

Wellness

PROMOTION TASK FORCE

The School District of Palm Beach County, Florida

*Whole School, Whole Community,
Whole Child Culture...*

**A Symphony of Services
Improving Learning and Health**



Join us at our
2nd Task Force meeting
of the school year on...

Thursday,
February 27, 2020
8:00 a.m. – 11:00 a.m.

Resource EXPO
Two Sessions
8:00 a.m. – 8:25 a.m. &
10:35 a.m. – 11:00 a.m.

Location:
Fulton-Holland Educational
Services Center (FHESC)
Board Room
3300 Forest Hill Blvd.
West Palm Beach, Florida
33406

For more information:
(561) 383-2026

Wellness@palmbeachschools.org



Share Successes
Promote Initiatives
Advocate for Change
Connect with Community Partners




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KeystoWellness 

Wellness Promotion Task Force

February 27, 2020

MORE OF
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Welcome

Allison Monbleau

School Food Service Director



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Pledge of Allegiance

Cassidy Earles

4th Graders at Crystal Lakes Elementary
2028 Graduate of the SDPBC

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Welcoming Ritual

Calling Meeting to Order 😊



Don't Give Up On Me

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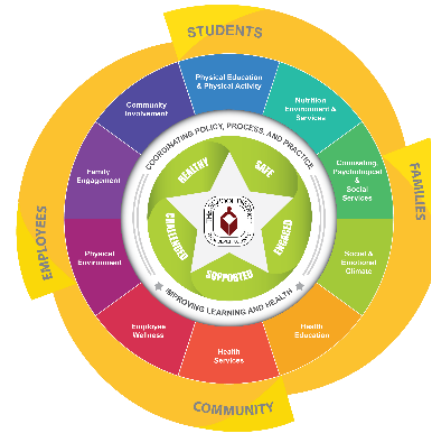
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Special Guest...
Chuck Shaw
School Board Vice Chair – District 2



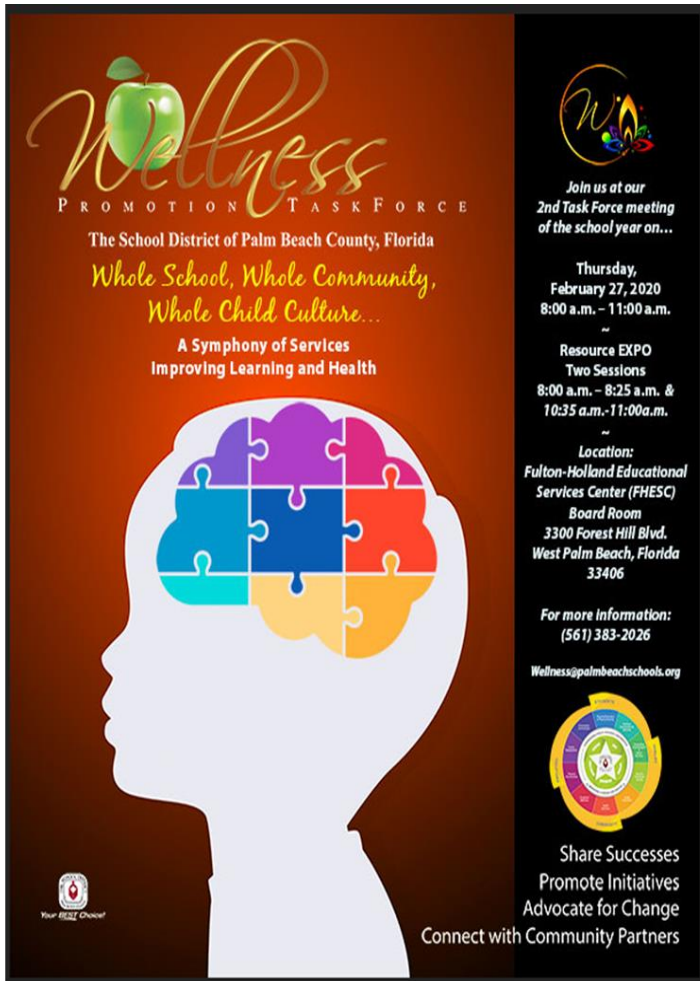
Dr. Seth B. Bernstein, WPTF Community Chair

Purpose: To create an educational forum that allows students, staff, parents, community partners, and members of the public to successfully collaborate in the promotion of 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 of all school children and staff.



Dr. Seth B. Bernstein
WPTF Community Chair





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Wellness Promotion Updates...



Paula Triana

Wellness Promotion Manager

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Wellness Promotion Policy – All School Assessment: *Whole School, Whole Community, Whole Child (WSCC) Model*



THE SCHOOL DISTRICT OF
PALM BEACH COUNTY, FL

SCHOOL FOOD SERVICE
3661 INTERSTATE PARK ROAD NORTH, SUITE 100
RIVIERA BEACH, FL 33404

PHONE: 561-383-2000 / FAX: 561-383-2043
WWW.PALMBEACHSCHOOLS.ORG

ALLISON MONBLEAU
DIRECTOR

WANDA F. PAUL, M.ED., MBA
CHIEF OPERATING OFFICER

February 26, 2020
Bulletin #P 20-215 COO

Action By:
March 31, 2020

Contact:

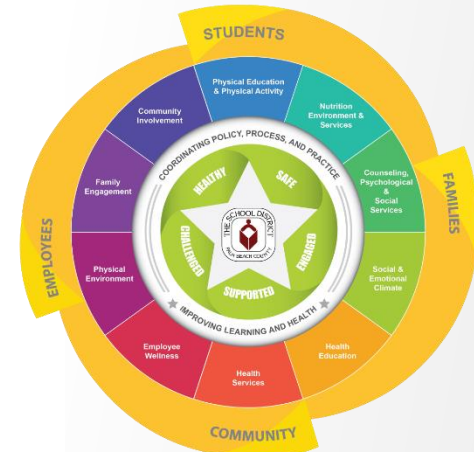
Paula Triana, 561-383-2026
wellness@palmbeachschools.org

TO: Principals

FROM: Wanda F. Paul, M.Ed., MBA, Chief Operating Officer

SUBJECT: WELLNESS PROMOTION POLICY 2.035 – REQUIRED FY20 SCHOOL ASSESSMENT

The District's *Wellness Promotion Policy 2.035* was revised and adopted by the School Board on March 27, 2019. This Policy is intended to fulfill the requirements under [Public Law 111-296](#) (42 U. S.C. § 1758b) and [Florida Statutes Section 1003.453](#), that school districts have a local school wellness policy. The District is committed to providing a school environment that enhances learning and development of lifelong wellness practices and promotes and protects the overall well-being of all students and staff. Each school is required to complete a comprehensive *Wellness Promotion Policy 2.035 – School Assessment*, to provide the District with information and progress related to wellness.

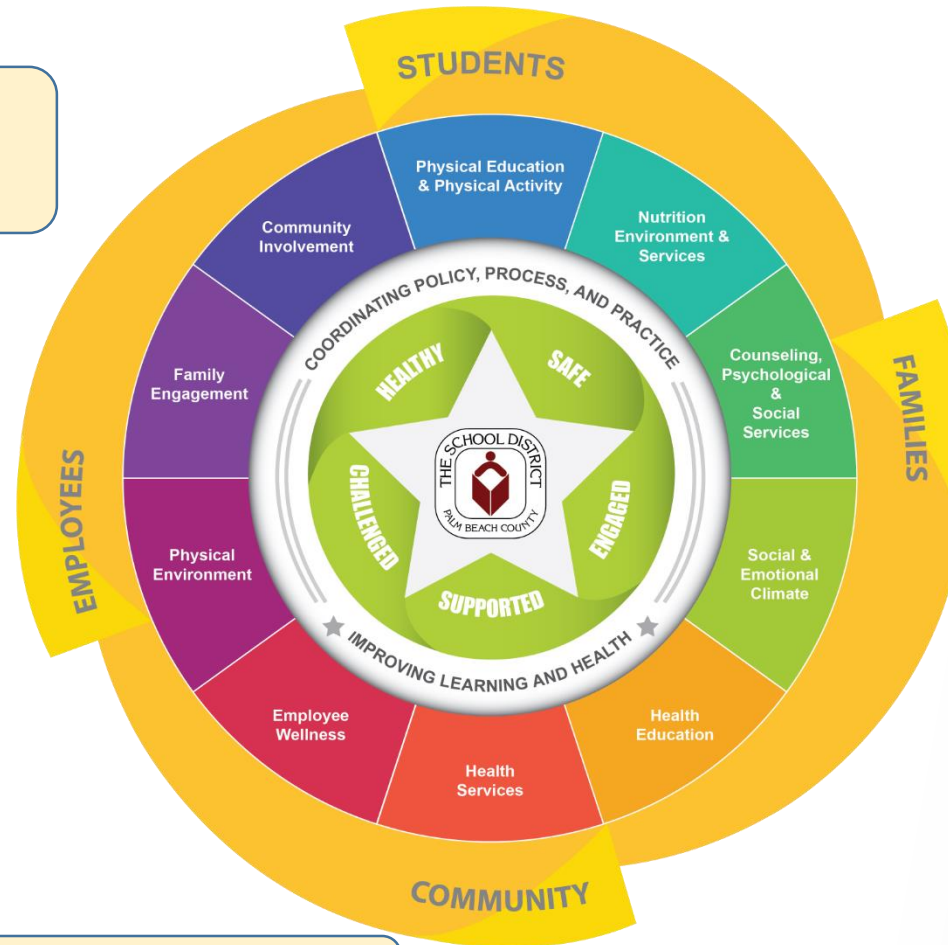


District's WSCC IMAGE:

Whole School, Whole Community, Whole Child (WSCC) Model

A Collaborative Approach to Learning and Wellness/Health...

2020 Census



One Giving Campaign



Birth to 22 United for Brighter Futures



MORE OF EVERYTHING YOU WANT FOR YOUR CHILD



The District's **Wellness Promotion Policy** (2.035) includes the **10** components of the CDC's WSCC Model.

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Presentations...

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Birth to 22...

Lisa Williams-Taylor, Ph.D.

Chief Executive Officer

Children's Services Council Palm Beach County

Tammy K. Fields

Director

Palm Beach County Youth Services Department





Wellness Promotion Task Force

February 27, 2020

Birth to 22: Mission

To support the healthy growth, development and education of children and youth prenatal through young adulthood so that they graduate from high school and succeed in life.



