



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

February 1, 2012

Topic:

Wellness Promotion Task Force – 3rd 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:

Ada Medina-Solorzano	Corey Sweeney	Heidi Schwab	Linda Ashkin	Perry Borman
Amie Schneider	Cynthia Clayton	Jamie McCarthy	Lisa Lee	Phillipe Bilger
Amy Crease	Debbie Hardman	Jane Solomon	Liz Shapiro	Phyllis Gilbert
Ann Clark	Debbie Mead	Janis Andrews	Lynne Vainberg	Roger Pineda
Ann Fonfa	Debbie Neeson	Jeanine Swick	Marge Sullivan	Rosa Dawson
Anne Hedges	Denise Griffo	Jennifer Lesh	Mark Murray	Sara Jones
Ashlea Steiner	Dhanmatie Balkaran	Joanna Craver	Martha Espinosa	Scott Lewis
Ben Freedman	Donald Cavanaugh	Joanne Beckner	Mary Jean Zamora	Seth Bernstein
Bonnie Rawlins	Donna Winter	Joe Sanches	Michael Owens	Stacey Lazos
Bruce Harris	Elly Zanin	Joyell Shaw	Michelle Schecht-Smith	Stephanie Wagner
Candace Doon	Eric Hahn	Judy Fitzgerald	Mindy Haas	Steve Bonino
Cathy Burns	Eric Stern	Karen Plump	Natalia Arenas	Tania Koerber
Chantal Gellermann	Erica Whitfield	Kathleen Moore	Nicole James	Tom Aguanno
Cheryl Altman	Eugenia Millender	Kim Mazauskas	Olivia Rogers	Yelena Gonzalez
Christina Crespo	Flo Davis	Kim Sandmaier	Pam Higgins	
Christopher Ginton	Fran Hickman	Kim Williams	Pam Woodworth	
Christy Potter	Gail Cohen	Lee Kolbert	Patrice Schroeder	
Cindy Robinson	Geoffrey Sagrans	Linda Alessandro	Paula Triana	

Discussion/Progress:

The meeting began at 8:30 a.m.

Steve B. Good morning and welcome everyone to the 3rd **Wellness Promotion Task Force** meeting for the 2011-2012 school year. Thank you all for taking time out of your busy schedules to be here today.

Paula T. Thank you all for being here today and thanks for your support at the School Board Presentation of the 5th Edition of the “**Wellness Promotion Policy (WPP) Annual Report**” on



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November 16, 2011. I would like to play the “**Home**” Message of the **WPP Annual Report** and highlight the District’s homepage that shows the **Wellness Promotion Policy** Banner and the various links to the **WPP Annual Report** under the following tabs: Students, Parents, Employees and Community. The **WPP Annual Report** has the theme of: “*Personal Responsibility...starts with You!*” This **WPP Annual Report** is comprehensive and a historical document with archived data from FY 2006-2007 onward. I encourage you all to view it. **The “Home” Message of the WPP Annual Report was played...enjoy!** <http://www.2011wellnessannualreport.com/>

Please keep in mind that we are already working on the FY 2011-2012 **WPP Annual Report** – the theme is **Perseverance**.

Erica Whitfield will be showing the “**Wellness Celebration**” that occurred on December 8, 2011. Instead of a regular *Wellness Promotion Task Force* meeting we decided to recognize and honor those individuals who work tirelessly on district-wide wellness initiatives. The “**Wellness Celebration**” was held at 3:30 p.m. – 6:00 p.m. to accommodate all individuals – teachers, parents and students who are unable to attend our meetings held during the work day. Erica will show a PowerPoint presentation and then we will discuss the “**Wellness Celebration**” Feedback Summary.

Erica W. Good morning everyone, I would like to thank Paula and Steve for putting together the “**Wellness Celebration**”. I run a grant from the Robert Wood Johnson Foundation – *Healthy Kids, Healthy Communities* that The School District of Palm Beach County has and it was a wonderful opportunity to partner with the Wellness Promotion Task Force. We have never been able to thank everyone involved before. The amazing food was provided by School Food Service along with their Chefs and beautiful decorations. **The PowerPoint slide was shown...** It was great to have this partnership. Equestrian Trails Elementary was represented by Amie Schneider and her students who did a warm-up exercise activity. We also had some students dancers from Okeeheelee Middle preformed. We were able to thank our teachers, employees and grant funders. We also recognized Ms. Judy Klinek, Ms. Paulette Burdick, and Mr. Robert Canane for their contributions to the District’s **Wellness Promotion Task Force**. Thank you all for coming to the event.

