



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

Topic:

Wellness Promotion Task Force – 4th 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	Dan Whu	Jane Solomon	Lynn Martin	Pete Wood
Allison Monbleau	Debbie Neeson	Jessica Maria Collins	Mark Murray	Randy Palo
Amie Schneider	Denise Griffo	Jessica McCain	Marsha Fishbane	Robert Parkes
Amy Crease	Donald Cavanaugh	Joanna Craver	Marta Zuluaga	Robin deLisser
Anne Kist	Donna Winter	JoAnne Beckner	Martha O'Hare	Ruth Ambroise
Ashlea Steiner	Debbie Hardman	Judith Lohmann	Mary Jean Zamora	Sara Jones
Ben Freedman	Edwarda Lombi	Julie Kreadle	Meredith Pegg	Seth Bernstein
Bonnie Rawlins	Elly Zanin	Kathleen Moore	Meric Tunca	Sindee Winkler
Bruce Harris	Eric Stern	Kay Stagra	Michelle Schecht-Smith	Stacey Lazos
Candace Doon	Erica Whitfield	Kim Cooper	Mike Feinstein	Steve Bonino
Cathy Burns	Evelyn Olivera-Silva	Kim Mazauskas	Mindy Haas	Steve Hortin
Chantal Gellermann	Flo Davis	Kim Sandmaier	Natalia Arenas	Sue Grammond
Cheryl Altman	Fran Hickman	Kimberly VanSant	Nicole James	Tarah Freyman
Chris Skerlec	Fred Barch	Lee Kolbert	Olivia Rogers	Tom Aguanno
Christine Koehn	Ginny Keller	Linda Ashkin	Pam Santucci	Val Santiago-Stanley
Christy Potter	Heidi Schwab	Linda Salzman	Patrice Schroeder	Yelena Gonzalez
Cindy Bartosek	Jackie Lambert	Liz Shapiro	Paula Triana	
Connie Siskowski	Jamie McCarthy	Lori Dornbusch	Perry Borman	

Discussion/Progress:

The meeting began at 8:30 a.m.

Paula T. Good morning and welcome everyone to the 4th **Wellness Promotion Task Force (WPTF)** meeting for the 2011-2012 school year. Thank you all for taking time out of your busy schedules to be here today.

Steve B. Good morning and thank you all for being here. There are over **100,400** students that currently qualify for **“Free or Reduced Meals”** in the District. We anticipate growth before the end of the school year by another 300-400 students. We at School Food Service (SFS) are happy to be able to provide this service to our students and families within this community.

Paula T. The 1st reading of the revised **Wellness Promotion Policy (WPP) (2.035)** was held on March 14, 2012 School Board meeting and it passed by consent. The 2nd reading/adoption will be held on **May 16, 2012**. Please come out and support us.

Thank you Bruce Harris - our Senior Counsel for your feedback, suggestions and countless hours of support on revising the **WPP (2.035)**.

Today, as I speak...The School District of Palm Beach County and the Health Care District of



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

Palm Beach County will renew their contract to continue to staff full-time registered nurses in public schools. Our Superintendent – Mr. Gent is at a signing ceremony that is taking place at Don Estridge High Tech Middle School in Boca Raton. The program has placed more than 200 full-time nurses in over 169 of our schools for the past 15 years.

The **WPP Annual Report** for **(FY 2011-2012)** ends on June 30, 2012. We are currently working on the 6th Edition of the **WPP Annual Report**. Be mindful of **Thursday July 19, 2012** for all materials that are due on that day. Some of you may have an extension due to third party information coming from vendors and contractors. Thanks in advance for all your contributions to the Annual Report - it will be presented to the School Board in November 2012.

We have a special guest today, Mr. Steve Hortin. Mr. Hortin is *USDA's Food and Nutrition Service Southeast Regional Deputy Director for the Special Nutrition Programs*. He is here to recognize the great things that our schools are doing. We have two schools that have won the **HealthierUS School Challenge (HUSSC) – Bronze Award**.

Steve H. Good morning, it is an honor to be here today to recognize The School District of Palm Beach County. We had a really nice assembly yesterday at Pine Jog Elementary where we learned about **The OrganWise Guys** – we had a video and some OrganWise Guys to entertain the children. They were asked what type of fruits and vegetables they like to eat, what type of exercise they like to do, what they like to eat at school and they did really well.