Birth to 22: The Backstory

The Youth Symposium

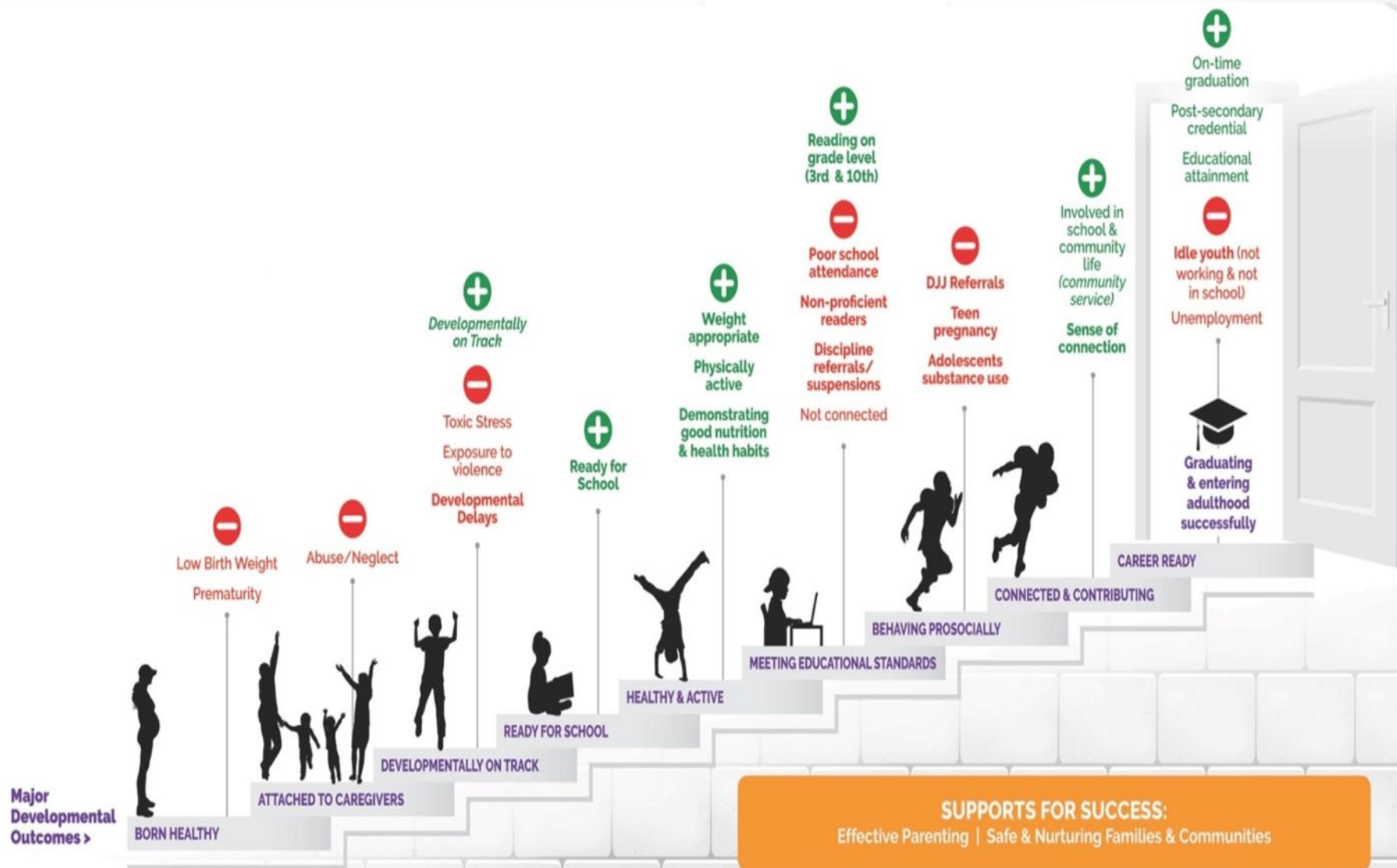
- Convened in 2013 by the BCC
- Birth to 22: United for Brighter Futures

Why a Youth Master Plan?

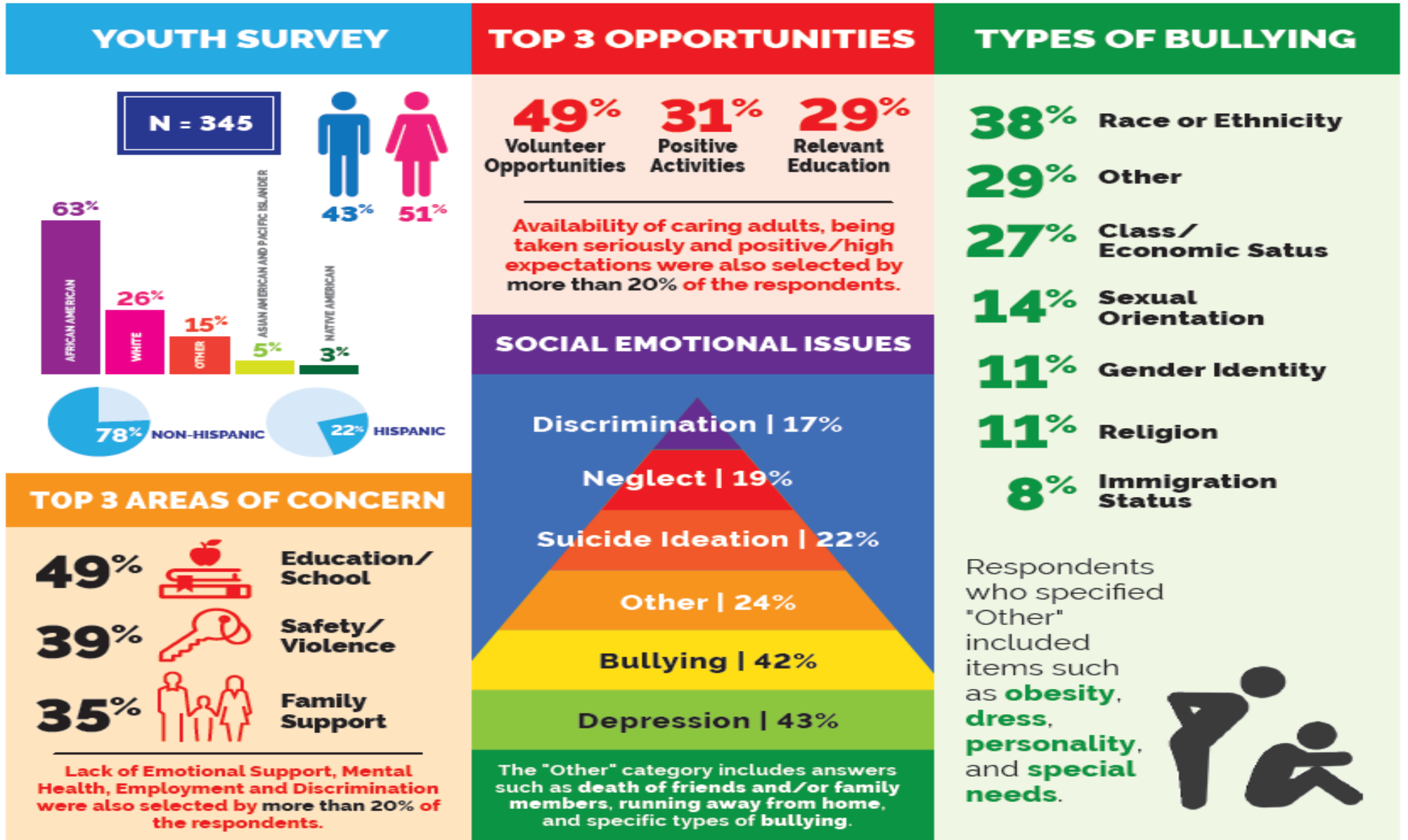
- Blueprint for setting priorities and taking action
- Address existing opportunity gaps
- Align multiple ongoing efforts
- Strengthen key supports



Birth to 22: Steps to Success



Birth to 22: Youth Survey



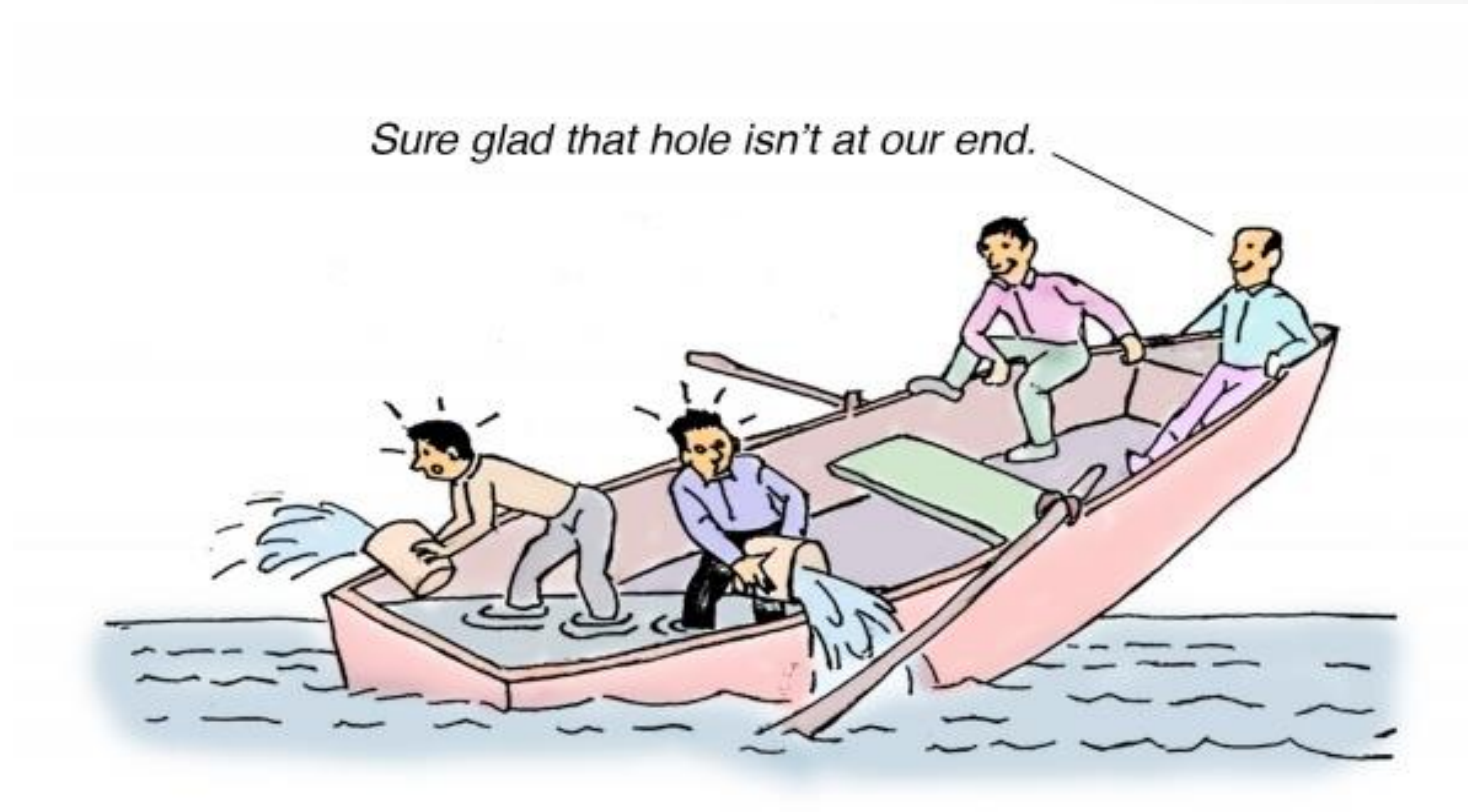
Birth to 22: Findings



6 Emerging Themes

- Economics
- Social/Emotional Challenges & Supports
- Health & Wellness
- Parenting, Home, Environment, Mentors & Role Models
- Educational Supports
- Community Stressors, System Barriers & Media

Keeping Equity at the Core



If you ignore the plight of the most vulnerable, you do it at the risk of the nation.