Paula T. The “**Wellness Celebration**” -- **TEN Video was shown...**

Steve B. This “**Wellness Celebration**” was requested by Ms. Kim Sandmaier, Mr. Eric Stern, Ms. Natalia Arenas, and Ms. Erica Whitfield. I would like to thank them for their support and I would like to thank Mr. Sanchez for also supporting this event. It was the perfect time to recognize everyone and it was well appreciated. Thank you to the entire team for putting all of this together. The survey was reviewed. We evaluated the event and according to the results of the survey it is something that we should and will continue to do. We had a total of 300+ participants in the “**Wellness Celebration**” and so many people were recognized for their hard work and diligence. Sixty-four people completed the survey. Not a single comment was negative. Here are a few comments worth mentioning:

1. **How organized was the “Wellness Celebration” event?**
 - **Total** = 64 participants



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- **93.8%** (60) stated **Extremely Organized**
- **6.3%** (4) stated **Moderately Organized**
- **0%** (0) stated **Not Organized**

2. What did you enjoy most about this event's "Meet and Greet"?

- **21.9%** (14) stated **Networking**
- **12.5%** (8) stated **Hors d'oeuvres and beverages**
- **1.6%** (1) stated **Location and Time**
- **64.1%** (41) stated **All of the above**

I want to refer to just a few responses on the following question:

3. How was this "Wellness Celebration" meaningful to you?

- Made me more aware of the Wellness Promotion Policy.
- Opportunity to meet with like-minded individuals and to honor those who have done stellar work in wellness.
- This was a great opportunity for my students to showcase their movement experiences. Thanks for inviting us.
- The celebration was very well organized and focused on the incredible partnerships that the District has with so many organizations.
- Such a great night to bring together everyone who works so hard for wellness in the county.
- I love to see how people are trying to make the difference in kid's lives.
- I was shocked to be recognized for just doing my job!
- Educational in a social setting.
- Yup I won an award!
- Erica did an amazing job recognizing so many people that never get noticed or thanked.

4. How useful was the information presented at the "Wellness Celebration" event?

- **53.1%** (34) stated **Very Useful**
- **45.3%** (29) stated **Useful**
- **1.6%** (1) stated **Not Useful**

5. How would you rate the presentation by the Keynote Speaker Dr. Anita Wilborn?

- **Appropriate for the Event**
 - **41.3%** (26) stated **Excellent**
 - **46.0%** (29) stated **Good**
 - **12.7%** (8) stated **Fair**
 - **0%** (0) stated **Poor**
- **Overall Presentation**
 - **30.4%** (17) stated **Excellent**
 - **48.2%** (27) stated **Good**
 - **16.1%** (9) stated **Fair**
 - **5.4%** (3) stated **Poor**



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Thank you all for a wonderful evening and thank you Erica for all the energy you put in making this event happen.

Paula T. I would also like to highlight Public Affairs for their support in promoting the day. It turned out to be a wonderful day with over 300+ people consisting of parents, students and teachers in attendance. *Thank you all!*

Next we will address the revised documents of the Wellness Promotion Policy. Please see the attached documents in your packets – yellow and green. On December 15, 2011 we met with the District Leadership “Core Group” and made final revisions/changes to the WPP (2.035) and its Goals and Objectives based on their recommendations.

Steve B. The Wellness Promotion Policy is separated into two parts the actual *Policy* and the *Goals and Objectives*. These two documents will be sent via e-mail so that you easily identify the changes made. If you look at the copies before you the changes are as follows: strike through for language that will be deleted and the new language added is underlined. Most of you have seen this *Policy* and have had the chance to comment on it before. If you would like to make additional recommendations please e-mail Ms. Candace Doon on or before **February 8, 2012** - candace.doon@palmbeachschools.org

Paula T. Our goal was to have the revised *Policy* presented to the School Board on October 19, 2011 for the first reading. However, the time was extended and because of this we were able to make additional revision/changes. Our goal is to have the Wellness Promotion Policy adopted before this school year ends. Our 1st reading should go to the School Board in March 2012 and the 2nd reading/adoption should go to the School Board in May 2012. Your input is very important, please review these two documents of this *Policy* and feel free to forward us your recommendations. Thank you in advance for the feedback/comments!

We have been promoting Blood Drives at our **Wellness Promotion Task Force** meetings for the past two years. And today...I want to bring to everyone’s attention a historical movement that has occurred just last Friday, January 27th -- there has been a merger of Florida’s three independent, not-for-profit Blood Centers leading to the one called **OneBlood, Inc.** The OneBlood video was shown... www.oneblood.org

Our goal is to reach **150 pints** this year through our **Wellness Promotion Task Force** meetings. We currently have 46 pints donated...*please help us reach our goal!*

I would like to thank Ms. Cindy Robinson from OneBlood, Inc. who is here with us today.

Cindy R. Thank you for having us here today and we are very excited to be a part of the Wellness Promotion Task Force meetings. I am happy to say that we have had a great turn out so far this morning and this should continue until 3:00 p.m. today. Please stop by and visit the bloodmobile.

