



The School District of Palm Beach County

Wellness Promotion Policy (2.035)

Meeting Notes

Date:

May 10, 2012

Topic:

Wellness Promotion Task Force – 5th 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:

Alexa Lee	David Samore	Heather Prince	Laura Zerbo	Ramiro Melendez
Alma Horne	Deanna Alexander	Heidi Schwab	Linda Ashkin	Rebecca Zerbo
Amy Crease	Debbie Neeson	Jamie McCarthy	Linda Nadeau	Rick Lewis
Andrea Knibbs	Debra Boutet	Janet Skelnar	Lisa Richman	Ricky Montez
Ann Skakandy	Denise Griffo	Janis Andrews	Mark Murray	Ricky Wade
Anne Kist	Diana Smith	Jeff Silverman	Mary Jean Zamora	Robert Canane
Brandon Mercado	Donald Cavanaugh	Judith Klinek	Matthew Maley	Robyn Lomrantz
Brenda Jiampetti	Donna Winter	Julia Kadel	Meric Tunca	Ruth Ann Cox
Brian Thomas	Ellen Smith	Karen Brill	Michael Owens	Sandra Jinks
Bruce Harris	Elly Zanin	Karen Rose	Michelle Schecht-Smith	Sharon Patelsky
Candace Doon	Eric Stern	Kay Stagra	Milton McDonald	Stephanie Wagner
Cathy Burns	Erica Whitfield	Keith Oswald	Mindy Haas	Steve Bonino
Cheryl Altman	Evelyn Olivera-Silva	Kim Mazauskas	Natalia Arenas	Steve Nye
Christy Potter	Everett Black	Kim Sandmaier	Nicole James	Tom Aguanno
Cindy Robinson	Faye Ingram	Kirstin Voitus	Nina Dimke	Ulrike Vernachio
Clarinda Shabazz	Felisa Miles	Kristy Verzaal	Patrice Schroeder	Valeria Ogletree
Cynthia Clayton	Fran Hickman	Laura Dilisio-Hagan	Paula Triana	

Discussion/Progress:

The meeting began at 4:00 p.m.

Steve B. Good afternoon and welcome everyone to the 5th and last *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. I also want to take this opportunity to thank the team and my Co-chair in this wellness journey...Paula. Her attention to detail and dedication to these efforts has allowed us to lead this Task Force successfully for the past six years.

Paula T. Thank you Steve...I also want to thank you for your unconditional support, commitment and leadership with this district responsibility...you are an amazing partner and a joy to work with on this efforts.

Throughout this school year we have received wonderful support from our district leadership; even through the many changes faced – many made great efforts to attend the Task Force meetings regularly. This evening we would like to thank and also invite our new Chief Academic Officer – Dr. Janis Andrews to give the opening remarks.

Janis A. It is amazing that you have the commitment of the membership. The sustainability of this *Wellness Promotion Task Force* is remarkable and many should emulate. It is great to work



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together with the community and I appreciate all of you.

In addition, The School District of Palm Beach County has been chosen as a finalist for the 2012 Broad Prize for Urban Education. This is a whole district and community award and we should be very proud of the nomination.

Paula T. Thank you Dr. Andrews. Also – tonight, we are privilege to have our former Chief Academic Officer – Ms. Judy Klinek. We want to take an opportunity to thank her for all her unconditional support through the inception of the *Wellness Promotion Policy* and the *Wellness Promotion Task Force*...she has been truly committed in supporting the whole child. Judy – as you transition to your new leadership responsibilities and then future retirement...we just want to say - thank you, we love you, and we wish you the best...as you would say – *keep pressing on!*

Judy K. To all the wonderful people thank you so much! It has been great being involved with this group and yes...*keep pressing on.*

Paula T. Thank you all for being here today and thanks for your support. From our last *Wellness Promotion Task Force* meeting on April 4, 2012 here are the results from SurveyMonkey - [Survey Summary WPTF 4-4-12.pdf](#) Your input to these short surveys are important to us because it provides us your feedback, evaluation and assessment of the *Wellness Promotion Policy* and the *Wellness Promotion Task Force*. It informs us on whether these Task Force meetings are worthwhile of your time and if you are satisfied and/or dissatisfied with the efforts. We do acknowledge everyone's input and the entire year's survey feedback and information will be compiled and added to the *2011-2012 Wellness Promotion Policy Annual Report*.