Birth to 22:

Accomplishments

- Over 11 million dollars
- Visitation Center
- Youth Summits
- Race to Equity Summit
- Ready by 21 Conference
- Alignment of collective impact initiatives
 - Hunger Relief Plan, Special Needs (SNAC), Achieve PBC, BeWell PBC, Economic Mobility
- National recognition
 - National Association of Counties (NACo) - 2018 Achievement Award
 - US Health and Human Services - Office of Adolescent Health

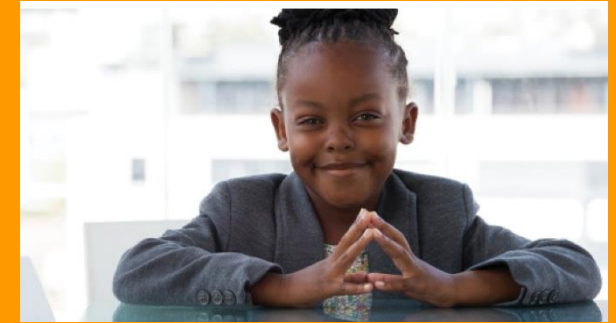
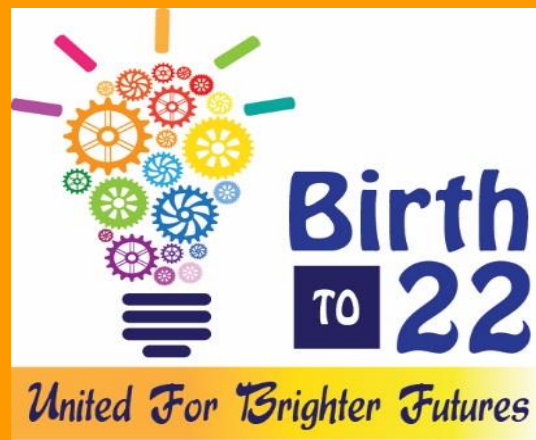


Birth to 22:

Examples of Emerging/Ongoing Issues

- Mental/Behavioral Health Supports
- Health care access
- Job training and internship opportunities
- Child Welfare
- Homeless Youth
- Emergency funds for higher education students
- Mentoring

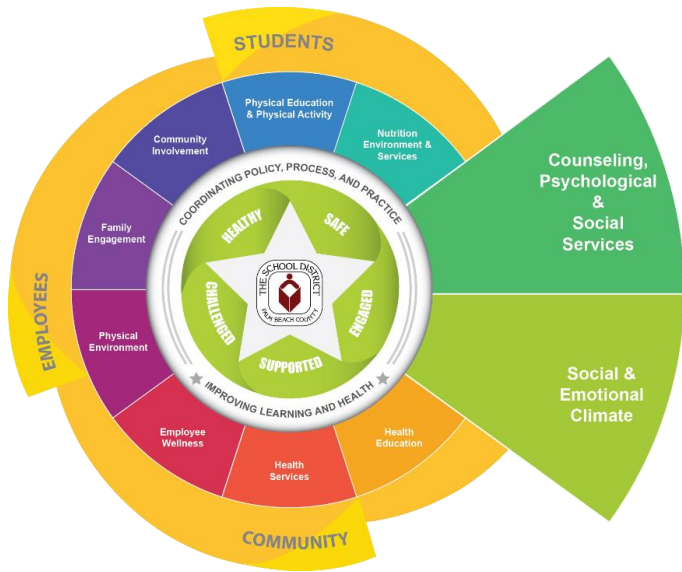




THANK YOU!

For more information visit our website:

www.pbcbirthto22.com



Behavioral and Mental Health Department

Dr. Mary Claire Mucenic

Director

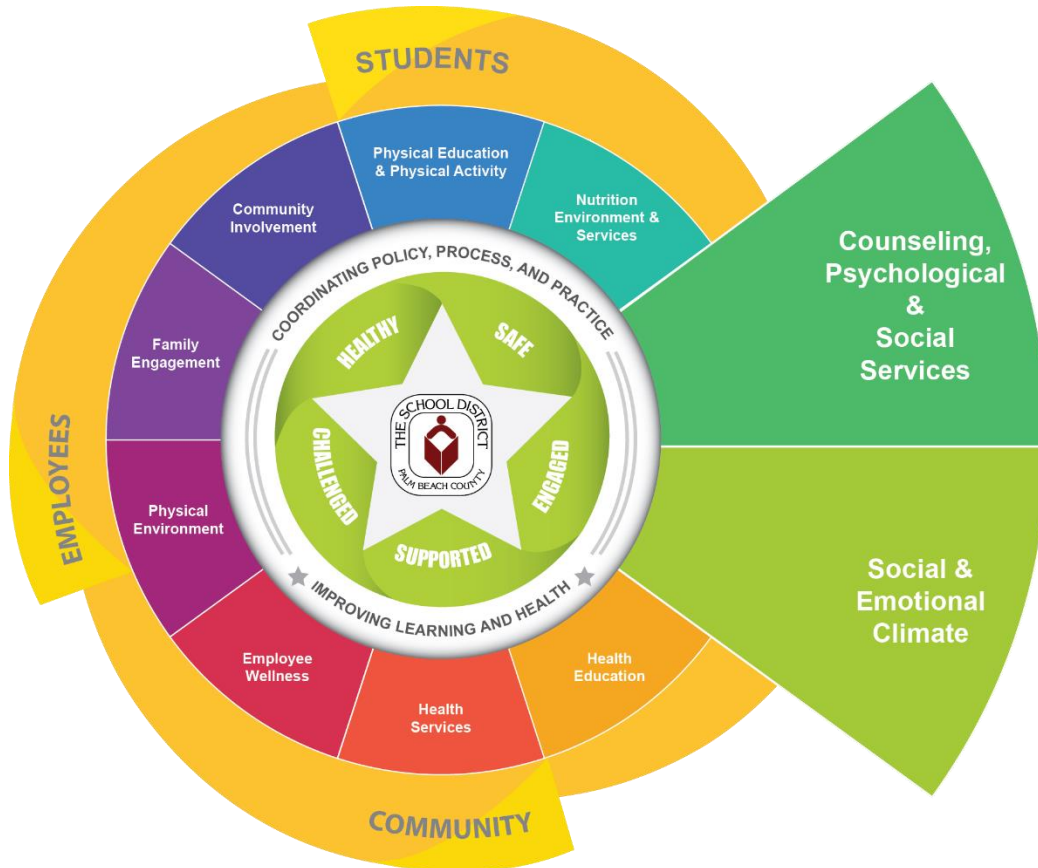
Dr. Eleanor Craft and Mrs. Kathryn Bobby

Specialists



Whole School, Whole Community, Whole Child (WSCC) Model

Counseling, Psychological & Social Services and Social Emotional Climate



Counseling, Psychological & Social Services

Goal: To promote the mental, behavioral, and social-emotional health of students and staff.

Social & Emotional Climate

Goal: To promote and safeguard the physical, behavioral, and social/emotional health of students and staff.

What is Mental Health?

Mental health is a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental health is our ability to live fully, engage with others, and respond to challenges.

Credit: Mentalhealth.gov and Mind Matters

What We Know...



- Access to mental health supports can be difficult for families.
- Schools provide significantly improved access to students and families.
- When mental health challenges arise, having school-based supports drastically increase a student's access to and participation in mental health services.
- Mental Health Supports are associated with:
 - Improvements in social and emotional functioning
 - Improvements in attendance
 - Reductions in disciplinary concerns and suspensions

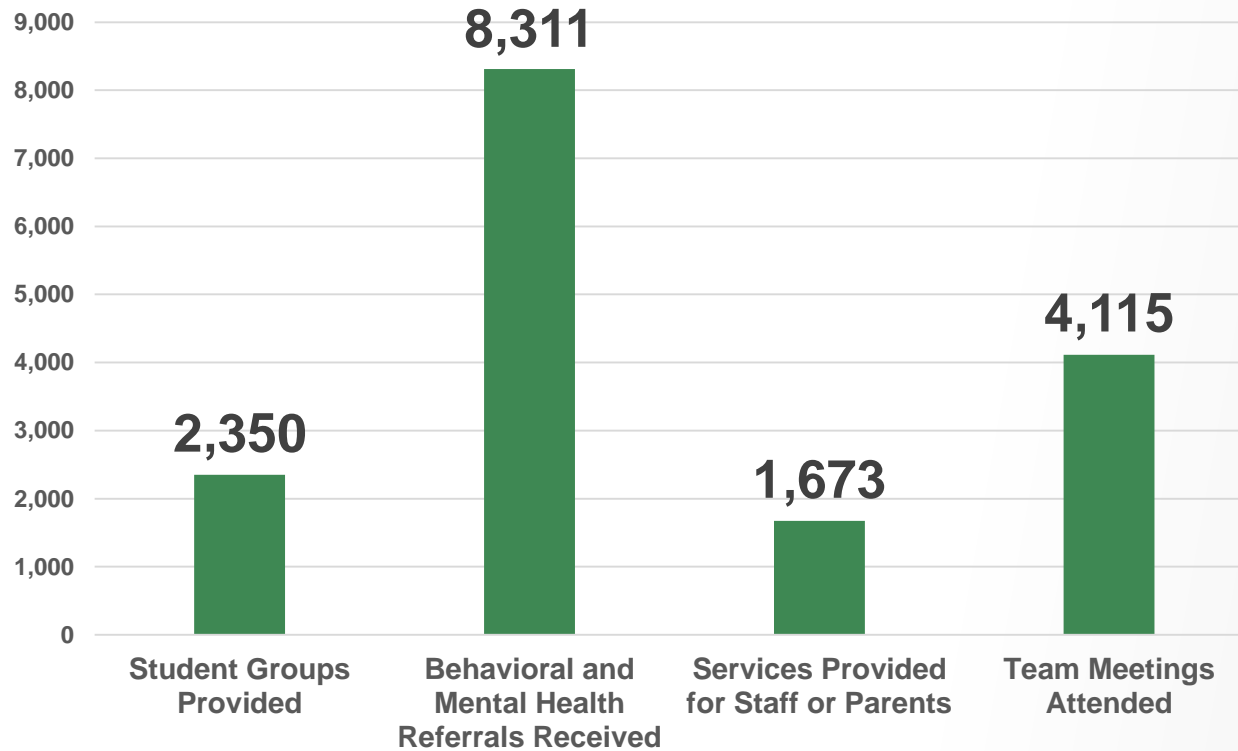
Mental Health Allocation & Plan

Developed in accordance with the requirements of Senate Bill 7026 and Senate Bill 7030 (legislative recommendations of the Marjory Stoneman Douglas High School Public Safety Commission)