Paula T. The School District has a wonderful five year partnership with Miami Children’s Hospital and HealthTeacher. I would like to introduce our Health Education Coordinator, Ms. Stacey Lazos who is doing great things in Palm Beach County.

Stacey L. Good morning everyone and thank you Paula and Steve for inviting me. HealthTeacher is an online K-12 curriculum. We have a partnership with Miami Children’s



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Hospital and The School District of Palm Beach County for five years and this is our second year. The curriculum addresses knowledge, attitude, and skill development and provides opportunities for students to practice behaviors that promote life-long health. Miami Children's Hospital has made a huge financial commitment to the children of South Florida starting with Palm Beach County and now moving into Broward and Dade counties. We have a total of **682** users of the program in **148** schools. My job is to inform people of these available resources. We have found that teachers get very excited in the beginning and then it becomes difficult to incorporate into their routine because teachers are overwhelmed. Here is some outreach that we have done -- Pine Jog Elementary had a successful STEM night. I also did a class at South Olive Elementary with a lesson in deep abdominal breathing. Just this week we had a partnership with Whole Foods. We had a two hour food presentation at Banyan Creek Elementary. We want to get the teachers thinking of health Everglades Elementary is having a Health and Wellness Expo that HealthTeacher will be a part of. This year we have added some stress relief lessons focused on deep abdominal breathing to our website. This was introduced because teachers are busy and do not have the time to take on health. We needed to look at stress relief for teachers and students and hence these videos were created. These are two 15 minute lessons supported by an interactive web application. **The videos were shown...** Research supports relaxation techniques, deep abdominal breathing is the fastest to learn and practice. Specific outcomes for relaxation techniques include improved attention and concentration, improved positive emotions and improved anger management. Research proves that these techniques really work. With FCAT coming up I have been going into classrooms to support the teachers by working with the students or training the teachers.

Patricia S. We all benefit from this. How can we do this on a broader sense?

Stacey L. The more people know about this the more we can collaborate and reach others.

Kim M. Safe Schools was asked to do Marzano and I love this because it addresses building relationships, staying calm and not overreacting. I am going to add this to our handouts because this is a direct correlation to Marzano number eight.

Stacey L. Anyone who works with The School District of Palm Beach County has access to HealthTeacher lessons and videos.

Eric S. Our goal is to keep HealthTeacher for more than 5 years, however; in order for us to accomplish this we need to increase our usage in our school district among teachers.

Paula T. We will provide Ms. Stacey Lazos contact information for community members interested in HealthTeacher. *Thank you Stacey for your valuable presentation today!*

Next I would like to introduce Mr. Perry Borman -- Executive Director of the Palm Beach County Food Bank...

Perry B. Thank you all for having me here today. I spent the last four years as the Regional Director of the Department of Children and Families. I am currently the Executive Director of the Palm Beach County Food Bank. The Palm Beach County Community Food Alliance was a project initiated by individuals and primarily hosted at the United Way of Palm Beach County. The Palm Beach County Food Bank is the next chapter of the PBC Community Food Alliance.



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The demand for food stamps in Palm Beach County increased by 100% during the past three years. Approximately 175,000 residents in our county are on food stamps. There are approximately 120 agencies from small churches to larger organizations that operate soup kitchens that feed the hungry. There are two organizations that supply food to the agencies. There is a warehouse in West Palm Beach that distributed 6 million pounds and a community food truck supported by United Way that distributed 4 million pounds. These two organizations together met 18% to 20% of the total need that the 120 agencies have. We have a broken fragmented distribution system and an enormous opportunity to help the food bank to increase the volume of food. This initiative is being supported by groups such as Community Foundation for Palm Beach and Martin Counties, Quantum Foundation, Palm County government, and C.R.O.S. Ministries. C.R.O.S. Ministries is the fiscal agent for the Palm Beach County Food Bank. If you know of any organization that is in need of donating food, I would love to talk to you.

Eric S. Is there a gleaning of tomatoes this Saturday in Lake Worth?

Perry B. I can find out for you. The good thing is that the Palm Beach County Food Bank is absorbing the community truck operation and will have an ongoing collaboration with C.R.O.S. Ministries. I will find out and get back to Paula and you.

Steve B. Do you have the supply and demand facts and figures on the hunger gap and can you supply that to us?

Perry B. Based on the food insecurities USDA estimates that there is a need for 40 million lbs. of food. In a good year we are close to receiving only 10 million lbs. of food. Since there is an enormous gap in what is available to the 120 agencies that feed the hungry -- they find themselves in the distribution business. They spend money on refrigerated trucks, something they should not need to do. As we build this business we are going to have an agricultural channel with farmers and a food rescue channel.

Patricia S. 211 answered over 150,000+ phone calls and the food issue is the second highest call volume. The one thing we rely on is the Boys and Girls Club - Rise and Shine Program because it is a lower cost alternative for those families that need food.