We are excited to announce that the District has won the Sunshine State School Public Relations Association (**SUNSPRA**) 2012 Sunshine Medallion Award for two years in a row for the entry of the District's - 5th edition of the *Wellness Promotion Policy Annual Report* (2010-2011). This is a wonderful accomplishment for The School District of Palm Beach County and our community. The **SUNSPRA** Award is given from the Florida Association of School Administrators who acknowledges how school districts are performing in different categories. One category being "Wellness". Last school year, we received 1st place for the *Wellness Promotion Policy Annual Report* (2009-2010) in this category, and this school year we submitted the *Wellness Promotion Policy Annual Report* (2010-2011) and we received 1st place again. Mr. Steve Bonino will be traveling to Tampa, Florida on June 13th to accept this award on behalf of the District and our community. Thank you all for your contributions and efforts to these two Annual Reports.

The revised *Wellness Promotion Policy* (2.035) had its 1st reading on March 14th School Board meeting and it passed on consent. The 2nd reading/adoption is scheduled for Wednesday, May 16, 2012. Please come out and join us to support this important effort on May 16th.

The *Wellness Promotion Policy (WPP) Annual Report* is a big elephant to put together...it takes a lot of time, organization, effort, dedication, and commitment. We are currently working on the 6th Edition of the *WPP Annual Report*. Be mindful that all materials are due on **Thursday July 19, 2012** for this project to continue.

We are currently completing the *Florida Healthy School District Self-Assessment Tool* provided



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by the Florida Coordinated School Health Partnership and Florida Action for Healthy Kids on behalf of The School District of Palm Beach County. In 2009-2011 we received a “Silver District Achievement Level” ~ *Florida Healthy School District Award*. The application is due on Friday, June 1, 2012 to the State for the 2011-2013 District Achievement Level.

Please join me in welcoming Ms. Rebecca Zerbo who is a 7th grader at Eagles Landing Middle School. She is the CEO and Founder that established Positive Pocket, LLC. in an effort to not only stand up to bullying but to help others improve their self-esteem and self worth!

Through her Positive Pocket cards, website and now her bracelet pens, Rebecca has been making a positive impact in schools, with kids and adults locally and in several states. A member of the Young Entrepreneur Academy (YEA), sponsored by the Boca Raton Chamber of Commerce and FAU, Rebecca was recently awarded Office Depot Foundation Young Female Entrepreneur and this past week, won the YEA Saunders Scholars Bright Ideas Competition in Rochester, NY, competing against 22 other regional YEA winners across the country, earning a \$30,000 scholarship and trip to Washington, D.C. to attend the United States Chambers Small Business Summit on May 21st.

Please help me welcome...this wonderful young lady...Ms. Rebecca Zerbo's. Here to present [**Positive Pocket...Presentations\Positive Pockets\Positive Pocket - Rebecca Zerbo 5-10-2012.pdf**](#)

Rebecca Z. Good afternoon, I am Rebecca Zerbo the CEO and Founder of Positive Pocket, LLC.. Let me tell you about bullying. A bully is someone who is habitually cruel to others. Anyone can be a bully - a girl, boy, teacher, parent, and siblings. Bullying is a repeated act that happens over and over again. It can take place in different forms:

- **Physical bullying** is hitting, kicking, punching, scratching, spitting or any other form of physical attack.
- **Verbal bullying** is name-calling, insulting people with mean, hurtful words over and over again. It is the most common form of bullying.
- **Cyber bullying** is any type of bullying that is carried out by electronics such as *text messages, picture/video clips, phone calls, emails, chat-rooms, instant messaging, social media.*

Last year, in 6th grade I was bullied by an 8th grader. The girl took my belongings, tossed them around and made fun of me and told me not to tell. The rest of my day at school I did the following: *tried to hold back the tears, cried in the bathroom, failed a math test, felt uncomfortable seeing the girl who bullied me, didn't talk to most of my friends, just wanted to go home.* I felt sad, embarrassed, angry, upset, alone, and anxious. Having been trained by **KidSafe Foundation** – I knew that the most important thing was to tell someone in my circle of safe adults. I told my mom when she picked me up. What I learned from **KidSafe** helped. The bullying stopped by I did not feel better. I had to find the strength and self-confidence within me. That is when I created my first **Positive Pocket**. I sat on the computer, put some positive phrases and pictures on a small piece of paper and put it in my back pocket to bring to school to help me get through. I carried it with me wherever I went. Without anyone seeing me, I could pull it out, read it and hopefully feel better. While in math, my teacher saw it fall to the floor. She came over to ask what I was holding and out came the words **“It's my Positive**



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Pocket...she looked, smiled and quietly walked away. I read it to myself all day. It worked! When my mom picked me up I told her that I had a great day. Everyone can use a **Positive Pocket** – *you matter and you make a difference*. Keeping good thoughts in your pocket wherever you go -- please visit www.positivepocket.org and get your **Positive Pocket** today. Thank you.