- “...establishing or expanding school-based mental health care;
- train educators and other school staff in detecting and responding to mental health issues; and
- connect children, youth, and families who may experience behavioral health issues with appropriate services.”
- Focus on a multi-tiered system of supports

School Behavioral Health Professional Services

41,789 Student support activities recorded



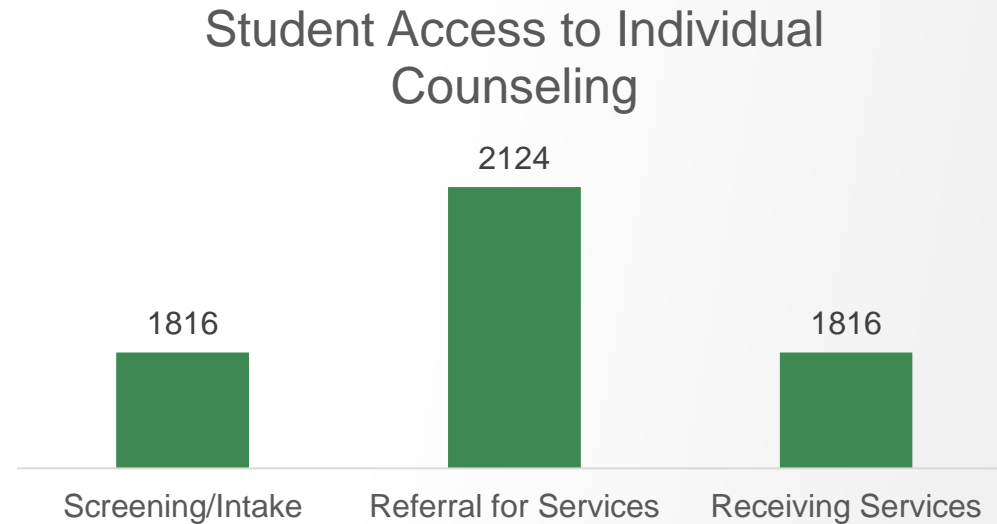
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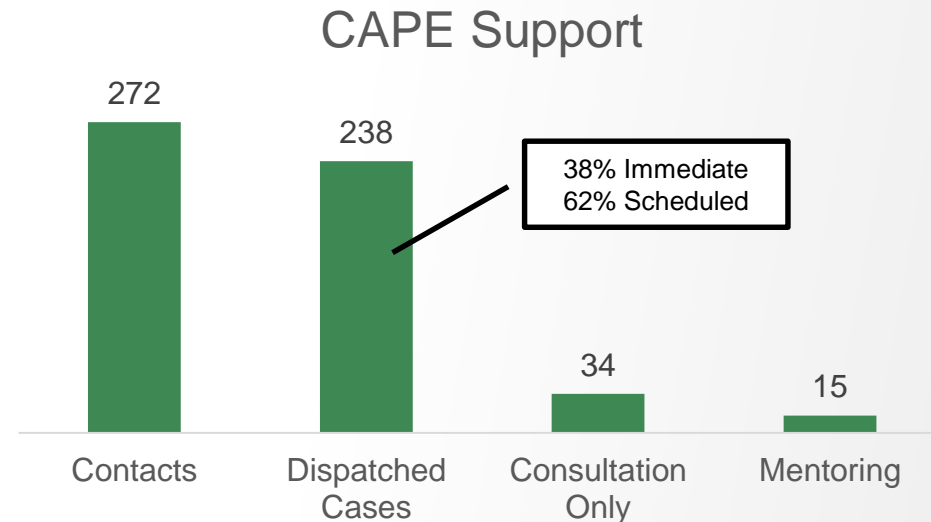
Co-Located Mental Health Professionals

- 11 Agencies / 100 Sites
- Top 3 areas of concern:
 - ☐ Depression
 - ☐ Anxiety
 - ☐ Hyperactivity
- Positive outcomes for students:
 - ▼ Depression
 - ▼ Anxiety
 - ▲ Social Awareness
 - ▲ Relationship Skills
 - ▲ Responsible Decision Making
- 94% positive response for “co-located MHP is an added value to mental health supports”



Crisis Assessment, Prevention, Education and Support (CAPE) Team

- 4 Sites / multi-disciplinary staff
- Collaborative support, safety and re-entry planning
- Bridge-Mentoring (self-management skills, coping strategies, academic engagement)
- Continuously trained staff in order to provide high quality school support
- 14% of student cases had a history of hospitalization under a Baker Act
- 13% of student cases has Mobile Response Team involvement
- 93.5% positive response for satisfaction with service provided



Professional Growth and Engagement

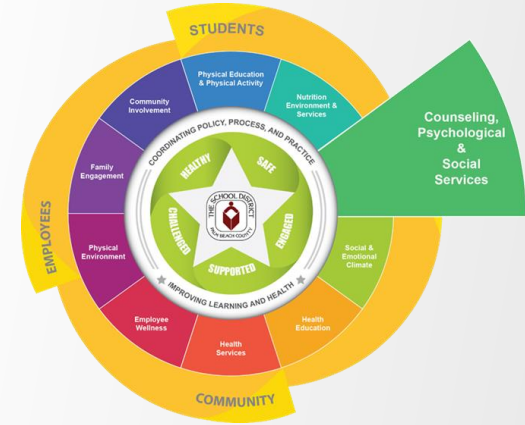
Training/Presentations Delivered	Training Received
7TH Annual Student Mental Health and Wellness Conference	PREPaRE 1 & 2 (Nationally Certified PREPaRE Trainer)
Mental Health 101	Youth Mental Health First Aid Trainer (all staff)
Mental Health: Support, Safety and Re-Entry Planning for Students	Advanced Interviewing Skills
Best Practices in Mental Health Referrals and SIS Mental Health Tab	Suicide Prevention and Assessment in Schools
Youth Mental Health First Aid	Miami International Child & Adolescent Mental Health Conference
Mental Health 101 Overview (multiple District and Community presentations)	National Association of School Psychologists Conference
District Mental Health Collaborative Work Group	Counseling on Access to Lethal Means Suicide Prevention
Advanced Interviewing Techniques	Clear Coaching
PREPaRE 1 & 2	Lean Sigma Six Yellow Belt



School Behavioral Health Professionals Training Topics

Defining the School Behavioral Health Professional Role	Restorative Practices Introduction	Social and Emotional Learning	Equity
Strategies for Debriefing Incidents and Identifying Social Skill Goals	Anger Management Group “Thoughts and Feelings”	Eating Disorders	Mindfulness
Student Led Initiatives – Safe School Ambassadors, We Dine Together, Safety Patrols and other Student Organizations	Disabilities Awareness and Sensitivity	Living Skills in the Schools presented Hidden in Plain Sight. How to recognize signs of possible risky behaviors.	Differences in Layers of Support: Core, Supplemental, and Intensive
Play Therapy	Child and Teen Substance Use/Abuse	Roles of School Counselors and School Psychologists	Adverse Childhood Experiences – ACEs
School Based Teams and Response to Intervention	Mental Health 101	CAPE Team	Behavioral Health Resource Fair
Student Support and Re-entry Planning	Kognito Brief Description of Suite 360	Code of Conduct, Threat Assessments, Bullying and Title IX	Sharing Best Practices within the SBHP Group
Google Docs, Forms, Hangouts, Classroom	Growth Mindset	LGBTQ	Youth Mental Health First Aid

MENTAL HEALTH QUIZ



Name the percentage of high school students who felt sad or hopeless almost every day (≥ 2 weeks in a row) in the last year.

- a. Almost 35%
- b. Around 20%
- c. About 10%
- d. Less than 7%

Answer A

The percentage for all students is 34.5%.

The prevalence for 12th grade students is higher than 9th grade students

The prevalence for female students is higher than male students

Youth Risk Behavior Survey (2019). Palm Beach County. QN25

Name the best tip for talking with teens about important topics such as mental health.

- a. Schedule a time to talk with the teen in a quiet place
- b. Use your own personal stories to share with the teen
- c. Speak with the teen using their jargon so they can relate to you better
- d. Get a change in scenery, go for a walk and talk



ANSWER D

According to Mental Health First Aid USA, Conversation Tips For Talking to Teens About Mental Health include:

- Change Scenery - Find a place you are both comfortable
- Focus on behavior changes you've noticed, not pointing out flaws
- Be Genuine - Young people can recognize when adults are faking it.
- Don't Compare - Avoid comparing the teen's life and yours at that age
- Avoid Slang - Use language that you are comfortable with

Answer D

We check our phones an average every 6-7 minutes we are awake (that's up to 150-200 times per day).

Mere presence of any phone reduces closeness, connection, and quality of conversation which reduces empathy and understanding – all of which affects our relationships.

Lin, Helen (2012) *How Your Cellphone Hurts Your Relationships*

Przybylski K., & Weinstein, N. (2012) *Can You Connect With Me Now?*

What can middle school students do that can lessen the potential of developing depression in high school?

- a. Surround themselves with happy people
- b. Stay away from violent video games
- c. Implement an hour of simple activity each day
- d. Practice responding to sad situations with laughter



Answer C

The journal, Lancet Psychiatry, found that 60 minutes of simple movement each day at age 12 was linked to an average 10% reduction in depression at age 18. The types of movement ranged from running and biking, to walking, doing chores, painting or playing an instrument.

What additional action step is the Florida Department of Education considering when addressing mental health in schools?

- a. Making it mandatory for all schools in Florida to become “Suicide Prevention Schools”
- b. Increasing mental health funding allocated to school districts
- c. Awarding districts medals (Bronze, Silver, Gold) depending on implementation level of mental health programs
- d. Requiring all districts to implement the “Signs of Suicide” program as the mandated statewide suicide prevention program for all Florida high schools

Answer B

The State of Florida is taking the topic of mental health very seriously. It is expected that this legislative session, which ends next month, will result in increased spending for mental health services for every school district in Florida.