Paula T. *Thank you Perry for this informative presentation today.* Next we have Ms. Eugenia Millender from the Florida Atlantic University (FAU's) Diabetes Education & Research Center.

Eugenia M. Good morning, I am the Clinical Director of FAU's Diabetes Education & Research Center and we are located in West Palm Beach not in Boca Raton. We are a nurse manage clinic - one of three in Florida. As healthcare is changing we are concentrating more on quality. We are funded by the Palm Healthcare Foundation, Inc. Diabetes is an epidemic and I am happy to see that we have multi-layers here to prevent diabetes. Mental health is incorporated here as well and it is very important because if your mind is not healthy you are not able to take care of your body. Diabetes affects healthcare costs, communities and it affects you even if you do not have it. One individual every 25 seconds is diagnosed with Diabetes and by the year 2030 there will be 40 million people diagnosed with this disease. Pre-diabetes is easily missed and an additional 20 million will be diagnosed by 2030. The face of type 2 diabetes is changing – type 1 diabetes was mainly children who were unable to produce insulin. Type 2



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was usually an older individual in their 30 – 50 years of age. Children are now being diagnosed with Type 2 Diabetes due to obesity, unhealthy ways of living, family history and this group is sometimes ignored. The good thing is that we can prevent Diabetes by early screening – if someone is obese, has a family history of diabetes or has high blood pressure. This is the path to Diabetes – overeating, inactivity and weight gain. If there are children who have gone past this and are already obese we want to make sure that we provide intense education not only to the child but also to the family, community members and teacher. The only way to make a difference is for the whole community to be educated on how to eat and what to do to prevent Type 2 Diabetes. When we talk about Diabetes we are talking about blood sugar greater than 125 and an HgbA1C greater than 6.4. So if your blood sugar is 110, you are on the path to becoming diabetic if you do not do something about it now. The FAU's Diabetes Education & Research Center provides intense education; our team is comprehensive and consists of Nurse Practitioners, Pharmacists, Nutritionists, Nurse Educators and a Pediatric Endocrinologist. We see both children and adult. Each visit lasts about 2 hours, we do follow-ups and make sure that the child, family and community stays engaged. We provide services to the insured and uninsured – no one gets turned away. Our goal is to educate and prevent Diabetes. The most that someone with income will pay will be \$40 for a 2 hour visit that includes the comprehensive team. Our staff is bi-lingual, we target our patient's way of life and culture.

Ann C. Are the nurses in our schools aware of this service?

Anne H. Yes - they are aware, however; we have to keep reminding them about these resources.

Eugenia M. This is a continued effort to bring awareness of our services.

Lynne V. Everyone should live and eat like a diabetic.

Kim S. We implemented a Diabetes Health Plan for our district employees last year. We had over 4,000 Pre-Diabetics and Diabetics enrolled last year. As a result of our Wellness Rewards Campaign we identified an additional 2,000 individuals to be in the plan this year. They are getting reduced co-pays for their doctor's visits and medications under the plan. The District has recently hired a Registered Nurse who will be doing outreach to inform our employees of the resources that are available to them.

Patricia S. Research has linked Diabetes to Alzheimer's. Lifestyle and behavioral change is the key.

Eugenia M. We provide community outreach because our goal is to prevent Diabetes and prevent complications.

Other School/Departments Based Activities - Updates:

Dr. Janis A. *Division of Curriculum* - I am so amazed by how the community has come together for wellness and for the children. This Wellness Promotion Task Force serves as a role model to our district and community. We have to make that connection with the community, the family and the whole child. We have to encourage our children to eat in our cafeterias because sometimes it is the only meal they get. In Setting the Stage III we discuss testing, brain research, mood, exercise, hydration, nutrition, sleep, stress, movement, and now we will have the link to breathing. These resources will be used in our upcoming meetings. *Thank you all for*



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coming together today...

Debbie N. *Exceptional Student Education* – Mr. Jeff Silverman is our new Director of Exceptional Student Education and was appointed two months ago. The ESE Advisory Committee, the School District and the ESE Department are going to have a “**Meet and Greet**” so that the community can meet with Mr. Silverman and work collaboratively with him. Ms. Laura Pincus is leading the “**Walk Now for Autism Speaks**” which will be held on Sunday, March 4, 2012. www.walknowforautismspeaks.org California Pizza Kitchen is having a fundraiser for this event.

I would like to send the HealthTeacher link to all the 504 designees because 90% of the calls that I get are related to stress.

Seth B. Mr. Jeff Silverman is currently doing “**Meet and Greets**” around the county during March and April for parents to come out and meet him in a small group setting over breakfast. We have done this for the last several years.

Kim W. *Student Intervention Services* - We are aligning Character Counts with our county and government. “**Ethics in Action**” will be our new emblem and in our high schools we are having an “Ethics Bowl” to get our secondary students involved.