Paula T. Isn't she an amazing young lady...thank you dear Rebecca.

We have a little change in our Agenda schedule with our presenters. The crisis of our children's health and our own health is important to us and we all need to partner together to support our community and find solutions for better health promotion. At this time, I would like to introduce Mr. Ricky Wade and Ms. Andrea Knibbs from McDonald's a gracious collaborator and partner to the District with the *Kids Read, Run & Recycle Marathon Mile* and many other events. Here to present **McDonald's: Listening, Changing...Presentations\McDonald's - Ricky Wade\McDonald's - WPTF 5-10-2012.pdf**

Ricky W. Before I get started on my presentation...I want to commend Rebecca on her presentation and give her my business card because I want to support her efforts.

McDonald's is committed to Wellness and it is important for us to share this. We have had open doors for the past 3 years where we invite anyone to go to our kitchens to see what is taking place. There are many myths about our eggs – we use real eggs, we have fresh vegetables in our stores, 100% juices, and 100% beef. We want to make nutrition a long-term commitment. Our tray liners give the nutritional so that there is no misconception and we have nutritional pamphlets that we give out. We sell more chicken products than we sell burgers today. We changed our happy meal structure – it consists of *a fruit, low fat milk, and smaller portions of fries*. We need to do a better job of sharing with our consumers exactly how healthy our foods are. We are aligned with the 2010 USDA Dietary Guidelines and our president is committed to a healthy lifestyle specifically for kids. We have and serve *healthy* parfaits, snack wraps, multi-grain products, oatmeal with real blueberries and our salads consist of 16 premium lettuce. I do want to convince you of the commitment to healthy lifestyles. We have sponsored the Ronald McDonald House Charities – *Kids Read, Run & Recycle Marathon Mile* from the inception.

Eric S. Just a comment – we know that kids go to McDonald's and we cannot prevent parents from taking kids to McDonald's. You try your best to educate kids to make a healthy choice instead of fries, soft drinks to choose apples, water or juice. I applaud you for making the effort to give kids a healthy option.

Paula T. Thank you Ricky and Andrea for your presentation this afternoon. And now...we are going to show a short powerful presentation message from Dr. Seth Bernstein who could not be here today – but he is here with us in spirit!

PowerPoint was shown... <http://www.raisingmallsouls.com/animalschool/animalschool.swf>

Mental health is of great concern and bullying is happening in our schools. Thank you Rebecca for making a difference in The School District of Palm Beach County.

We are honored to have Mr. Keith Oswald – Assistant Superintendent of Curriculum and Learning Support and Mr. Jeff Silverman – Director of Exceptional Student Education. Here to present - **Social Emotional Learning (SEL) Connecting with School District Initiatives Presentations\Mental Health - Keith Oswald\Oswald-Silverman - WPTF 5-10-2012.pdf**



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Keith O. Thank you, that video is a great reminder for us at the District of the work that we have to do to ensure that all of our students are safe. I would like to thank the *Wellness Promotion Task Force* for asking us to speak today about social – emotional learning. I want to frame the presentation today around some of the initiatives that we do as a District. The multi-tier system of support is a way we organize academics and behaviors. When it comes to **Social-Emotional Learning (SEL)** we know that it has a direct impact on academic outcomes. The most compelling findings come from a 2008 Meta-analysis (study of studies) conducted by CASEL and Loyola University. This review was the largest, most scientifically rigorous review of research ever done on interventions that promote the social and emotional development of students between the ages of 5 and 18. The results from the school-based study are based on 207 studies of programs involving 288,000 students from rural, suburban, and urban areas. Again - we see that there is improvement in outcomes related to student attitudes, behaviors, and performance, as well as improvement in skills and emotional distress.

- **23%** improvement in social and emotional skills, e.g., self-awareness, self-management
- **10%** decrease in emotional distress, such as anxiety and depression

It is important to note that while **SEL** programs take time out of the school day, they do not detract from student academic performance. As these findings show, as academics were improving, so were feelings about self, others and school, classroom behavior, and emotional problems.