How many tasks should an adult be able to focus on at the same time to increase their productivity?

- a. Multitasking is an inefficient way to increase your productivity
- b. 3-4 tasks is the optimal number of tasks
- c. 2-3 tasks is the optimal number of tasks
- d. The number of tasks is directly correlated to their multitasking ability

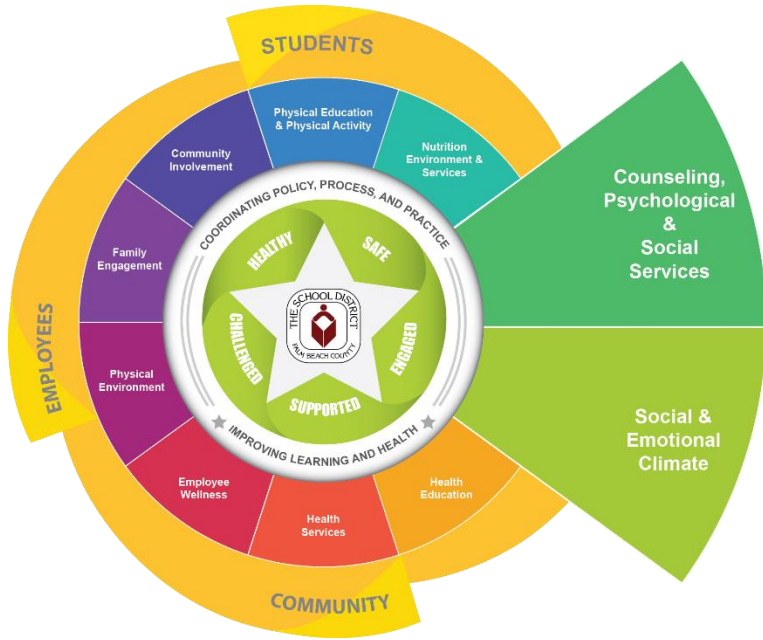


Answer A

A study by the University of London found that participants who multitasked during cognitive tasks, experienced an IQ score decline similar to those who stayed up all night.

For top performance - encourage your teams to focus on one task at a time and take mental health and wellness breaks.

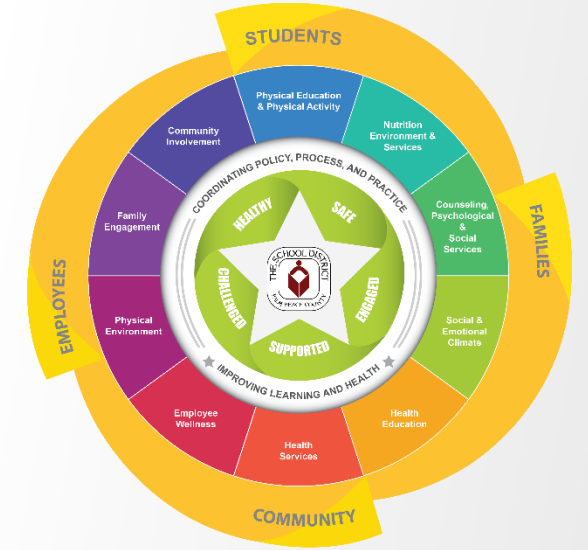
International Journal of Human-Computer Studies, 2015.



THANK YOU!

Q & A





Behavioral Health-Focused Pilot Project

Medical Sciences Academies – Allied Health Assisting Program

Miguel L. Benavente, M.D.

Medical Administrator

Department of Choice & Career Options



The School District of Palm Beach County's Medical Sciences Academies in collaboration with BeWellPBC, United Way of Palm Beach County, Living Skills In the Schools, Palm Health Foundation, and several community partners started a pilot project through the Allied Health Assisting Program in **five** high schools with Medical Sciences Academies.

The Allied Health Assisting Program curriculum covers a component of behavioral health and associated diseases and disorders.

The Pilot Project is:

- enhancing the activities, labs and clinical skills in the medical program.
- connecting the community and services provided in our schools.
- bringing guest speakers and healthcare providers to present on a variety of topics within the medical academy classrooms.



High-performing A-rated District



Planning Meeting and Teacher Training at Palm Health Pavilion



Participating Schools:

- ✓ Palm Beach Gardens Community High
- ✓ Palm Beach Lakes Community High
- ✓ Pahokee High
- ✓ Forest Hill Community High
- ✓ Lake Worth Community High

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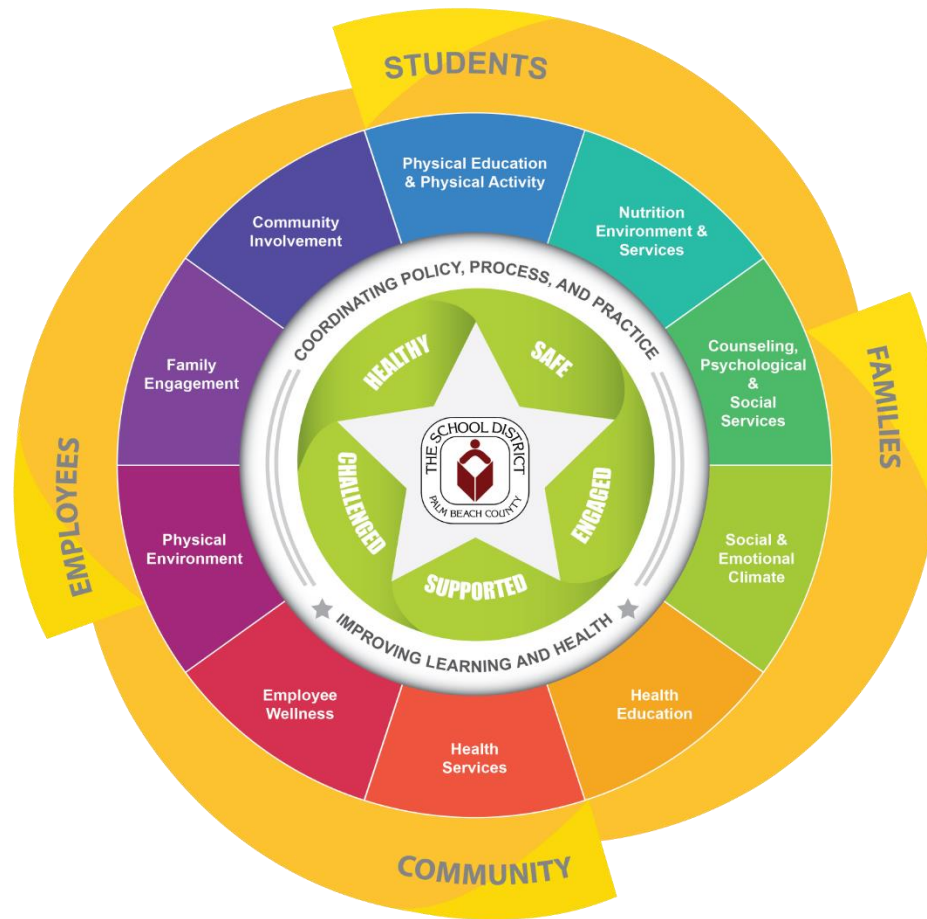
Future Goals - *Behavioral Health Technician Program*

- Feedback from this pilot project will help us with the next steps in developing a new course and curriculum for the State of Florida that can support students to work towards certifications in the behavioral health field and related careers.
- Increase the pool of qualified applicants in Behavioral Health and Healthcare.



Whole School, Whole Community, Whole Child (WSCC) Model

District's WSSC Updates:

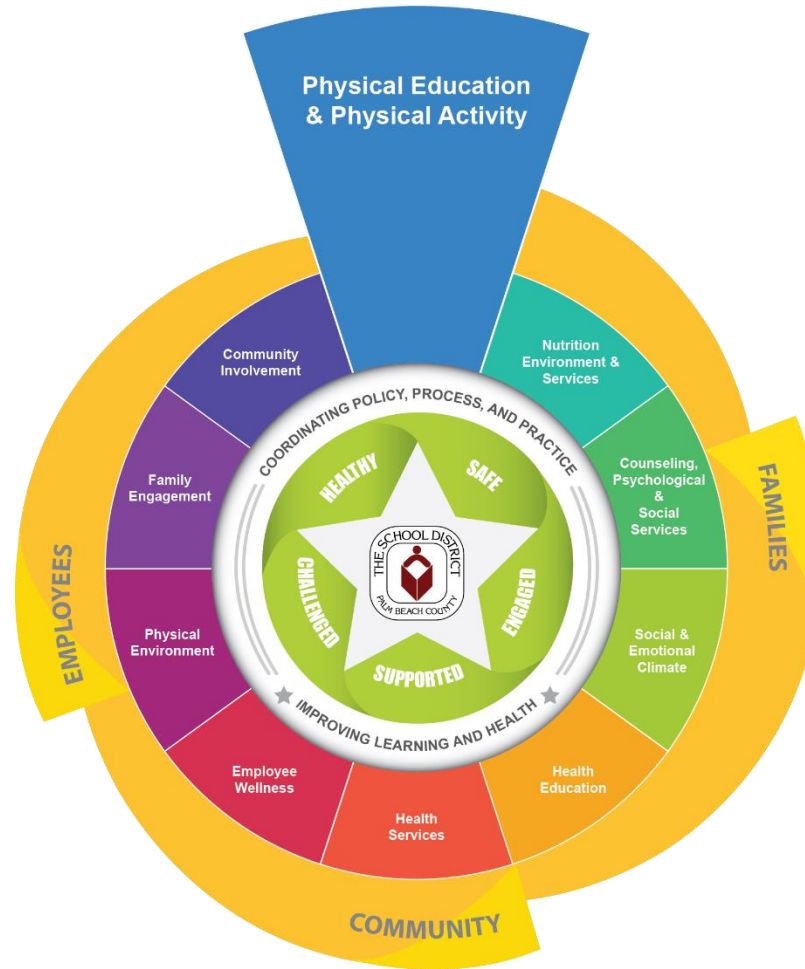


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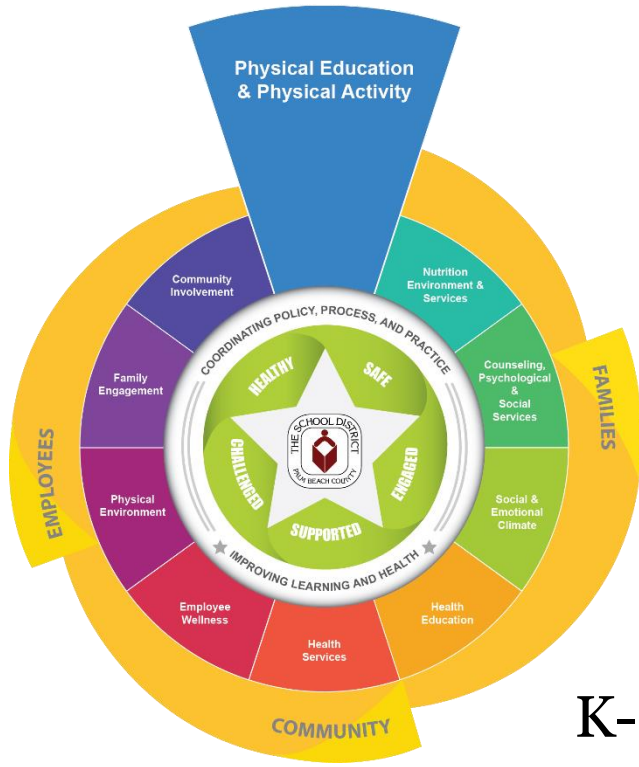
Physical Education & Physical Activity Update:



Physical Education & Physical Activity

Goal: To promote physical activity and provide physical education with the intention of improving staff and students' health, academic achievement, and reducing childhood obesity.