The children were really attentive and they knew all their information. They are really involved in their own health and wellness and know how to *Eat Smart and Play Hard*. In 2004, we started the **HUSSC** to recognize schools that go above the requirements of the **National School Lunch Program (NSLP)**. The First Lady, Michelle Obama started her **Let's Move!** Campaign in February 2010 and incorporated **HUSSC** as part of her campaign to eliminate childhood obesity within a generation. We currently spend \$150 billion a year fighting obesity related issues. It is a goal of the First Lady to take that money and put it where it is needed in our schools. There are currently 100,000 schools participating in **NSLP** and there are **32 million** students that eat lunch every day. Out of those 100,000 schools only 3,000 (**3%**) in the nation are qualified as **HealthierUS Schools**. Florida currently has **48 HealthierUS Schools** and most of them were qualified within the last year. It takes a team effort to win an award like this. I just want to thank a few people Mr. Bonino and Mrs. Triana – we appreciate your leadership. I would also like to recognize and say thanks to the School Board, Administration, and the PTA from both schools because this effort is voluntary and takes some additional work and time. I would like to thank the **WPTF** – this is very impressive. Paula sent us the website link for the **WPP Annual Report** and it is the best that we have ever seen in terms of incorporating wellness, how good the website looks, school gardens, and all the things that you have done in Palm Beach County to promote wellness. **Congratulations!**

I would like to thank the SFS staff led by Mrs. Lisa D'Uva at Pine Jog and Mrs. Judith Lohmann at S.D. Spady. These ladies work behind the scenes everyday to make sure that your children get healthy meals and get served with a smile. Congress passed the Healthy Hunger-Free Kids Act of 2010 last year. The Act includes changes to Nutrition Standards for the 32 million students that eat lunch every day. This is the first change we have had in 15 years and the good news for Palm Beach County is that the new meal pattern standards are aligned with the



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

requirements of the **HUSSC**. Students are already being served more fruits and vegetables, more whole grains, offered fat free or low fat milk, increased focus on reducing saturated fat, trans fat and sodium. I would like to present the plaques to the representatives from the schools – Principal, Mr. Barch (Pine Jog Elementary) and Principal, Mrs. Martha O’Hare (S.D. Spady Elementary). Thank you all very much and keep up the good work. We hope to be back again soon.

Fred B. This was a great honor for Pine Jog Elementary – we are the first LEED Gold Certified School in Florida and we have a responsibility to health and wellness. We are trying to establish routines and habits at a very early age that promote health and wellness. At Pine Jog we have the unique opportunity to 150 acres of natural pine woods. All the teamwork from teachers who get students out on trail walks, in addition to an outstanding PE Teacher and a phenomenal SFS Manager have made this award possible. We are honored and thank you very much for the award.

Martha O. S.D. Spady Elementary is a Montessori School and as such wellness and health and our Green School Initiative is part of our whole philosophy. This was a PTA and parent effort and as a group we got together and accomplished it. There were some changes with what was served in our cafeteria and it was a wonderful thing for the kids. I would like to recognize our PTA: Ms. Kim Cooper – *President*, Ms. Kim VanSant – *Vice President* and Ms. Robin deLisser – *Wellness Chair*. Ms. Robin deLisser spearheaded this initiative and offered activities after school involving movement for the kids. It has been a huge effort of everyone working together and we are proud. It is an honor to receive this award. I would like to recognize Mrs. Judy Lohmann, our SFS Manager who does a wonderful job. Thank you all.

Paula T. I am delighted to introduce Dr. Koehn who is the Vice President of Community Impact for United Way of Palm Beach County.

Christine K. Good morning, thank you Steve and Paula for the opportunity to speak about United Way of Palm Beach County. I want to recognize Dr. Seth Bernstein who is one of our Board Members. Many of you are volunteers and donors and I want to thank you for that. I am here to talk to you about what we are doing. Many of you know the statistics, people in our community are homeless, the unemployment rate is high, and people run out of money to buy food. More than one in four people are uninsured and cannot access healthcare. Many are disabled and it is challenging for them to receive services. These are real issues for people. The economic climate is devastating. People have to make tough choices on how to spend the limited dollars that they have. We are talking about our family members, friends, and neighbors. What does United Way do? United Way is a volunteer driven organization. We raise funds and rely on donors. We make sure that the funds go to non-profits that help people in need. Non-profits apply to us for money through a competitive application process. We received 134 applications. The requests were for more than 4 times the money available. Many of these decisions are made by volunteers. We had more than 40 volunteers reviewing the applications led by Dr. Bernstein. They spent thousands of hours over months making sure that they were recommending the best organizations. We made sure that the non-profits were qualified and that the programs were of quality in order to make a difference in the lives of the people they would serve. We funded 50 programs. We think that there are 3 essential elements to having a good