- **Tier 1** looks at what is the District doing to make sure that the foundation is there for all of our students. One of our greatest initiatives is around **School-wide Positive Behavior Support**. Trained staff will be present in all schools by the 2012-2013 school year. It is a way for administrators and teachers to look at what is going on in our schools – discipline data in particular. Is there an issue with students having trouble in the cafeteria or in the hallway?
 - Research supports **School-wide Positive Behavior**. Our middle and afterschool programs are the top in the country. We provide training to all afterschool programs whether school-based or community-based. We have school counselors in all of our schools who are available to all students experiencing difficulty. We have a number of **Bully Prevention** programs that are available to all schools. Safe Schools ambassadors have been growing the program promotes techniques for students to use when bullying is happening. Bullying occurs when adults are usually not around and if we train bystanders to intervene this is a good thing. **CHAMPS** is a behavior management program to ensure that classrooms have procedures and routines in place.
 - We provide our school with Norming Procedures at the beginning of the school year to set expectations.
- **Tier 2** level teachers, guidance counselors, psychologists, administrators meet to decide on the intervention plans in place. Our **FACE IT** program is for students who need help with alcohol or chemical dependency. Our **Restorative Approach** program started this year by Mr. Rick Lewis in our high schools and we are looking to expand that in the future. Restorative justice looks at when students harm one another. We bring students



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that have issues together and give them a voice talk about it instead of going straight to consequences and discipline.

- **Tier 3** is for students who need stronger interventions. We have partnered with various agencies in the community to provide intense support. We provide support for homeless families and we have case managers who work with the families to ensure that the students stay in school and have the resources needed.

Now - Jeff will discuss what happens when the resources are not enough for the students.

Jeff S. My role is to assist students beyond the **Tier 3** intervention. What happens when we have kids with emotional-social needs who despite our best programs still need more help? This is when we look at **Exceptional Student Education (ESE)**. We have many students with mental health diagnosis and we are able to maintain them without giving Special Education services. We do further evaluation involving a School Psychologist with a range of testing including social-emotional assessments, social histories, and try to find out what is going on with the student. If they qualify for a program for **Emotional Behavior Disorder (EBD)** the services are provided. When a student becomes eligible...how do we help them with their needs? The model in the District is a **Self-Contained Model**. In elementary and middle school the students are in one classroom with their teacher for the day and built into that class is the social-emotional piece. We offer group and individual counseling. We have family therapists and or one-on-one counseling. The staff consists of teachers, paraprofessionals and most programs have a behavior intervention associate or a crisis intervention teacher. We are proud of **Indian Ridge School** it is a school for students with severe emotional issues. There are about **100** students who receive therapy infused throughout the day and is a model for what the program should look like. We have **80** School Psychologists. The Multicultural Department has **12** School Psychologists that speak Creole, Spanish, and other languages. They assist us with identifying students and evaluating what interventions the student needs. They leave the counseling up to the family therapist and the guidance counselors. We have a **Child Find Unit** for Pre-K students with behavior problems at that young age.

Keith O. We also have the **Safe and Drug-Free Schools (SDFS) Advisory Council** which assess proposals and reviews drug or violence prevention activities in schools. When it comes to social-emotional learning we know it is well worth it and we have more work to do.

Paula T. Today's Agenda perfectly combine students and Administrators that are dealing with mental/behavioral issues that are affecting emotionally individuals' daily performances. Just like an outcome on a test can be affected by a comment from one student to another and Rebecca addressed that. It is something that we need to be concerned. Again...bad treatment/bullying is not something that only happens from student to student but adults also bully adults and we need to recognize that "Positive Relationship Building" is the KEY. We hope that with Dr. Andrew's support and the support of the School Board that as we train school administrators in the future - "Positive Relationship Building" be infuse through Marzano and the evaluation process for school staff. I know that education is the primary focus but we also need to look at the whole child and the treatment we give to each other...being kind is important in relationship building. It builds that school, that community and we know that we have fabulous schools but there are certain issues that do happen in schools that need to be addressed.



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I am very excited to have the Department of Safe Schools – Ms. Kim Mazauskas and Mr. Rick Lewis who do so much for the District...here to present - **A Promising Trend: Encouraging Positive Relationships in the District** [Presentations\A Promising Trend - Encouraging Positive Behaviors.pdf](#)

Rick L. It is so exciting to see so many people in this room focused on Wellness. On June 11 – 12, 2012 the theme for the **Principal Summer Workshop** will focus on Positive Relationships. In the last few years, have you noticed that there is a difference in the way how kids and adults relate. People rely on their positional power in order to maintain control. **Positional Power** is about control of rewards and punishments. People get respect based on who they were based on their position. Times have changed, in the past a Substitute Teacher was viewed as a person worthy of being followed nowadays that has changed. **Positional Power** is changing, there is another power developed through conscious effort called **Relational Authority**. The relationship that we have with people become important vs. the position they hold over us. In the beginning, people tend to fall back on **Positional Power** due to stress but as time goes by as we work on developing connections with our students we will have longer term success with them because we will have more value to them and they will see us as people in their corners.