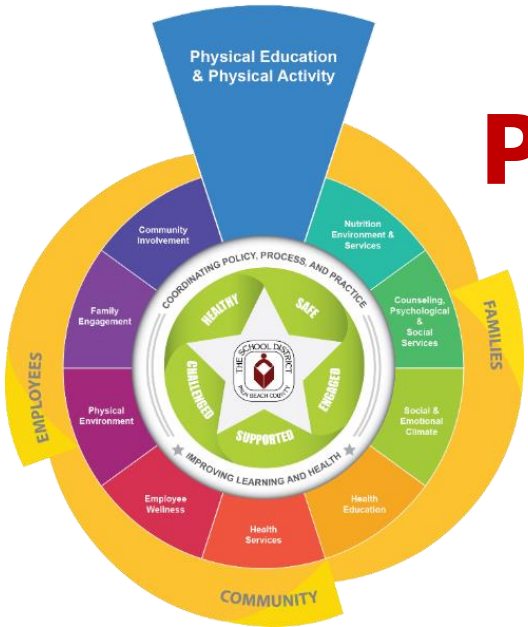
Teaching and Learning

Eric Stern

K-12 - Physical, Health, and Driver Education Administrator



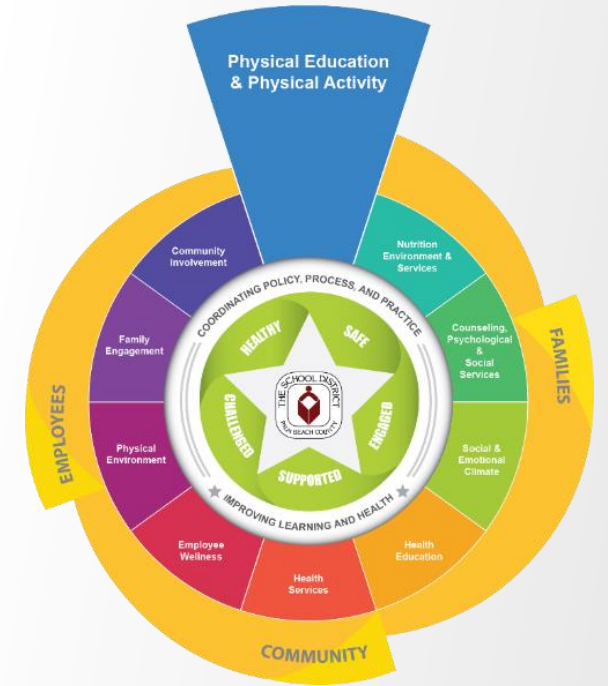
Physical Education & Physical Activity



[9th Annual South Florida Fair Kid's Mile video](#)
January 18, 2020

Secondary - Physical Education Professional Development Training

- Friday, February 28, 2020 from 7:30 am - 3:00 pm
- John I. Leonard Elementary in the Gymnasium

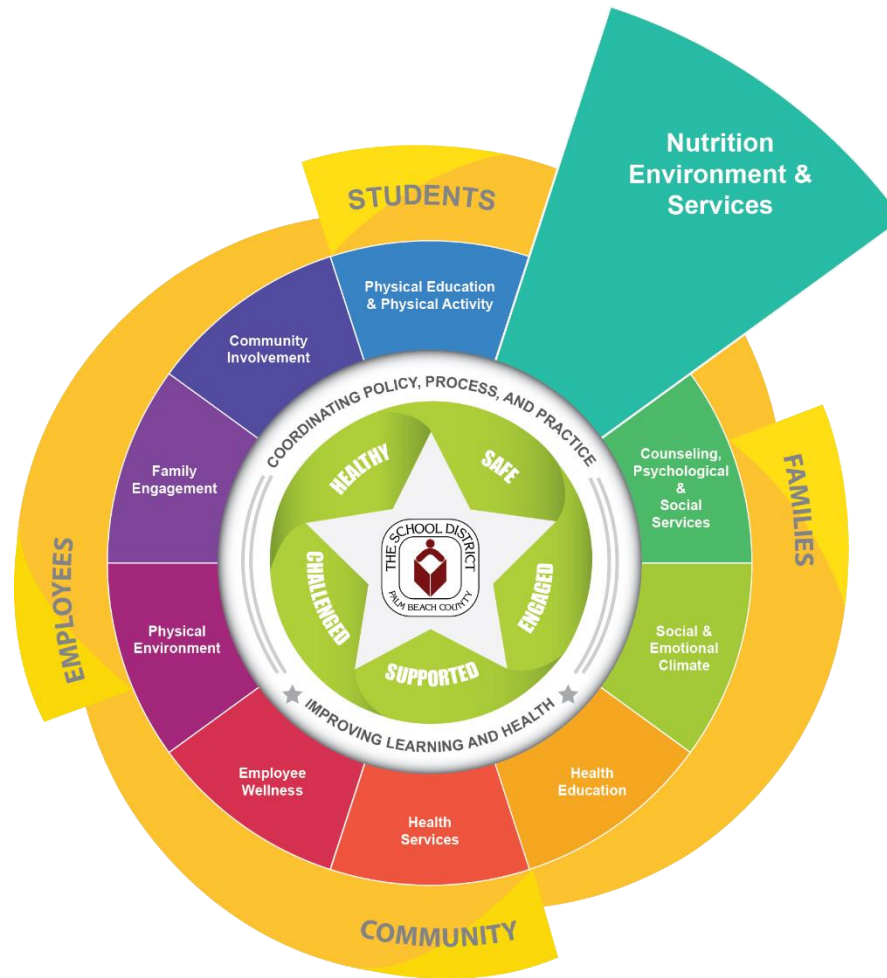


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Whole School, Whole Community, Whole Child (WSCC) Model

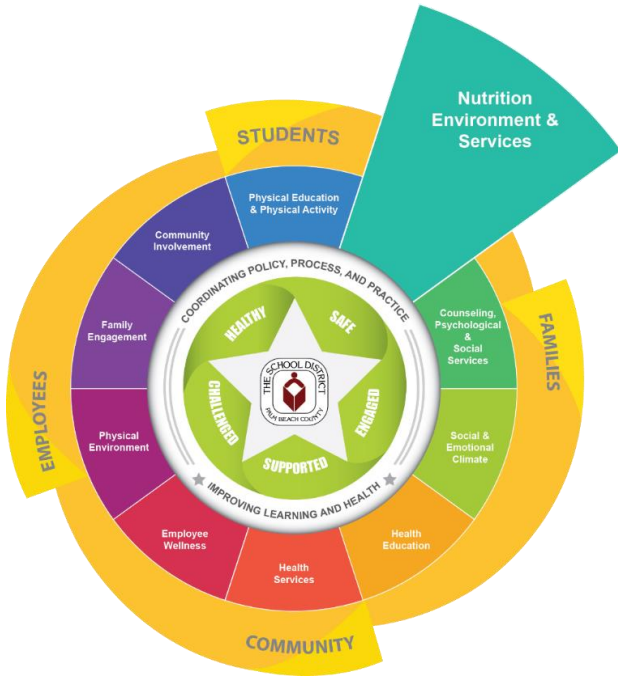
Nutrition Environment & Services Update:



Nutrition Environment & Services

Goal: To promote student and staff health through the operation of Child Nutrition Programs, safe food practices, and the availability of healthy eating environments, school gardens, nutrition education and promotional outreach, with the intention of improving students health, academic achievement, and reducing childhood obesity.





School Food Service Department

Allison Monbleau
Director



High-performing A-rated District



Florida "Crunch" Events National Farm To School Month



Wynnebrook Elementary
Diamond View Elementary
October 2019



High-performing A-rated District



Howell L. Watkins Middle School

Health Fair

November 20, 2019



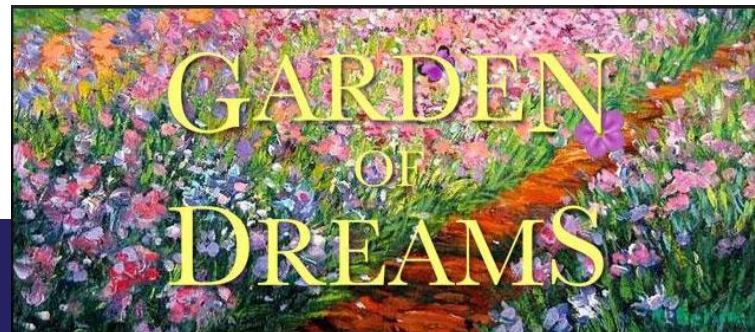
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Don Estridge High Tech Middle School

3rd Garden of Dreams

February 14, 2020



High-performing A-rated District



Supper Programs



An additional **11** schools for a total of **81** schools offering supper.