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

life – they are: education, income and health. We focus on these three aspects of life in terms of what we support at United Way. In regards to education, we need to make sure that kids have the literacy skills they need to graduate from high school and be successful adults. We focused on programs that served kids in middle and in high school which provides literacy support and transition to adulthood skills. The goal would be that after participating in these programs the kids will be reading on grade level and graduate on time. In terms of income, we want to make sure that folks can care for themselves by meeting their basic needs such as food and shelter. We want to help them become financially stable by going back to school or getting a job if they are unemployed. Essentially we are making sure that they are building assets, and becoming financially stable for the future. In the area of health, we realize that folks do not have access to healthcare. Medical debt can be devastating. We want people to be aware of what insurance benefits are available to them. They would then be able to access healthcare earlier in order to lead healthier lives. We funded a number of programs last year in a variety of areas and served 60,000 people through donor dollars to make a difference in the lives of others. **Dollar buy video was shown...**

\$0.87 of every dollar donated to United Way of Palm Beach County goes directly to programs. We try to understand where the issues are and where the opportunities are to make a difference. Our Community Care Fund allows you to support quality non-profits through our direction. If you consider contributing to United Way of Palm Beach County please give to the Community Care Fund. *That is how we live United!*

Seth B. I have been a volunteer with United Way of Palm Beach County for the last nine years. I have served on some sub-committees along with others in the room – Ms. Olivia Rogers and Mr. Randy Palo. It takes volunteers to make United Way of Palm Beach County what it is and to make funding decisions. We never have enough dollars. We had applications about two years ago for \$12.5 million of funding and we were only able to distribute about a quarter of that. We want to recognize many of our partners and the School District is one of the top ten Corporate Campaigns. We have one of the co-chairs here for the fund raising initiative at the District – Ms. Evelyn Olivera-Silva.

Evelyn Olivera-S. Good morning, I am one of three co-chairs for the United Way Campaign at the School District. Our website is <http://www.palmbeachschools.org/unitedway/Index.asp> This year, our district fell short of our goal. We have created an online pay system for convenience and many of our students receive assistance from United Way. Any one of us could be one of those families that need assistance. Our children are extremely passionate in helping others. Ms. Olivia Rogers has been helping us and if anyone has any suggestions on making our campaign better next year for the students, let us know. Dade County has a Student Campaign that makes them the number one in the nation. Please email me if you have ideas evelyn.oliverasilva@palmbeachschools.org

Patrice S. United Way of Palm Beach County was instrumental in spearheading 211. As a result, **211 Palm Beach County** has been instrumental in helping individuals to locate needed resources and assistance. We receive 400 phone calls a day. We are there for the people you serve. We want to thank United Way for the support.

Paula T. We have a wonderful guest from **Girls on the Run Palm Beach, Inc. (GOTR)** – Ms.



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

Lynn Martin, Program Director.

Lynn M. Good Morning, thank you for the opportunity to talk to you today. **GOTR** is a national organization developed in 1996 by Psychologist, Ms. Molly Baker. The program is based in North Carolina and has 190 councils serving over **108,000** girls. The mission of **GOTR** is to inspire girls to be joyful, healthy, and confident by using a fun curriculum. The objective of **GOTR** is to educate and empower girls to prevent at-risk behaviors in teenage years. The at-risk activities include substance abuse, eating disorders, sexual activity, sedentary lifestyle, depression, suicide attempts and confrontation with the juvenile justice system. **GOTR** has two programs available for ages **8-10 GOTR** and ages **11-14 Girls on Track (GOT)**. Both of these programs are running based mentoring programs. It culminates with girls participating in a **5K** run with a running buddy and a community service project. The program encompasses 24 lessons which are held over 12 weeks with 12 girls in each group. The girls meet twice a week for 1.5 hours. In the first month the girls learn about physical, emotional, and mental health. The second month they focus on peer interaction, bullying, internet safety, and girl/boy relationships. They learn that teenagers can have a positive impact on the community. **Girls on the Run Palm Beach, Inc.** wants to do research to see if at risk behaviors are changed as a result of the program. The **GOTR Palm Beach** program started in August 2011. There were 30 girls in four locations. In January 2012 there were 80 girls in 8 locations. The program is fee based. We secured funding that enabled us in January 2012 to offer 18 scholarships and we are coming together with Club 100 in North Palm Beach to provide 36 scholarships for August 2012. Our vision is to see **GOTR** based at schools with scholarships for 50% of the participants. If girls receive Free and Reduced Price Meal Programs they would qualify for **GOTR**. We want to expand the program to Belle Glade and Pahokee. We are using zip codes where there is a likelihood of poor childhood outcomes to guide us on where we need to provide the program. This weekend we had a **Rugged Runner Challenge** at Dreher Park. We had over 500 participants and we were able to raise some money for our programs. **GOTR** has **7,000,000** clicks annually on the internet, over **173** websites, **6,000** supporters on social media sites. We have **3,700** locations and over **33,000** volunteers which are mostly women ages 25-49. *Thank you very much!*

Paula T. **GOTR** and **GOT** is doing great things in the nation and we look forward to the collaboration here in Palm Beach County.