Kim M. Is there anyone who has not heard of **Marzano Teacher Evaluations**? **Marzano** has 9 questions that teachers are evaluated on. Rick and I were asked to design question 8. It is about establishing and maintaining relationships with our students, understanding youth and teen culture, and making personal connections during transitions in good times and while in conflict. **Marzano** puts emphasis on relationship building.

Rick L. The **School-wide Positive Behavior Support** is a way of engaging students in conversation not just about the rules of school but how we are going to be together. We know that the ratio of interactions between students and teachers is important. In **CHAMPS** we talk about a **3:1** ratio but we believe that educators do more than that. Thankfully we have our *Wellness Promotion Policy* (2.035) all contributing to the flow of energy into the area of developing relationships. We believe that there are a few principals. The process is important as the product. People that make mistakes in our system need help not just punishment. People of all ages are worthy of respect and considerate treatment.

Kim M. What is this going to look like and how are we going to do this? Please refer to the PowerPoint for indicators. Kids are key observers of how we as adults interact with each other. The indicators show when relationships are working well or when they are not working well. All of our work is about norming our campus climate expectations. We want to promote positive interactions between students as well.

Rick L. We need to talk about positive behavior from the first day of school. In developing this positive climate we need to address how we greet people at the beginning of the day. By using community builders we will learn about each other not just the subject. Do emotional check-ins **“How are you doing today?”** It does not take long and it says that we have a value for the whole person so that we can help people who are not doing well that day. We know that any human work is always more complex than any other field. We hope that this presentation encourages you to know that there are people like you that value relationships and want to see things developed that will enhance that part of our life together. Kim and I love ideas and



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successful stories. Please reach to us and we will be glad to work with you in any way we can to enhance your school climate. Thank you for the time.

Paula T. Our next presenter is Mr. Brian Thomas a veteran teacher and Dwyer Award Recipient with 10 years experience. Using his passion of running Brian has been able to inspire students to work toward and achieve goals. **The Road Warriors Corp** is a reincarnation of The Run for Cerebral Palsy: Breaking Point, a charity run from Michigan to Florida, Brian did it when he finished college in 2002. The Road Warriors Corp's main function is to raise money and awareness for those living with and surviving colon cancer. Brian is dedicated to mentoring - **Brandon Mercado** and **Ramiro Melendez** toward running from Florida to Michigan in support of Colon Cancer Research.

As Ms. Julie Green – Okeehelée Middle – Media Specialist, Cancer Survivor, and Inspiration for this cause will say -- *“When you get cancer you are given the gift of seeing the things that really matter in life. Moments matter, laughter and happiness matter, memories matter, and people matter. **The Road Warriors** get it too! They know how important it is to help others and make a difference!”*

Please help me welcome these wonderful heroes this afternoon - Mr. Brian Thomas and his phenomenal team. They will talk to us about their **incredible journey** thus far and the **adventure** that they will be embarking on **Saturday, June 9th** from Okeehelée Middle School...*welcome!*

I would also like to take this opportunity to recognize Mr. Mattie Maley, Mr. Ricky Montez, and Dr. David Samore – who is the Principal of Okeehelée Middle School.

Brian T. Thank you for having us here today. I am here today as an advocate for the CEO and Co-founders of **The Road Warriors Corp** [Presentations/Road Warriors Corp/RWC - WPTF 5-10-2012.pdf](#) -- Brandon Mercado and Ramiro Melendez have gone on a four year journey - the time it takes to train for the Olympics. As their middle school track coach they wanted to do the same thing that I did in 2002. We are talking about perseverance and leadership and I am here to advocate for them and their cause. They have gone through massive transformations both Brandon and Ramiro are ESE students. Ramiro was an orphan who was adopted. They maintained the 2.0 GPA while training for track and cross country. Mattie, Ricky and Stephanie came onboard because they were inspired by the distance and reason why Brandon and Ramiro were running from Florida to Michigan. It is great to have Mattie and Ricky who are inspiring kids at the middle school level. We all have dreams and people do not realize how hard it is to make those dreams come through. We have had to discuss short-term and long-term goals, personal responsibility, and fortitude, how to lead, and how to maintain confidence. It was great today that we spoke about bullying and I want to thank Rebecca for her inspiring message. Brandon was able to help a friend who was suicidal by encouraging him to run. We have Road Warrior bands that were made by a 14 year old to raise funds for the cause. We all want to see heroes in our community and Brandon and Ramiro have come such a long way from where they were as 14 year olds to these awesome leaders going on a journey. We want the community to be a part of this outstanding adventure. I would like to end with a quote from the *Wellness Promotion Policy Annual Report (2010-2011)*.