FY19 – Over 975,000 Suppers

FY20 YTD – Over 650,000 through January 2020

Projected to Serve for FY20 – 1,100,000

GENYOUTH

Donation



- **34** carts for Breakfast Grab and Go
- Field Trip for **100** students from Gove Elementary to attend a Pre-Super Bowl event in October (Dr. Fennoy invited to be one of the presenters)
- **200** Tickets to Opening Night festivities for students and families from Royal Palm Beach Community High School and Christa McAuliffe Middle School

GENYOUTH
EXERCISE YOUR INFLUENCE™

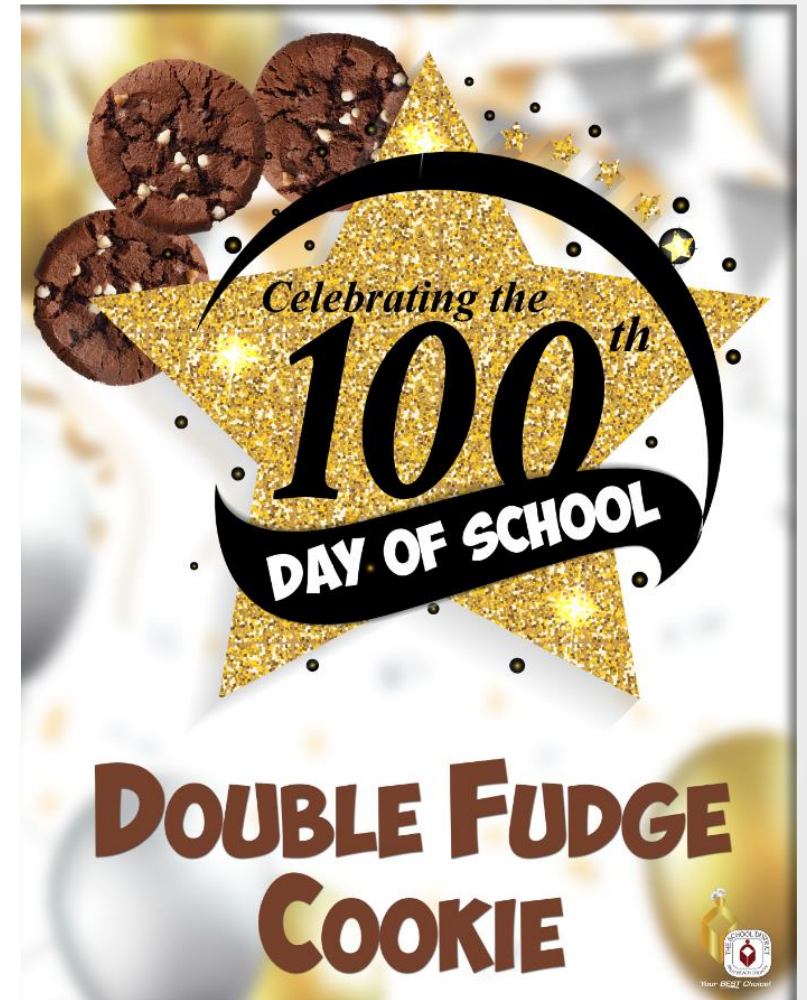
MORE OF
EVERYTHING YOU
WANT FOR
YOUR CHILD

 PALM BEACH COUNTY SCHOOLS
Your **BEST** Choice!



Nutrition
Promotion

100th Day of School



MORE OF
EVERYTHING YOU
WANT FOR
YOUR CHILD

 PALM BEACH COUNTY SCHOOLS
Your *BEST* Choice!

Each Wednesday a weekly winner was chosen and entered to win one of the 2 grand prizes:
\$25 Amazon Gift Card



**Belvedere Elementary
Weekly Winner**

ROLLING OUT THE DOUGH
With Warm Cinnamon Rolls

Jan 8 Jan 15 Jan 22 Jan 29

Win BIG On Wednesdays *

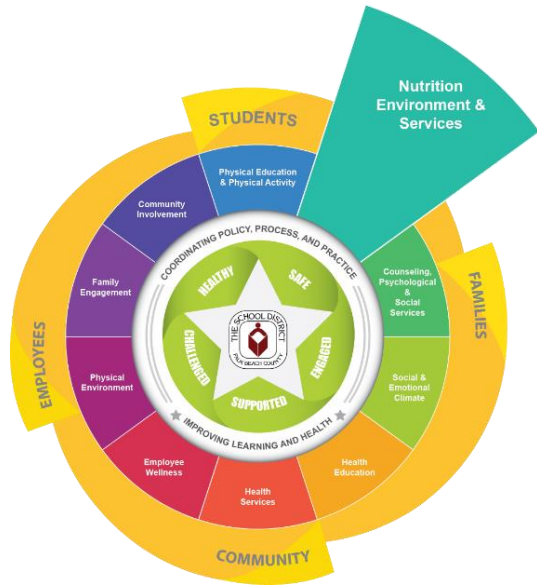
** Select a Cinnamon Roll on Wednesdays and you will be entered for a chance to win a \$25 Amazon Gift Card!*

SFS

HEALTHY CHOICE



**Conniston Community
Middle School
Grand Prize Winners**

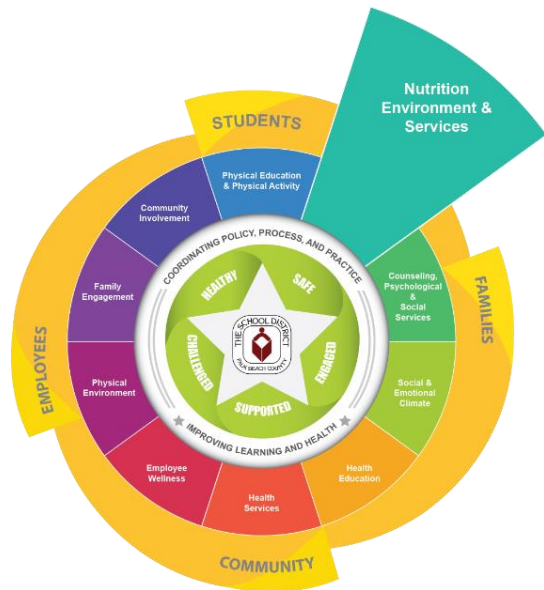


Dr. Suess's Birthday
 Sunday, March 1st
 Celebration on March 2nd



High-performing A-rated District





**National School
Breakfast Week**
March 2nd – 6th



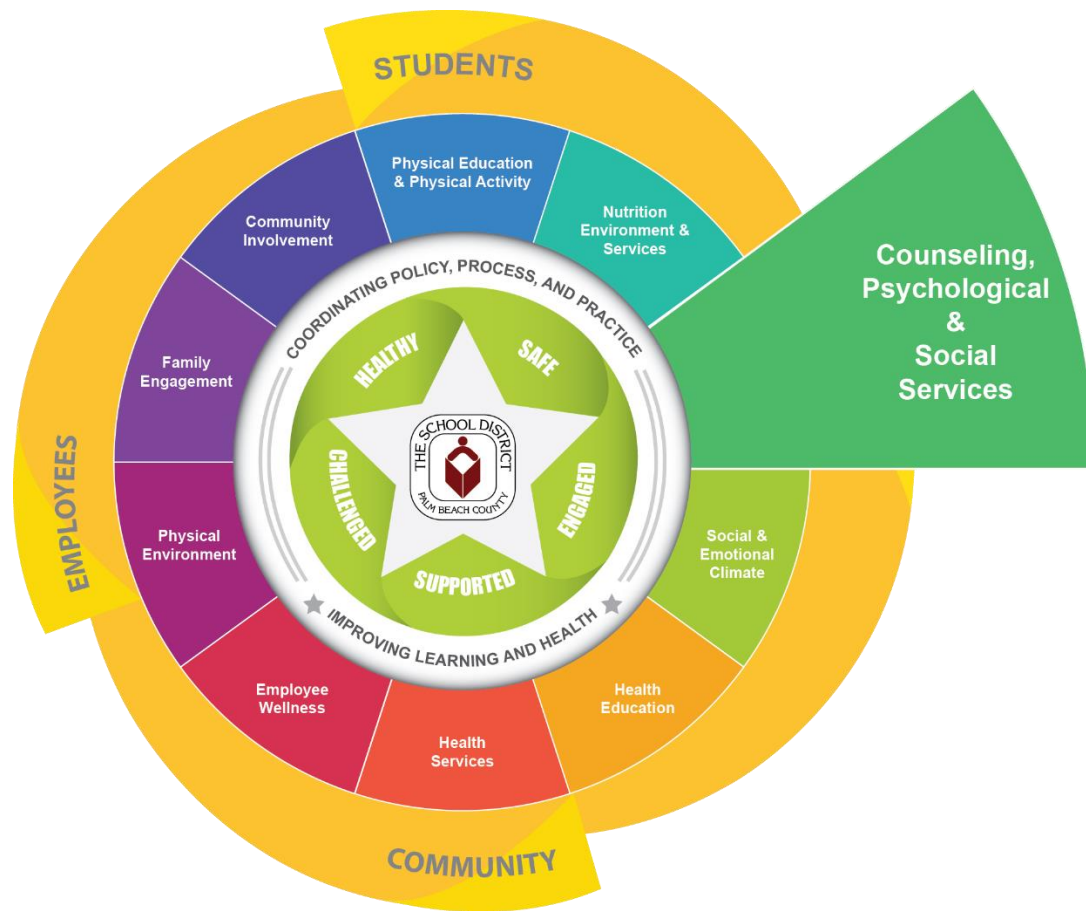

**MORE OF
EVERYTHING YOU
WANT FOR
YOUR CHILD**



PALM BEACH COUNTY SCHOOLS
Your BEST Choice!

Whole School, Whole Community, Whole Child (WSCC) Model

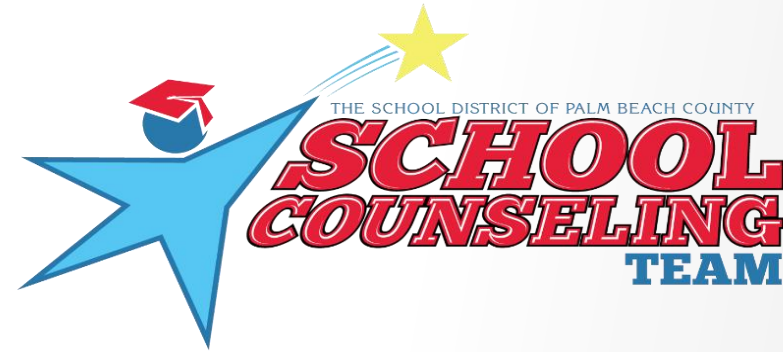
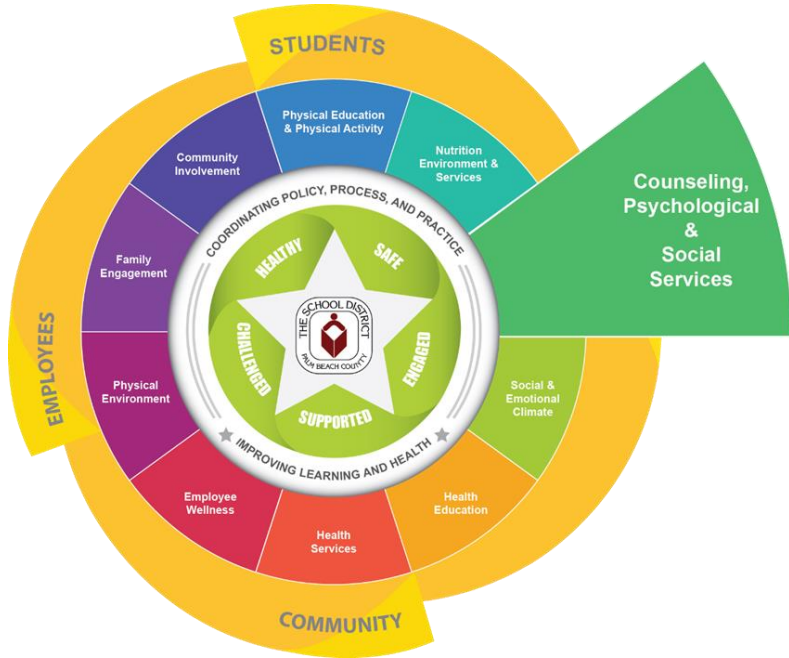
Counseling, Psychological & Social Services Update:



Counseling, Psychological & Social Services

Goal: To promote the mental, behavioral, and social-emotional health of students and staff.