I would like to introduce Ms. Mindy Haas, Health and Wellness Chair for our PTA/PTSA.

Mindy H. Thank you for the honor to come out and speak this morning. Palm Beach County Council is the gateway to the state PTA for the local members. We have about 60 schools that are PTA's. Palm Beach County Council provides resources to the local units coming from the state and national PTA. One of our main goals is to promote health and wellness for all the children in Palm Beach County and to address obesity issues. We work with Safe Schools on cyber bullying and bullying. Our new mission this year is to address mental health issues with children. We have had partnerships this year with McDonalds, East Coast Self Defense, Busy Body Gyms, and the School District which was an integral part of the activities promoted. As a council we also partner directly with our PTAs. Congratulations to S.D. Spady Elementary and Pine Jog Elementary for a wonderful job. Ms. Robin deLisser has been an integral part of the



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

council and she has helped us start our own “Wellness Committee” with Health and Wellness Programs. In 2010 we hosted a **5K** run at FAU, we also had a **Health and Wellness Day** with Whole Foods and last year we hosted a **Family Fun Day** at Park Vista Community High. As a result of these events, we were able to have **18** PTA grants. The grants totaled more than **\$6,000** and more than **12,500** students benefited. We have a diverse group of programs within our community such as Hydroponic Outdoor Gardens, Shape-Up Programs, HOP Sports training systems, Memorial Butterfly Garden, Kids Safe Family event, Heart and Health Wellness Program, and Draco Preserve. This year we promoted our **2012 Families for Fitness and Fun** held at Eagles Landing Middle School on **Sunday, March 11, 2012**. Our sponsors were PTA, Wellness Promotion Task Force, SFS, Busy Body Gyms, McDonalds, and East Coast School of Self Defense. The event was tremendous with diverse businesses, children and families participating together. It was a healthy day with healthy eating – we had fruits and water donated from SFS and McDonalds brought apple samples. Mr. Eric Stern played a huge part in making sure the physical activities were successful. Mr. Lorenzo Hampton from the Miami Dolphins was there with the kids promoting, talking, and having a fantastic time.

Busy Body Gyms held a Zumba class on **April 1st**, and we made over **\$340**.

Please feel free to contact me at mindyhaaspta@comcast.net if you have any questions.

Eric S. Mindy, the message that you are sending cannot be measured. The results will be seen in years to come. Keep on going, you have our support and we are behind you. *Thanks again for all your efforts!*

Paula T. Next we have Mrs. Cindy Bartosek, former Director of Nutrition Services for the WIC Program of the Palm Beach County Health Department. She is currently working as a consultant on *Reconnecting Children to Nature*.

Cindy B. Good morning, I have been fortunate to spend the last year and a half of my time working on my two passions - child health and the healing properties of nature. I would like to give you a brief overview on a project that we are working on implementing in Palm Beach County. We were one of forty-one areas around the country invited to participate in the **National Environmental Education Foundation (NEEF) Children and Nature Initiative**.

This is not a new concept. Going for a walk in the woods does not come to our minds when we think about health and being physically active. The **Children and Nature Initiative** is bringing together some non-traditional partners such as the **National Audubon Society, US Fish and Wildlife Service, USDA Forest Service and National Park Service**. The initiative looks at how we can use the incredible wealth of natural resources to have healthier kids. Our goal is to connect kids with nature for the health benefits. Our primary goal for this phase of the project is to work with pediatricians and family practice physicians to help them understand the broad spectrum of benefits of exposure to green space or time in nature. We will provide resources for families, information, and referrals. Statistics show that we are raising a generation of indoor children. The average child spends **90%** of time indoors. Young kids and teens spend **7.5 hrs** looking at screens – tv, computers, phones, and iPads leading to **10-14** hours of sleep deficit each week. **9%** of US kids are **Vitamin D** deficient due to our use of sunscreen and spending time indoors. There are a growing number of children diagnosed with **ADD** and **ADHD** which impairs socialization and their ability to function in school. Research shows that exposure to



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

nature has a positive effect on mood, reducing feelings of anger, anxiety and aggression for both adults and children. Kids are healthier, happier, and smarter when they have nature as part of their lives. Our goal is to connect kids with nature and to have them better prepared for school, more curious, have more active imaginations, and less likely to be near-sighted. They will less likely to be overweight, have better motor skills, and have stronger immune systems. Our goal is to get physicians to prescribe **Time in Nature** and to promote that **one hour of physical activity**. We are using a prescription from the **American Academy of Pediatrics**.