Amy C. On February 10, 2012 our Teen Parent Program – Principal and Guidance Association is having a “**Many Leaders One Voice**” at the Kravis Center. They have also adopted our Teen Parent Program and our donations have increased. The consumable items like diapers, bottles, and crib sheets are the items we would like to have. The Women, Infant and Children Program (WIC) is great but it does not provide the food supply for a month. I cannot thank our Principals and Guidance Counselors enough - we are so grateful. The “**National Day to Prevent Teen Pregnancy**” is on May 2, 2012 -- this is our third year of support for this event. When we talk about the topic of health and wellness some topics are delicate. As we continue with our human growth and development curriculum - we look at our high teen pregnancy rate, STD's, and repeat pregnancy rates. Our Graduation Coaches at Boynton Beach Community High School are embracing this national day on their campus. John F. Kennedy (JFK) Middle School and Palm Beach Lakes Community High School are also embracing this day as well.

Cathy B. Our health partners – the Healthcare District of Palm Beach County and the Palm Beach County Health Department will be having a “**Medical Home Day**” on February 11, 2012 at all Health Departments. There will be free screenings for children and families that are medically under-served. Flyers will be delivered to our school nurses for distribution.

Lisa L. *Chief Academic Office* - Mrs. Klinek and the Superintendent's Office supports and participates in the wellness events and programs available. We spread the word to our School Board Members, Principals, schools, and the community. Please bring it to our office and we can assist you by creating a Bulletin.

Kathleen M. *Afterschool Programming* – All of our academic enrichments in our afterschool programs are related to healthy living choices. Every Afterschool Literacy Enrichment Initiative (ALEI) lesson starts with physical energizers, we have the children getting up and moving. This year with ALEI we have over 2,800 children participating. We have a new pilot program this



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year called Give'em a Boost which is a combination of different curriculums. Camp Boost is provided by Healthy Lifestyle Choices and is infused with SPARK. We have the counselors and directors trained now as it is being implemented.

Stephanie W. On January 28, 2012 we currently participated in the Race for the Cure. Last year one of our co-workers passed away from breast cancer and we currently have another co-worker battling breast cancer. In their honor, about 15 of us participated in the event.

Paula T. The issues of afterschool snacks choices are a concern for the parents and have been brought to our attention. We would like to have you both present at an upcoming Wellness Promotion Task Force regarding the afterschool snacks guidelines and about the programs. The Task Force is here to support and make things better for our children and their families.

Seth B. The School Health Advisory Council would like to be a part of that discussion.

Liz S. *Choice and Career Options* – Dr. Miguel Benavente is meeting with the Board of Nursing regarding the 2 LPN Academies currently in our high schools. We received 18,000 applications this year for our Choice and Career Options Programs. More of the applications were online and have already been processed. We will be having the lottery in March 2012 - but unfortunately we only have 10,000 seats. We have requests for Culinary Pre-academies at the middle school. Last summer we provided middle and high school teachers updates regarding changes to **MyPlate**. We will be working on that this summer we are always a step ahead of the state.

Paula T. The Culinary Olympics that we planned for February 4, 2012 were cancelled due to low participation, therefore; we are considering having the Culinary Olympics in October 2012. As soon as we have more information we will communicate on this wonderful opportunity for culinary students and teachers/instructors.

Kim S. *Employee Wellness* – Our Wellness Rewards Program had approximately 80% of the employees complete the program last year and is receiving a premium discount. The program is continuing this year for any covered employee, spouse or domestic partner. They need to continue with getting an annual physical, doing blood work and an online health assessment by August 1, 2012 in order to continue to receive the program discount in January 2013. We have started seeing positive results from the campaign and are hearing about success stories. Please share success stories with us if someone has identified illness or has received treatment (lowered cholesterol, quit smoking etc.) as a result of the requirements of the program. We have 2 health kiosks currently located at South Transportation and Orchard View Elementary – employees are using it to check blood pressure, weight and monitoring their health. We look at the aggregate data to put specific programs into place for blood pressure and maintaining healthy weight. Wellness Champions had a mid-year training last week, it was very successful and well received. We did an interactive wellness session for them to see how the wellness rewards worked. We also had Wellness Champions share their successful programs implemented at schools.

The Tobacco Free Environment Policy (7.19) is scheduled for its School Board 2nd reading/adoption on February 22, 2012. Our goal is to be 100% tobacco-free by July 1, 2012 if the policy is adopted. Our *Risk and Benefits Management Department* is putting together a



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committee that consists of EAP, the Union and UnitedHealthcare to address workplace stress by having policies, resources and solutions.

The schools involved in the Alliance for a Healthier Generation – Healthy Schools Program will have training on February 15, 2012 to continue working together to create healthier schools environments.

