from the Florida Department of Transportation (non-infrastructure) for Safe Routes to Schools. There are 12 schools covered under this grant of which 9 are elementary schools and 3 are middle schools. The objective of the grant is to provide safe routes thereby encouraging more walking and biking to schools. We currently have a coordinator who has been educating the schools and parents about the program. We hope to do this at all schools - so every year we choose a few more schools that the grant will cover. The **PBC's Safe Routes to Schools Coalition** is working on the "Safety and Wellness Fair" mentioned previously.

We have also received an infrastructure grant worth \$800,000 for Pleasant City Elementary. Last month, bicycle training was done for PE teachers to be certified through the University of Florida. We are reaching out to several schools and we are grateful for the support.

**Paula T.** We are excited to have incorporated a new page on the **PBC Safe Routes to Schools Coalition** in the "**2010-2011 Wellness Promotion Annual Report**".

**Steve B.** *School Food Service* – We have three age appropriate programs that we have for the 2011-2012 school year as mentioned before.

I am proud of the department that I represent for always anticipating changes and being proactive.

**Paula T.** We received the USDA's grant for **Fresh Fruit and Vegetable Program** last school year with 3 elementary schools – this school year we added 2 more schools - Pahokee Elementary and Belle Glade Elementary. This grant allows every student to receive a fresh fruit or vegetable snack every day at **no cost**.

On November 8, 2011 there will be a "Health Fair" at Poinciana Elementary and the Principal Anne Clark is very excited about being offered this opportunity to hold this event at her elementary school. The Palm Beach State College has volunteered to conduct oral health screenings to all students at the school (529) and varnish application to consented students. There will be 4 adjunct professors and 8 students attending to the children all day long. I would like to recognize and thank Ms. Cathy Cabanzon from the PBC Oral Health Coalition and Ms. Nancy Zinger – Associate Dean of Health Sciences from the Palm Beach State College. For this event, we also received a donation of 550 fluoride varnishes to be used on that day from a local dentist Dr. Farah Bender.

The Alliance for a Healthier Generation has given a bronze level award to Hagen Road Elementary, Crosspointe Elementary and Banyan Creek Elementary. There were two schools that entered the HealthierUS Schools Challenge - Pine Jog Elementary and S.D. Spady Elementary for recognitions.

**Jamie M.** Borden Dairy Company of Florida (our awarded district vendor - milk supplier) reformulated our chocolate milk over the summer to Fat Free chocolate milk form ½% Low Fat



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content. We also offer 1% Low Fat unflavored milk or Fat Free unflavored milk. This reformulation was a progressive movement to realign with the proposed rulings of the Nutrition Standards for National School Lunch and National School Breakfast programs that accompanied the **Healthy, Hunger-Free Kids Act of 2010**. The proposed rules aim to increase the availability of fresh fruits and vegetables, whole grain, low fat and fat free dairy choices of which our district is on target. We are working towards addressing sodium and saturated fat content in our meals. The intent of this proposal was to have concerns identified in a report by the Institute of Medicine – School Meals Building Blocks. The proposed ruling will become final in January 2012 and we will know what our “Nutrition Standards” are for our school meals. We critically analyze our A la Carte offerings annually and we are pleased to announce that all of our A la Carte items at the elementary level meet the Bronze level for the Alliance for a Healthier Generation standards – with that any school that applies will be eligible for the Bronze level. For the Silver level all but one of the items meet the standards... the freshly baked cookie is reduced fat, whole grain and falls within the sugar content (not a bad product) just does not meet the criteria. The cookie would be removed from the menu and the school would be able to apply for the Silver award.

Due to our **Nutritious Dishes Program** we won an award from the USDA for **Best Practice in the South East Region** for increasing participation in food lunches – Ms. Lori Dornbusch Assistant Director of Site Based Operations was very instrumental in implementing this program at the middle school level.

**Paula T.** Please recognize Ms. Jane Solomon from Crosspointe Elementary, she is here with us today – she was instrumental in applying for the AHG Bronze level recognition for her school.

Per surveyed feedback from attendees of these Wellness Promotion Task Force meetings - we will be hosting two Task Force afternoon meetings on **December 8, 2011** and **May 10, 2012**. These meetings will be held from 3:30 p.m. - 6:00 p.m. to include a 30 minutes “Meet & Greet” session from 3:30 p.m. – 4:00 p.m. These two meetings will be called **“Wellness Celebrations”** to provide recognition/awards.