- **5** - Eat at least 5 fruits and vegetables every day
- **2** - Limit screen time (example, TV, video games, computer) to 2 hours or less per day
- **1** - Get 1 hour or more of physical activity every day
- **0** - Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead

Studies show that when a physician recommends physical activity and time in nature parents follow through. We are working with a number of county parks. We are tracking the nature prescriptions and each park has come up with a log when kids come for a visit. The child gets an incentive from the park once the card is filled – *not food*. We have funding to get binoculars, field guides, bird houses to help promote – **“Time in Nature”**. I would like to end with a quote:

“Time in nature is not leisure time; it’s an essential investment in our children’s health.” – Richard Louv, Author of *Last Child in the Woods*

Paula T. Thank you to all the presenters today. The great thing about our *Wellness Promotion Task Force* is that we collaborate and network with each other to make our community healthier.

Other School/Departments Based Activities - Updates:

Paula T. Dr. Janis Andrews is our new Chief Academic Officer and we are delighted to be working with her. We want to thank Ms. Judy Klinek for her continued support to our *Wellness Promotion Task Force* – she will be retiring in October 2012.

I spoke to Dr. Andrews about periodically meeting with us and to continue supporting our district’s wellness momentum and platform.

On behalf of Division of Curriculum we have Mr. Eric Stern.

Eric S. *Division of Curriculum* – Thank you Paula, Dr. Andrews is on the School Board Agenda tonight for final approval, good luck to Dr. Andrews.

The two bills that were discussed last time - Senate Bill 1644 and House Bill 4057 which proposed to eliminate middle school physical education requirements in Florida never made it into session and was not voted on. We will continue to have the same requirements. If it was not for the support of PTA, parents, and students from around the state it would have not been possible. Thanks again for the support -- our parents and students are the two most powerful groups. We have received over **\$25,000** this year for participating in **Fuel Up To Play 60** grants. **L.C. Swain Middle** received the grant a few weeks ago and **Washington Elementary** - received an award as a touchdown winner school (**the only school in Palm Beach County**). We can recognize them on May 10, 2012 *Wellness Promotion Task Force* meeting. Schools are taking initiatives and stepping up and writing mini-grants. Ms. Amie Schneider has been on-board since January 2012 and is doing a great job. We are up to standards with all grant requirements. We are heading in the right direction by making an impact in **36** elementary



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

schools this school year and **72** schools next year. Our second **PEP** grant will allow us to have another person on-board within two weeks – Ms. Kirsten Voitus from Manatee Elementary. We will prepare her over the summer and give her a full load of schools for the next school year. We are the only school district in the State of Florida to win the **PEP** award of over \$2 million dollars and we are very proud.

Ms. Jane Panse from H.L. Watkins Middle did not win the National Physical Education Teacher of the Year award. However, she won Florida and the Southern Region and was one of four candidates for National recognition. Jane is a 30 year veteran who dedicates her life to physical education for the kids at H.L. Watkins Middle. We are so proud of her. ***Congratulations Jane!***
Race to the Top – we are still working with the Department of Education and Dade County to develop end of course exams for PE K-8 and in three years it will be rolled out. Governor Rick Scott released a challenge to PE Teachers in Florida. The top 2 elementary, middle, and high school teachers will be awarded a **\$2,500** cash prize.

Ms. Stacey Lazos from **HealthTeacher** is doing an amazing job by preparing schools prior to FCAT by doing yoga and wellness presentations.

Ms. Erica Whitfield will give you an update on the *Healthy Kids, Healthy Communities* (HKHC) grant.

Erica W. *Healthy Kids, Healthy Communities* – We are in the process of implementing two joint use agreements at **Lake Worth Middle** and **Berkshire Elementary**. This is an important time for the HKHC grant because these two sites have the possibility to be the first places in Palm Beach County that would be open to the public on the weekends. These would be additional parks for the area since those areas do not have parks around them. We are working really hard to accomplish this and it is important for this grant. We are almost ready to go to the School Board and we would love the support for the schools to become public joint use sites.

We are also working on a **Nature Ground Initiative** at Bryant Park in Lake Worth. This initiative involves *native plants, creating a habitat, and nature trails* to encourage children to go to the playground and stay longer.

The first **Fitness Zone** in Palm Beach County is in the process of being permitted in Lake Worth and should go into effect in the next month or two. It involves outdoor fitness equipment and we are in partnership with the Palm Beach County Health Department, Trust for Public Land, and Community Redevelopment Agency (CRA).

We have **14** gardens that have been planted at school sites and off campus sites and **5** more gardens will be planted by the Fall. So far we will have **19** out of the **26** that we plan on accomplishing. If anyone wants to support us or visit our gardens please let me know.

Thank you for the support!