Christina C. *Environmental & Conservation Services* – All elementary schools have been certified as Asthma Friendly by the American Lung Association. The indoor environment is supportive to children with asthma. The Purchasing Department is addressing Green Purchasing or environmentally preferable purchasing by adding a clause to the Purchasing Department (6.14) policy. In addition to covering Energy Star we are also addressing indoor air quality by considering, green cleaning chemicals and paints used at schools and facilities. Our 4th Annual **Learn Green Conference and EXPO** will be held on October 19, 2012 at Alexander W. Dreyfoos Jr. School of the Arts. We have partnered with the Robert Wood Johnson Foundation – *Healthy Kids, Healthy Communities* to create a track within the conference to address the initiatives - goals such as physical activity, healthy eating and gardens.

Natalia A. *Public Affairs* - We have been working with Safe Schools on Project Smart which was very successful. We received over 770 entries from 64 schools. Over 6,200 people participated in the online voting to determine the winners from the poster contest. There were 2 winners from each category: elementary, middle and high schools. The winning posters will be placed in all 1,000 school buses. The award ceremony will be held on February 20, 2012 at Transportation – Central. Everyone is invited. The Public Affairs Department is here to assist with advertising any upcoming events, please feel free to contact me at Natalia.arenas@palmbeachschools.org.

Mike O. *Planning & Real Estate Services* – The Safety & Wellness Fair that was held on November 5, 2011 at Forest Hill Community High School was very well attended. We had 30 vendors with giveaways such as bike helmets, shoes, bike safety training and everyone had a great time. We are currently working on traffic issues that we have within our schools both bus and vehicular at Park Vista Community High School, Berkshire Elementary and Sunrise Park Elementary. We also have other ongoing initiatives such as Commit 2B Fit and the Walking School Bus.

Paula T. It is a privilege to work with the PBC Safe Routes to Schools Coalition and to see what they do to protect our children.

Steve B. *School Food Service* – We have received the USDA's new K-12 Nutrition Standards in the National School Lunch Program and School Breakfast Program. Jamie McCarthy, our registered dietitian will be in-charge of making sure that we are in compliance. For the first year's requirements – Palm Beach County is in 100% compliance. We will keep you informed as we make some minor changes to comply with the following years requirements. The final year for this is SY 2022-2023 and I am proud that our department has always stayed ahead of public law requirements.

Tania K. I am a pediatric dietitian and I would like to share a new childhood obesity program. Hometown Bridges, LLC has created the **READY, SET, MOVE** program which will be



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launched on March 1, 2012 for a \$15 Annual Registration Fee and involves both physical fitness and health for kids 8-13 years. The website is <http://www.hometownbridges.org> and the person to contact is Mr. Chris King at chris@hometownbridges.org.

Paula T. *Nutrition Education* - On November 8, 2011 we held a Health Fair at Poinciana Elementary School. This event involved many from within the school and the community. We would like to thank the following people for making this possible:

- ♥ Florida Public Health Institute – Palm Beach County Oral Health Coalition
- ♥ Palm Beach State College – Dental Assisting Program
- ♥ Dr. Fara Bender, DMD, P.A.
- ♥ Safe Kids Palm Beach County
- ♥ Palm Beach County – Parks & Recreation – Aquatic Division
- ♥ Palm Beach County - Environmental Health & Engineering ~ Air Pollution Program
- ♥ Palm Beach County UF/IFAS Extension Agency
- ♥ Brendhan Horne, Apiculturist – Palm Beach County Beekeepers Association
- ♥ The DeVos-Blum Family YMCA of Boynton Beach
- ♥ Caridad Center
- ♥ Campbell's North America
- ♥ Erneston & Sons Produce, Inc.
- ♥ R.C. Hatton Farms, Inc.
- ♥ Publix – Quantum Village
- ♥ District Employee Wellness
- ♥ Poinciana Parent Teacher Association (P.T.A.)
- ♥ Poinciana Elementary Physical Education Teacher and School Health Nurse
- ♥ Poinciana Elementary students showcasing their talents in singing, sign language, writing, and acting
- ♥ The School Food Service Department promoting “*Fruits & Veggies More Matter*”

The PowerPoint slide was shown... also Ms. Ann Clark, the principal of Poinciana Elementary is here to share her experience with us today.