Please refer to your agenda packets for up-coming events within the community:

- ✓ Conference on Child Abuse and Neglect
- ✓ The Future of Medicine Summit V
- ✓ Everybody’s a Teacher
- ✓ Teens, Tweens & Technology
- ✓ PBC SRTSC’s Safety and Wellness Fair
- ✓ Caridad Center Health Fair and the LEARN Green Conference & Expo

**Judy K.** “Health and Wellness” – we cannot have a better topic. Our students will be able to learn if they are well and feel good every day. We have to start in Pre-K and cover all the bases. I am proud to be a part of this initiative and Wellness Promotion Task Force since its inception. Thank you for your support and being here today!

#### **External Collaborators:**

**Tania K.** Steve the Atlantic Community High School’s Cafeteria Pilot Program is a great project and I am very impressed. I hope that it can be done at other high schools in the near future.



The School District of Palm Beach County

**Wellness Promotion Policy (2.035)**

Meeting Notes

Date:

**October 19, 2011**

**Cynthia C.** This is an amazing school district and I would like to commend everyone here. I would like to share the wonderful things being done here into the community.

**Alex S.** National Hunger and Homeless Awareness week is November 15 – 21, 2011. **Do you have any information on this year’s Summer Feeding Program?**

**Steve B.** The numbers are being processed but we have had more schools than ever in the past.

**Jeff. S.** Thursday, November 17, 2011 – Localecopia is having a “Meet and Greet” at The Breakers, Palm Beach from 1:00p.m. to 3:00p.m. – *please come out and join us!*

**Eugenia M.** November is Diabetes Month and FAU Diabetes Center will be having free screenings just call to make an appointment. This is my 1<sup>st</sup> Wellness Promotion Task Force meeting and I am so impressed by being here.

**Meeting adjourned at 10:45 a.m.**

**Goals:**

Short Term	Long Term
<ul style="list-style-type: none"> <li>❖ “2010-2011 Wellness Promotion Policy Annual Report” presentation at the School Board workshop on November 16, 2011.</li> <li>❖ Prepare for the next Task Force meeting – <b>“Wellness Celebration”</b> scheduled for December 8, 2011</li> <li>❖ Review in detailed the revised version of the “Wellness Promotion Policy” with top district leaders on December 15, 2011</li> </ul>	<ul style="list-style-type: none"> <li>❖ Continue to support the Community Blood Center of Florida, Inc. at the District building Blood Drives and other locations</li> <li>❖ Support the Robert Wood Johnson Foundation’s - <i>Healthy Kids, Healthy Communities Initiatives Grant</i></li> <li>❖ Create partnerships to sustain continuity of existing programs once the Robert Wood Johnson Foundation’s - <i>Healthy Kids, Healthy Communities Grant</i> expires</li> <li>❖ Continue to seek community stakeholders that bring value to the district’s Wellness Promotion Task Force.</li> </ul>

**Assignments:**

Person Assigned	Details	Date Due
Paula Triana/ Steve Bonino/Erica Whitfield/Natalia Arenas	Scheduled Planning meeting for the next Task Force meeting. Complete the invitation, agenda and confirm speakers for the <b>“Wellness Celebration”</b> .	October 19, 2011 to December 2, 2011
Paula Triana/Steve Bonino/Judith Klinek	Present at a future School Board workshop the “2010-2011 Wellness Promotion Policy Annual Report”	November 16, 2011



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**Wellness Promotion Policy (2.035)**

Meeting Notes

Date:

**October 19, 2011**

**FY 2010-2011 Upcoming WPP Meetings:**

Date	Time/Location	Topics To Be Discussed
Thursday, December 8, 2011 Wednesday, February 1, 2012 Wednesday, April 4, 2012 Thursday, May 10, 2012	8:30 – 10:30 a.m. District Office – Main Board Room (10:30 a.m. – 11:00 a.m. with 30 Minutes Networking) on <b>December 8, 2011</b> and <b>May 10, 2012</b> meeting times will vary as follows: 3:30 p.m.-6:00 p.m. (3:30 p.m. – 4:00 p.m. with 30 Minutes Networking)	<ul style="list-style-type: none"> <li>• District’s Health Fair successes</li> <li>• Bullying</li> <li>• HealthTeacher</li> <li>• The importance of “Mental Health”</li> <li>• The School District of Palm Beach County’s Tobacco Products Policy (7.19) adoption and implementation</li> <li>• Statewide Online Tobacco Prevention and Intervention Teacher Training</li> <li>• Community Blood Centers of Florida, Inc.</li> <li>• Updates on: Nutrition Education, Physical Activity, Other School/Departments Based Activities and Nutrition Standards</li> </ul>

**Change in Current Policy, Procedure and/or Situation:**

The Wellness Promotion Policy (2.035) is in the process of being revised.

**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 and wellness for all school children and staff, parents, and the community.