Eric S. Erica has a challenging task with the **Joint Use Agreements**. As a result, she is being recognized at the **Robert Wood Johnson Foundation (RWJF)** grantee meeting at the end of May. Erica will be speaking about the work she has been doing on pursuing the joint use agreement. It is revolutionizing and we are one of the only sites out of 41 tackling this challenge. Erica is being honored for the hard work that she is doing. *Thank you team!*

Debbie N. *Exceptional Student Education (ESE)* - We completed a 6 week pedometer challenge with our ESE Department. We also participated as a large group for the **2012 Palm Beach**



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

Walk Now for Autism Speaks held on March 4, 2012 although it was a rainy day.

Linda S. *Student Intervention Services* - We provide the services for students who are homeless, in foster care and who have issues with alcohol, tobacco and other drugs. In our foster care program we are providing services to **640** students which is about **71%** of the youth in Palm Beach County who are in foster care. These students are likely to be retained within their grade and score low on standardized tests. We collaborate with many agencies providing services. There are about ~ **1,200** homeless students. This year we have had great publicity as a result there has been an outpouring of support and donations. We need your help in identifying students living in hotels, motel, cars, and on the street etc...as a result of difficult economic times. We know that we are not accessing the youth in the western communities. So, if you work in these areas please contact HEART at the following link:

<http://www.palmbeachschools.org/sis/documents/HeartContactsList.pdf>

We provide the **Online Florida Statewide Tobacco Prevention Course for Educators**. We have too many youth that start tobacco at an early age which increases their health risk and the risk of addiction. We know that tobacco companies spend way more than we can in marketing their products, however; we work to educate the students in school by working with our teachers here and across the state. This is our 5th year providing this course for the District and 3rd year for it being statewide. We have over **800** educators who are registered for the course statewide this year. Last year we had **900** and we expect the numbers to be the same for this year. The teachers take the course online and are required to teach 6 lessons to their students. As a result of the course **5,000** students have been educated this year so far and last year we reached **20,000** students. The course is very detailed – there are 14 chapters and quizzes with assignments and material to teach the class.

Character Education has taken on a new look and a new title called: ***Ethics in Action Your Character Counts!*** As a result we have designed a new logo which is a Compass. This year for the first time we are hosting the **8th Annual Ethics In Action Your Character Counts! Award Celebration**. This is an opportunity for high school youth to talk about and look at problems that relate to ethics. On April 28th the competition will be held at Forest Hill Community High and there will be 20 teams competing. The two winning teams will compete at the end of year ***Ethics in Action Your Character Counts!*** which will be held on May 1st at the Duncan Theatre at Palm Beach State College at 3:00 p.m. - 4:00 p.m. At 5:00 p.m. We will showcase of Culinary Services from Santaluces Community High School. Then from 6:00 p.m. - 8:00 p.m. there will be a **Character Award Ceremony** for **45** elementary, middle, and high school students. We invite all of you to attend.

Project Smart which is our underage drinking prevention program has ended. The program has left its mark both within the four schools that it was housed and with a total of 12 different contest posters that were painted on school buses. We have collaborated with The Palm Beach County Sheriff's Office and various agencies to continue the poster contest year after year. We have impacted approximately 70,000 families by spreading the anti-alcohol message.

FACE IT continues to be active, so far we have enrolled 400 families and over 260 have already graduated this year. District leaders are presently looking for funding for **FACE IT** to continue for next school year. It is a prevention and early intervention program for youth who are



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

experimenting and/or using alcohol, tobacco, and other drugs. **FACE IT** proves that parent involvement is important. For the nine years the program has been around we have had **100%** parent involvement and the recidivism rate for repeat offenders is at **4%**. Parents make a huge difference. *Thank you all for your time.*

Seth B. The **FACE IT** program can use community support to ensure that the School Board does continue this program. It is a low cost, high impact with extremely good results. It would be a shame if the funding went away. The School Health Advisory Council (**SHAC**) will be submitting a letter of support for the program.

Cathy B. Ms. Linda Salzman was the creator of the **FACE IT** program and this program is praised nationwide. We are appreciative of the agreement with the Health Care District of Palm Beach County to provide nurses in every school. We are the only district in Florida that has a nurse in every school. The Palm Beach County Health Department also provides nursing support in four of our schools and a school-based nursing clinic called **RAMS** at Palm Beach Lakes Community High. This site functions as a clinic with a *nurse practitioner, a social worker, and a medical assistant*. They provide services to students who would not normally have access to a family provider. We have students with complicated medical conditions and they need nursing support in order to attend school. We also contract with two other agencies **Maxim Healthcare** and **All Metro Health Care**, they provide nurses so that students can come to school and participate. They also provide support on field trips and during summer school as well. This year over **80%** of kids returned to class due to these school nurses being on school campus. The first week in May is **Nurse Appreciation Week**.