“It is not only what we do that we are held responsible, but also what we do not do, for which



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we are accountable.” - Moliere

Brandon M. I am 18 years old, currently attending Spanish River Community High School and will be graduating on May 17, 2012. It has been a long journey and we have worked really hard for this. During my 8th grade year I was a diamond in the ruff. Brian Thomas saw something in me that most people would not see. He took the initiative to offer me the opportunity to come out for track. I had some anger issues at the time and track kept me going. I started to like running and Brian trained me for the mile. I heard that Brian ran across the country in 2002 and that inspired me. I looked up to Brian and I wanted to do the same. I had to set short-term, long-term goals, maintain my GPA while running track and cross country. I gained mental fortitude throughout running and now I connect running to everything in my life. Running has saved my life. I was on a dark road and if it was not for Brian Thomas I would have never found running. I just want to thank him for everything he has ever done. It has been four years and the dream is right in front of us. On June 9th, we will be leaving Okechee Middle School and Dr. Samore is the same Principal that I had when I went there. I hope you all like the story.

Brian T. Thank you all for your time and **The Road Warriors** will be launching off on **Saturday, June 9, 2012** to support and research colon cancer. Please join us at our kick-off party at Okechee Middle School. We will have a DJ and some food and you can make donations and find out more about us.

Check out our website - <http://www.roadwarriorscorp.org>

Janis A. Brian is an awesome science teacher. He connects with so many kids every single day and as former West Area Superintendent I had the privilege to go into his classroom. He has another side to him as well during the day. Brian videotapes his science experiments and ties it back to FCAT testing.

Paula T. Thank you Brian...we are here to support you and your team on your efforts. *Marvelous story of perseverance.* We have great mentors in the District touching lives every day.

We are very pleased to have our next presenter Ms. Lisa Richman, Executive Director of the Richard David Kann Melanoma Foundation.

Lisa R. It never ceases to amaze me how fabulous everyone here is, it is very humbling. Running from Florida to Michigan is just incredible.

My presentation is a video and I just want to review some facts:

- One person dies from Melanoma every 50 minutes
- Florida is the state with the second highest incidence of melanoma
- Melanoma is the only cancer that is increasing and not decreasing in incidence
- Melanoma is now being found in children as young as 8 years old
- Children are most sensitive to UV rays within the first 18 years of life
- Data shows that it is important to target children at a young age to change behavior

I just want to thank everyone for their support. Please reach out to me if you would like a presentation and please visit our website: www.melanomafoundation.com

Our Sun Smart America Curriculum is FCAT approved. It is online and free to all. If anyone would like to become a sponsor for a **SAM Club (Students Against Melanoma)** I would recommend it. William T. Dwyer High School is our biggest member. Our foundation is



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moving to the Palm Beach Post and we will have a 150 seat theater. It would be an opportunity to bring all the **SAM Clubs** together as they work within their schools and community. When we show this video in the middle and high school the silence is deafening.

[Video was shown...Dear 16 year old me](#)

Paula T. Thank you Lisa.

Other School/Departments Based Activities - Updates:

Eric S. *Healthy Kids, Healthy Communities* - We have the *Healthy Kids, Healthy Communities* grant and one of the goals is to create joint-use agreements. We are in our final stages before we go to the School Board with the agreements. We are waiting for some data to open up the east side of Berkshire Elementary play area on weekends and holidays.

FAU is applying for an **Open Spaces Sacred Places** grant. It is a national organization and they want to design a greenway in Lake Worth off of 5th Avenue South. We are helping to design the greenway through our grant funds.

This year we can sponsor 5 people from each school for the **4th Annual Learn Green Conference and EXPO** on October 19, 2012. So within the community of Greenacres, Palm Springs, and Lake Worth we can sponsor teachers, facility managers, principals, staff, and afterschool directors.