Ann C. Thank you Steve and Paula for bringing this event to my school. We all believe that all children should have basic nutrition in order to learn and grow – nothing is more important than that. This health fair brought us one step closer to that goal. The wonderful partnership between Palm Beach State College and the Palm Beach County Oral Coalition provided over 248 students with dental screenings. The results were as follows:

198 students from 1st -5th grade ~

- 70% of these needed no care other than routine preventive dental care and possible exam
- 25% of these needed care but should see a dentist as soon as possible
- 5% of these needed urgent care and should be see immediately by a dentist (11 students)

50 kindergarten students were screened ~

- 82% of these needed no other than routine preventive dental care and possible exam
- 18% of these needed care but should see a dentist as soon as possible
- 0% of these needed no urgent care



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Many children had never been to the dentist and 11 were in critical need of emergency dental care. A community dentist – Dr. Bender and school parent supplied us with the fluoride varnish for the children – our children were so proud to get their teeth varnished. The whole school-community embraced this health fair. We had many vendors and the children tried fruits and vegetables that were new to them. I was amazed that the kids liked Kiwi and raw green beans. I am seeing changes such as more healthy snacks from the PTA and I also see a trend as a result of the health fair. I was proud of our teachers who incorporated healthy foods vs. unhealthy foods into persuasive essays. The 5th graders wrote plays and made costumes that were presented on Poinciana News Network. The kindergarteners were singing Apples and Bananas. Teachers did Venn diagrams. The PTA made healthy smoothies for everyone. This health fair became a whole school, a whole community event. I can't think of a better activity at a school campus. I would like to thank the School Food Service Department and all the vendors.

Paula T. On behalf of the Florida Department of Agriculture and Consumer Services – Office of Food, Nutrition and Wellness – two schools have been announced as recipients of the USDA HealthierUS School Challenge Bronze Award – Congratulations to Pine Jog Elementary, Mr. Fred Barch, Principal and S.D. Spady Elementary, Ms. Martha O'Hare, Principal.

Eric S. *Physical Activity* - I would like to thank my team: Ms. Denise Griffo, Ms. Erica Whitfield, and Ms. Amie Schneider our newest member who was Teacher of the Year. These individuals go above and beyond every single day by working countless hours for the children of Palm Beach County.

Thank you to Ms. Mindy Haas and the PTA for all their support of physical activity locally and statewide.

There are two bills to eliminate middle school requirements for physical education and take away the reporting requirement of 150 minutes: House Bill 4057 and Senate Bill 1644. These bills are still in the House Committee and have not moved forward yet.

The School District of Palm Beach County is the only entity in Florida to receive the PEP Grant in October 2011. The purpose of the grant is to change the elementary school physical education curriculum to the research base SPARK curriculum. Afterschool Programming has embraced this SPARK curriculum by training all directors and staff members. I applaud our partners. Our members of YMCA have implemented SPARK programs to involve vigorous activity for children from the time they enter the facility. The seamless transition from our schools and afterschool settings does not happen anywhere else in the state.

The Kids Marathon which was cancelled by the Palm Beach Marathon Festival and was moved to the South Florida Fairgrounds. Ms. Iva Grady and the Chamber of Commerce staged the race on Saturday, January 14, 2012. Over 1,800 students ran through the Agriculture Area of the fair. Thanks to Mrs. Klinek for coming out 6 years in a row to award medals to our students. The Mayor of West Palm Beach – Ms. Jeri Muoio, our School Board Member Ms. Karen Brill, and County Commissioner, Ms. Paulette Burdick were there to award the children as well. It was a great event.

Ms. Diana Smith from Park Vista Community High School is our High School Teacher of the Year and Ms. Jane Panse from H.L. Watkins Middle will compete for the National Middle



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School Teacher of the Year.

The School District has partnered with Dade, Leon and Hillsborough counties to work on Race to the Top. We had three meetings to address hard to measure content area for health education and physical education and develop test bank questions for end of year exams. It is tedious and rigorous and we are happy to be a part of this group.

We received a generous donation from the Florida USTA to develop tennis in the Wellington area. In January, eight elementary schools in Wellington were involved in tennis assemblies. Tennis is being promoted as a lifetime sport. Every child participated in the event.

Erica W. The *Healthy Kids, Healthy Communities* is a grant that the School District received two years ago to reduce obesity. We are making great strides. We currently have 11 school gardens. We are in the process of creating two more at John I. Leonard High School and Forest Hill Elementary. We are working diligently on our joint-use program to open our school's play spaces to the public for use after school hours. Berkshire Elementary is the school that we are currently working on and we have had great success and support from the District.

A Fitness Zone or outdoor gym will be created in Lake Worth. It will be a public access gym with fruit trees. Groundbreaking will be next month. We are having a site visit from Robert Wood Johnson Foundation consultants on February 14-16, 2012. It will be for three days and there will be meetings in this Board Room - please come to the meetings if you have been invited.

Berkshire Elementary had a planting day last night with 100 families coming out in support. They will be recognized by the Palm Healthcare Foundation and will be giving out baskets of vegetables grown in the gardens. We are so proud to be recognized. The students will be featured in Palm Healthcare Foundation's 10 year Annual Report.

We are working on the urban-agriculture land use plan for the City of Lake Worth. This will be a policy change for the sustainability of this grant. The Planning and Zoning Advisory Board and Tree Board in Lake Worth are involved in this project.