Kim M. *Safe Schools* – Our department is divided into three realms: *academic, behavior, and climate*. My work primarily is in the area of climate and behavior. *Safe Schools* will be working closely with wellness initiatives to promote positive inter-personal relationships with students and staff. How can we help adults when things are not going well? We provide awareness, remediation and education to promote positive relationships. I have reached out to many of you for help and I thank you all. We have worked closely with 211 Palm Beach/Treasure Coast – Ms. Patrice Schroeder and we now know that every school has an **anonymous hotline**.

We are working closely with Mrs. Kim Sandmaier and EAP in terms of providing adults with assistance. Use **please** and **thank you** when speaking to your family, colleagues, students, and everyone you come in contact with. Please be aware of your institutionalized power and how you use it. *Thank you!*

Kathleen M. *Afterschool Programming* - We developed a survey for our **96** afterschools to complete. It was designed to measure how health, wellness, physical activity, and nutrition are currently being implemented. We will develop a training program over the summer for our Afterschool Directors, Assistants, and Activity Leaders to address the outcome of the survey results.

Liz S. *Choice and Career Options* - In March 2012 we had the lottery for our **Choice School** applicants. There were over **18,000** applications and only **10,000** seats. We try every year to plan more programs at the schools so that there will be more choices for our students.

Dr. Benavente is working on industry certifications for his medical academy students this



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

morning. The students have to take the test before the end of the year and it is very important because it affects the school grade.

Kim S. *Employee Wellness* - Our Wellness Rewards Program is creating awareness among the employees and we are seeing positive trends in our healthcare data. Now employees, spouses, and domestic partners need to complete the health assessment and the biometric screening by August 1, 2012 to continue receiving a premium discount in 2013.

We hosted to Health Kiosk kick-off events. It is currently located at South Olive Elementary and at Central Transportation. It is an opportunity for employees to check their weight and blood pressure. The aggregate data shows trends of employees being overweight and having high blood pressure.

We are piloting two programs for the Transportation Department: the first is at South Transportation with **University of Florida Expanded Food and Nutrition Education Program (EFNEP)**. It teaches food preparation, healthy eating and is an 8 week program.

Ms. Donna Winter and I are piloting a **“Lose and Win”** weight loss challenge with Central Transportation vs. East Transportation. We did some biometric checks, a cooking demonstration, and a heart health presentation. Every week we will be teaching healthy lifestyle initiatives. If the pilots are successful we will expand to other locations next school year. Coming soon, we will have a **Bilingual Health Education Knowledge Center** which is an internet kiosk with health and wellness information from UnitedHealthcare at three locations and information will be available in English and Spanish.

Wellness Champions are doing an amazing job. They are doing programs that include stress management, physical activity, and blood pressure awareness. We recently asked any chef, cook or healthy eater to submit a recipe so that we could produce an **Employee Wellness Cookbook** and we got **30 recipes** and student art work from **Elbridge Gale Elementary**. We will publish the books and use it as a fundraiser or an incentive for our **Wellness Champions**.

The Tobacco Free Environment Policy (7.19) will go to the School Board on April 18th and if approved it will be effective in **July 2012**. We have been creating sample materials for the schools to communicate to the parents like public service announcements, banners, and building signs.

We continue to work with EAP along with Union leaders regarding workplace stress. EAP has been conducting focus groups around the District to determine causes of organizational stress. There are six schools that will be applying for the **Alliance for a Healthier Generation – Bronze Level Recognition**. The winners will be announced in the Fall 2012.

Chris S. *Environmental & Conservation Services* – Mrs. Kim Sandmaier did a wonderful job with the **Tobacco Free Environment Policy (7.19)**. Kim put a big group together to get that policy in place. We are aiming at indoor air quality in schools by changing occupant habits.

Please view our video... <https://vodcast.palmbeachschools.org/player/HU30Z> The video is about our **Asthma Friendly Program**. **Two-thirds** of our schools or **122** are **Asthma Friendly Certified**. Our aim is to get the middle schools done over the next few years. The test consists of checks for proper temperature, humidity control, and mold causing problems while eliminating hazardous chemicals. We have had problems in classrooms with clutter, heat lamps, hot plates, and candles on thermostats. We are trying to teach and inform occupants in the



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

buildings by this video.

Natalia A. *Public Affairs* - We would like to extend our support for any programs, activities. We are always willing to spread the word to the community and students. Please subscribe to our District News so that you can be aware and what is going on and be fully informed. I would like to invite you to a **Day of Awareness Against Texting and Driving** at FAU's brand new stadium in Boca Raton on April 28, 2012. It is a partnership between Spanish River Community High and other community members. It is a big event and we hope to have **30,000** attendees.