Lake Worth Middle School is the last garden that we created and the official grand opening is tomorrow Friday, May 11, 2012. We have a beautiful orchard garden sponsored by Whole Foods, *please join us!*

Debbie N. *Exceptional Student Education (ESE)* – We have been focused on helping schools and helping students get through FCAT. We will be surveying our staff for interest in the 10 hour days as we move into summer. We are also trying to enhance and make the *Wellness Promotion Policy Annual Report* more personable.

Cathy B. *Student Intervention Services* – This week is **National Nurse Week**, and yesterday was **School Nurse Day**. At the **School Health Advisory Council (SHAC)** meeting today we heard from four wonderful school nurses who talked about the lives they touch on a daily basis and the services that they provide. It was very impressive and maybe one day we can invite the nurses to talk at one of these meetings. They are on the frontlines keeping kids with chronic illnesses in a state of wellness so that they can stay in school and enjoy the activities like other kids. In addition to all the services that are provided by our nurses we do training with our school staff. They collaborate with us and deserve recognition for the services they provide for our students. This year we trained over **350** school staff on CPR, AED defibrillators, and first aid. These staff members are out in schools protecting children and respond to cardiac emergencies. In addition, we have trained over **150** administrative staff to check immunization records at the school. They protect our children and guarantee that the students coming into schools are immunized. They interface on a daily basis with parents and doctor's offices to make sure that the kids are protected.

Amy C. I would just like to take a moment to mention the **National Campaign to Prevent Teen Pregnancy**. Our District is in the 3rd year of supporting the national campaign. We have banner on the District's website. It has been very successful this year. We have had **2,000** students participate online and take the quiz. The Education Network is running a PSA done by



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a teen mother in Palm Beach County. It talks about the stress of having a child and being in school. We encourage schools to let their students know about the campaign and the access through the District's website. We are appreciative of the support. We want to see our young people be successful, graduate from high school, and achieve their dreams.

Kim M. *Safe Schools* – We are working hard to support the *Wellness Promotion Policy Annual Report* and making sure that the language in the Annual Report reflects our work.

Janis A. *Chief Academic Office* - Our focus is on the whole child and wellness is the key to that. We have heard such great stories tonight. Thank you.

Stephanie W. *Afterschool Programming - SPARK* is doing an afterschool training for our afterschool directors, department staff, and other afterschool support staff. We are extremely excited and hope to get this implemented as soon as possible.

Kim S. *Employee Wellness* - I want to thank the Wellness Champions. This year we had over **245** program activities, Wellness Champions please stand and be recognized for your dedication. These are truly dedicated individuals who make the wellness programs successful. Thank you for being here and thank you for your hard work.

The **Tobacco Free Environment Policy (7.19)** was adopted by the School Board on April 18th and as of **July 1, 2012** we will be 100% tobacco free.

Thank you all for the support this year we have accomplished a lot. Have a great summer.

Paula T. *Environmental & Conservation Services* – There will be a **4th Annual Learn Green Conference and EXPO** to be held at Alexander W. Dreyfoos School of the Arts on October 19, 2012. Please refer to flyer attached to Agenda packet.

Natalia A. *Public Affairs* – We want to show our support to **The Road Warriors** and **National Campaign for Teen Pregnancy**. We have talked about the teen pregnancy issue on a radio show that we do each week in order to create awareness.

We had the texting and driving concert and it was a great sold-out event at FAU stadium. Palm Beach Central High School is having an AT & T Simulator next week for texting and driving. We want to extend our support to all. Please enroll in districtnews@palmbeachschool.org to get updates on what is happening within the District.

Jamie M. *School Food Service* - One of the most important aspects of our department is to do product evaluations. We start with administrative reviews and examine the nutritional profile of items by looking at how it contributes to our program. We discuss the various preparation methods and analyze cost and appearance of the products. One of the most important aspects is school-based testing. We do it through our School Food Service Managers serving products on the line or we have focus groups with students. One of our goals is to make sure that products that go out are kid approved.

Eric S. *Division of Curriculum* – Tonight has been one of the most moving *Wellness Promotion Task Force* meetings and thanks for all your stories.

Part of the **Physical Education Program (PEP)** grant that we received was to work with the District's *Wellness Promotion Policy*. It was seamless for us because we are integrated with the policy. This is year one and we have the grant through September 30, 2014. There is federal funding for year two. The goal is to work with **109** public elementary schools in Palm Beach County to change the physical education curriculum. This year we worked with **36** elementary



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schools and we had over 9 trainings per area. We received over **\$2.1** million dollars for over three years for PE programs. It took four years to get this grant. It is centered on **Sports Play and Active Recreation for Kids (SPARK)**. It is the only research based elementary school curriculum in the country. We are seeing a seamless transition in our district in our schools and aftercare programs as well. Even the local community partnerships **YMCA** have dedicated and trained their staff members with the **SPARK** curriculum as well. All **36** schools receive **\$9,000** of developmentally appropriate PE equipment. The days of taking turns are over. We have had 6 Professional Development trainings so far this year. On June 11, 12, 13 by popular demand we are having more trainings for our teachers on the **SPARK** curriculum and we will have nutrition education through physical education as well.