The "**Wellness Celebration**" was put together to have a representation from everyone here. Since this is an annual event, I want to encourage you to think of the people that you would like to recognize. We want to have all the departments bring someone that they would like to recognize. We want to make sure that we thank everyone.

Paula T. In January 2012 the Journal of American Medical Association (JAMA) had a research article that stated that the Obesity Rates in the U.S. appear to finally be Leveling Off. This is great news and we are doing many wonderful initiatives in Palm Beach County in order to stay stable.

Our next Wellness Promotion Task Force meeting is scheduled for Wednesday, April 4, 2012. However, there is a small group meeting in March 14, 2012 to discuss internal topics. Our last Wellness Promotion Task Force meeting for this school year will be on May 10, 2012 and it will be in the afternoon to accommodate teachers, parents and anyone who wants to come and are unable to attend during the day.

We will be having a Health Fair on Wednesday, February 15, 2012 at Palm Springs Community Middle School. If you would like to participate please contact Ms. Chantal Gellermann. Please remember that National Nutrition Month is celebrated in March 2012...sponsored by the



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Academy of Nutrition and Dietetics...”Get Your Plate in Shape” campaign.

Mindy H. PTA – On Sunday, March 11, 2012 the PTA will be having an event at Eagles Landing Middle from 2:00p.m. - 5:00p.m. We will be hosting Families for Fitness & Fun Day and we need your help and support.

Flo D. There will be a new mobile green market opening up in Westgate driving through the community. We will be giving nutrition information, activities for kids, cooking demonstrations and recipes. The fresh produce will be supplied from Green Cay Farms. Westgate Elementary will be a part of it eventually.

Patricia S. The Palm Beach County Health Department along with Quantum Foundation is featuring a Medical Home Day. 211 has been instrumental in finding healthcare for Palm Beach County residents and on February 11, 2012 clinics will have free medical services and help with establishing insurance.

211 has a new iPhone application in which you can access resources from 211’s database on your iPhone.

Eric S. The Honda Classics is in town from February 27 – March 4. Any kid under the age of 15 will be free. The School District is participating in the Birdies for Golf Challenge this year. That money will help to fund graduation, so please remember to list the District. If you guess the Birdies for Golf Challenge you win a car.

Steve B. Thank you all for coming and for all that you do within our community for wellness.

Paula T. Thank you everyone for being here and all of you that presented...we so much appreciate each of you.

Meeting adjourned at 11:35 a.m.

Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ Many Leaders One Voice – February 10, 2012 at the Kravis Center ❖ Medical Home Day – February 11, 2012 at all Health Departments ❖ Tobacco Free Environment Policy (7.19) - February 22, 2012 (Board Review) ❖ Honda Classics February 27, 2012-March 4, 2012 at PGA National ❖ Walk Now for Autism Speaks - March 4, 2012 at City Commons ❖ National Day to Prevent Teen Pregnancy – May 2, 2012 ❖ Families for Fitness & Fun Day – March 11, 2012 at Eagles Landing Middle (PTA) 	<ul style="list-style-type: none"> ❖ Tobacco Free Environment Policy (7.19) – effective July 1, 2012 ❖ Employee Wellness Rewards Program Deadline – August 1, 2012 ❖ Culinary Olympics – October 2012 ❖ 4th Annual Learn Green Conference and EXPO – October 19, 2012 ❖ WPP Annual Report – FY 2011- 2012 ...materials due July 19, 2012 ❖ WPP Annual Report – FY 2011- 2012 – School Board presentation tentative November 2012

Assignments:

Person Assigned	Details	Date Due
Wellness Promotion Task Force Members	Submit comments of the WPP documents to Ms. Candace Doon at candace.doon@palmbeachschools.org	February 8, 2012



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Kim Sandmaier	Present to School Board Members Tobacco Free Environment Policy (7.19) 2 nd reading	February 22, 2012
Paula Triana/Steve Bonino	Present to School Board Members the Wellness Promotion Policy (2.035) - 1st reading.	March 2012
Wellness Promotion Task Force Members	Complete the Florida Healthy School District Award application	Before June 1, 2012

FY 2011-2012 Upcoming WPP Meetings:

Date	Time/Location	Topics To Be Discussed
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) May 10, 2012 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"> • District’s Health Fair successes • Bullying • The importance of “Mental Health” • The School District of Palm Beach County’s Tobacco Products Policy (7.19) adoption and implementation • Statewide Online Tobacco Prevention and Intervention Teacher Training • The Children and Nature Initiative – Loxahatchee National Wildlife Refuge • Ready, Set, Move Program • OneBlood, Inc. – continue marketing BLOOD DRIVES • Updates on: Nutrition Education, Physical Activity, Other School/Departments Based Activities and Nutrition Standards

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.