A student, **John Hayes** from Lake Worth Community High was selected as **Florida Ambassador for Kids Speak Up – Epilepsy Foundation**. It is a national program and John and a group of others are getting together to petition congressional leaders for aid and better access to care, improved public education and more research toward finding a cure for epilepsy.

Jamie Mc. *School Food Service* – We are actively reviewing the recent **USDA Nutrition Standards** final ruling. We attended a state training to get more details on the regulations and clarification regarding the language. On the nutrition components when it comes to offering whole grain, fresh fruit and vegetable, low-fat and fat-free dairy products we are already in compliance. A majority of our changes are going to occur at the administrative level and we will train our SFS Managers before the beginning of the 2012-2013 school year. We will be proactive in evaluating the nutritional integrity of school meals and the competitive foods offered.

Heidi S. *School Food Service* – In August 2012 we launched the **High School Cafeteria Pilot Program at Atlantic Community High School**. It has changed the way students perceive and receive school meals. The program implementation has been successful and there has been an obvious increase in both breakfast and lunch participation at Atlantic Community High School. Teachers have noticed a difference in the students both at lunch and in the classroom. This program will be extended to **John F. Kennedy Middle**. The principal, Mr. Corey Brooks is enthusiastic and supportive of this initiative. We are in the design phase of the program and in June construction will begin once school closes. A *Grand Opening* will take place in August 2013.

Paula T. Our last Task Force meeting will be on **May 10, 2012 at 3:30p.m.** We want more administrators, teachers, parents, students and more people to be a part of our Task Force meetings...that is why this meeting will be held in the afternoon to facilitate a larger attendance.

We have the following announcements:

- Publix 2012 Easter Food for Sharing Drive – ends on Saturday, April 7th
- SleepOut...*Working Together to End Homelessness* – Friday, April 20th at the Meyer Amphitheatre, West Palm Beach
- Positive Pocket's - "*Blast-Out Bullying Breakfast Buffet*" - Sunday, April 29th
- National Melanoma Awareness Day – on May 5th at Palm Beach Public and May 7th – Melanoma Monday

Please support today's Blood Drive to achieve our **150** pint goal.

Thank you Mr. Hortin for attending the assembly at Pine Jog Elementary yesterday – the students had a wonderful time and for coming today.

Eric S. Ms. Denise Griffio started a **Curriculum Cruisers Walk Club** for anyone in the District – if



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

April 4, 2012

you would like to join please see Denise in C-225 and join our crusade to track our steps every day. **Steve B.** Thank you to the presenters and to all of you for your time. Please complete the survey - it is very important to us. **Meeting adjourned at 11:30 a.m.**

Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ Day of Awareness Against Texting and Driving – April 28, 2012 ❖ Nurse Appreciation Week – 1st week in May ❖ Ethics in Action Your Character Counts - End of Year Celebration – May 1, 2012 ❖ Melanoma Monday – May 7, 2012 ❖ Florida Healthy School District Assessment Tool due June 1, 2012 (planning a small meeting) ❖ WPP Annual Report – FY 2011 – 2012...materials due July 19, 2012 ❖ MS Cafeteria Pilot Program – Grand Opening JFK Middle – August 2012 	<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 – tentative October 2012 ❖ 4th Annual Learn Green Conference and EXPO – October 19, 2012 ❖ WPP Annual Report – FY 2011- 2012 – School Board presentation tentative November 2012

Assignments:

Person Assigned	Details	Date Due
Paula Triana/Steve Bonino	Present to School Board Members the Wellness Promotion Policy (2.035) – 2 nd reading.	May 16, 2012
Wellness Promotion Task Force Members	Complete the Florida Healthy School District Award application. (Scheduling small discussion meeting group in May 2012)	Before June 1, 2012

FY 2011-2012 Upcoming WPP Meetings:

Date	Time/Location	Topics To Be Discussed
Thursday, May 10, 2012	May 10, 2012 meeting time will vary as follows: 3:30 p.m.- 6:00 p.m. (3:30 p.m. – 4:00 p.m. a 30 Minute Networking and Task Force meeting promptly begins at 4:00 p.m. - 6:00 p.m.)	<ul style="list-style-type: none"> • Bullying support...Positive Pockets • Services Supporting Students “Mental Health” • Safe Schools: Relationship Building • Road Warriors Corp • Richard David Kann Melanoma Foundation • Tobacco Free Environment Policy (7.19) • McDonald’s Health Progress... • L.C. Swain and Washington Elementary to be recognized • Health Fair success • Promoting the BLOOD DRIVE

Change in Current Policy, Procedure and/or Situation:

The revised Wellness Promotion Policy (2.035) – 2nd reading is scheduled for May 16, 2012.

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.