We have two resource teachers – Ms. Kirsten Voitius from Manatee Elementary is now working with us and I do have the greatest team. We have an external evaluator for data collection and the cost is **\$29,500**. We have spent **\$334,000** on PE equipment, **\$90,000** on evaluation equipment, and **\$45,000** on conferences for our staff members. We are evaluating 5th grade students about 100 per school as they wear pedometers for 5 week. We encourage them to wear it at home and the whole day is recorded. The goal is to get **10,000** steps per day. According to federal requirements we have to take height and weight and **Progressive Aerobic Cardiovascular Endurance Run (PACER)** and teach kids to run 50 feet. The federal government mandates that you take a nutritional survey. Our teachers are enjoying Professional Development. If you have any questions on this please feel free to contact us. Our resource teachers have been teaching all 36 schools and videotaping the lessons for future reference. Our Physical Education Pre-School Training will be on August 16, 2012 at John I. Leonard High School. We have tremendous support from our community partners because we cannot do it by ourselves.

Jamie M. Eric is there a list of the 36 schools receiving the PEP grant?

Eric S. Yes, we have a list and I will forward it to Paula. There are 36 schools in year one and 36 in year two and 37 in year three. For sustainability we will have 12 teachers become trainers over the 4 year period.

Kathleen M. Will the training library be available to non-PE teachers?

Eric S. We are hoping to have it available for all people so that everyone can benefit from it.

Paula T. Thank you all...on behalf of Steve Bonino and myself it is an honor and very humble homework to be the Chair and Co-chair of the *Wellness Promotion Task Force* for The School District of Palm Beach County. Thank you for the support from our students, district leaders, administrators, and teachers that came out today. Our community has come a long way and we are working well together...*but we are still scratching the surface – so we must keep pressing on!*

Please complete the MonkeySurvey – your feedback is very important to us.

Here are a few announcements:

- Breaking the Silence – “A Call to Action to Address Mental Health in Palm Beach County” – Friday, May 18, 2012 at 8:30 a.m. – 12:30 p.m. at Safe Schools Institute – Boca Raton, Florida
- 4th Annual Learn Green: A Green Conference and EXPO in Palm Beach County on



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October 19, 2012 at Alexander W. Dreyfoos School of the Arts

- The Florida Department of Children and Families' ACCESS Florida Program encourages all benefit recipients to set up an online "My ACCESS Account" for assistance please call Ruth at (561) 837-5660

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

~ John F. Kennedy ~

Meeting adjourned at 6:00 p.m.

Goals:

Short Term	Long Term
<ul style="list-style-type: none"> ❖ Florida Healthy School District Assessment Tool due June 1, 2012 ❖ Road Warriors Kick-off Party – Saturday, June 9, 2012 at Okeehetee Middle School ❖ 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
Wellness Promotion Task Force Members	Complete the Florida Healthy School District Award application. (Scheduling small discussion meeting group in May 2012)	June 1, 2012

FY 2012-2013 Upcoming WPP Meetings:

Date	Time/Location	Topics To Be Discussed
Wednesday, October 17, 2012 Wednesday, December 5, 2012 Wednesday, February 6, 2013 Wednesday, April 3, 2013 Wednesday, May 15, 2013	8:30 – 10:30 a.m. District Office – Main Board Room (10:30 a.m. – 11:00 a.m. with 30 Minutes Networking) December 5, 2012 vary as follows: 3:00 p.m. – 6:00 p.m. May 15, 2013 meeting time will vary as follows: 3:00 p.m. – 5:30 p.m. (3:00 p.m. – 3:30 p.m.) with 30 Minutes Networking	<ul style="list-style-type: none"> ▪ YMCA ▪ The Healthcare District of Palm Beach County – School Nurses ▪ Nutrition Standards ▪ PEP ▪ <i>and many more topics to come...</i>

Change in Current Policy, Procedure and/or Situation:

The Wellness Promotion Policy (2.035) was revised and adopted 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, wellness, and safety for all school children and staff, parents, and the community.