Teaching & Learning

Stephen A. Kaplan, MA, MEd

Program Planner – Elementary School Counseling

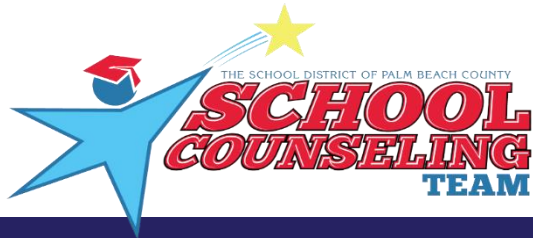
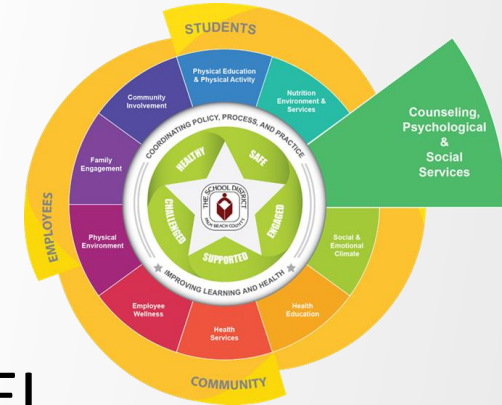


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Counseling SEL/Mental Health Initiatives

- Training for elementary school counselors on directive and nondirective play therapy techniques.
- Meeting of school counselors at schools participating in the SEL Cohort initiative.
- Joint training provided by ESE and School Counseling Team on the “Zones of Regulation” curriculum.
- All counselors trained in the Columbia Suicide Severity Rating Scale
- Small Group Counseling unit development training rescheduled for March 9, 2020.



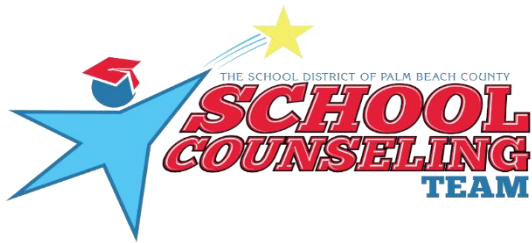
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Counseling SEL/Mental Health Initiatives



- **PEACE Grant** (*Project to Ease Adverse Childhood Experiences*) ongoing:
 - Contract with Center for Child Counseling.
 - Grant from Palm Beach County Youth Services.
 - On site Mental Health Counselor provides support for students.
- Character Counts District-wide Celebration scheduled for May 13, 2020 at 6:00 p.m. - 7:30 p.m. at John I. Leonard High School.



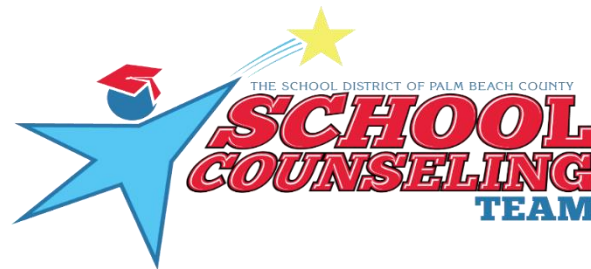
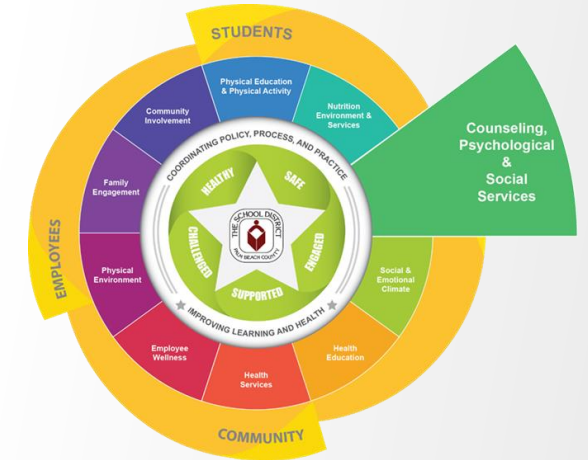
Student Success Initiatives...

- **Historically Black Colleges and Universities/Hispanic Serving Institutions Fair**

- 2,016 total acceptances were given.
- \$ 15,275,000 in scholarships were awarded.

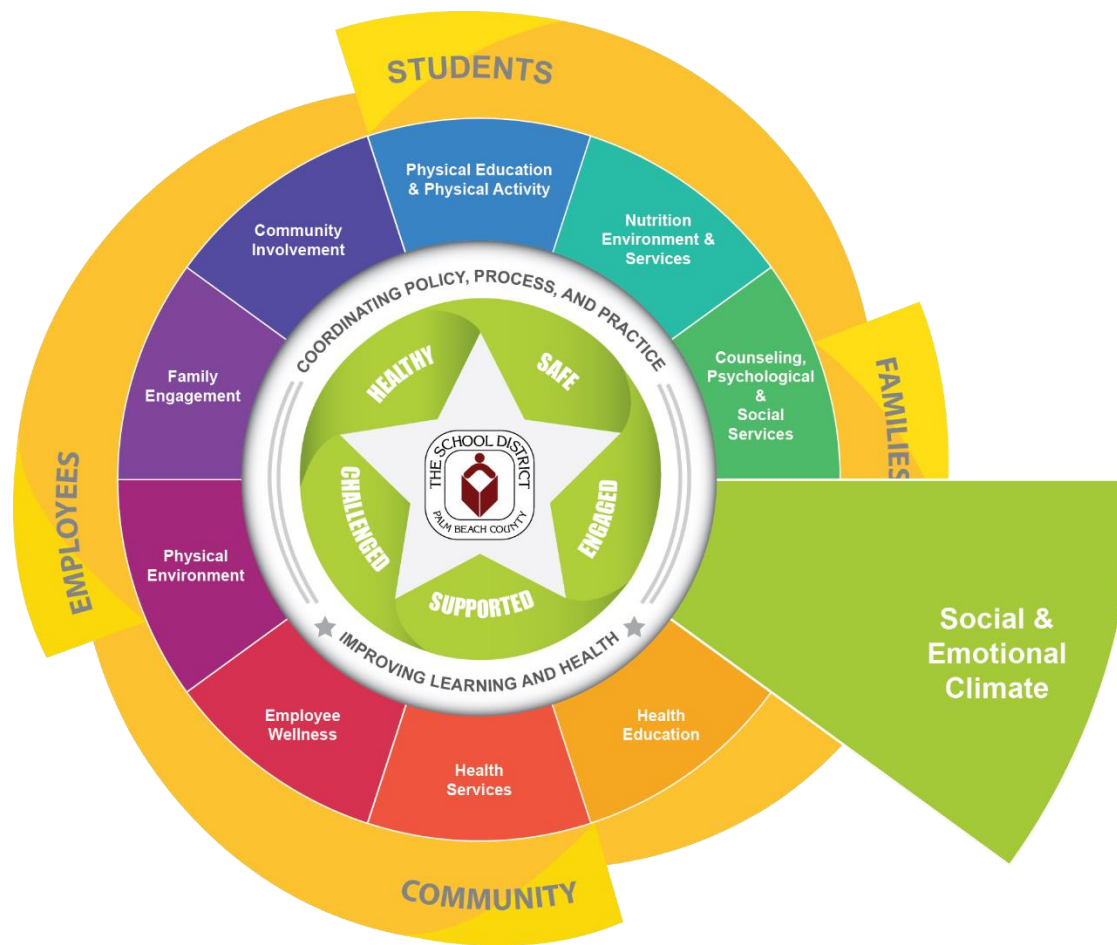
- **National School Counseling Week Celebrated on February 3rd-7th**

- 4 School Counselors and 3 School-based Administrators were honored at the 33rd Annual Breakfast.
- Counselors and administrators will be recognized at March 18th School Board meeting.



Whole School, Whole Community, Whole Child (WSCC) Model

Social & Emotional Climate Update:



Social & Emotional Climate

Goal: To promote and safeguard the physical, behavioral, and social/emotional health of students and staff.





Department of Safe Schools

Diane Wyatt

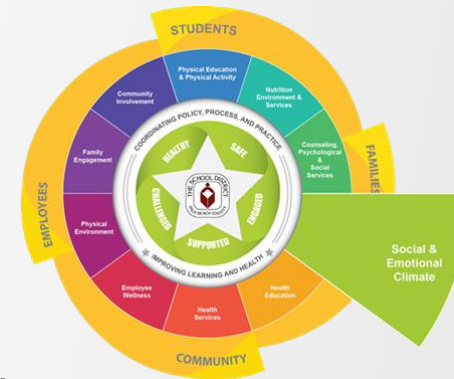
Director



High-performing A-rated District



STOP VIOLENCE PREVENTION GRANT



- Palm Beach County has been awarded a **3-Year** grant through the Department of Justice.
- The District has partnered with Sandy Hook Promise (SHP), a 501(c)(3) nonprofit organization in order to implement a Violence Prevention and Education Program in all middle and high schools.
- District will utilize SHP's Know the Signs program, Say Something, to educate students and school personnel.
- Behavioral Health Professionals (BHP's) will oversee student led **SAVE** Promise Activities.





STOP VIOLENCE PREVENTION GRANT

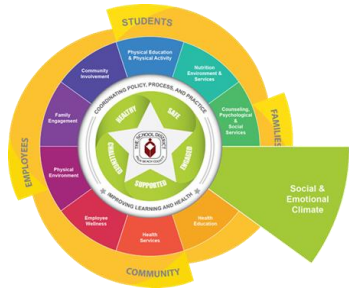
- ❖ February 24th - Sandy Hook Promise Clubs Training.
- ❖ Behavioral Health Professionals (BHP's) from middle/high schools in attendance.

Year 1 - SAVE Promise Clubs established in **67** schools.

Year 2 - Say Something training in **25** high schools, **2** K-6, **one** K-12, **5** alternative schools.

Year 3 - Continue SAVE Promise Clubs and deliver Say Something training in **35** middle schools.





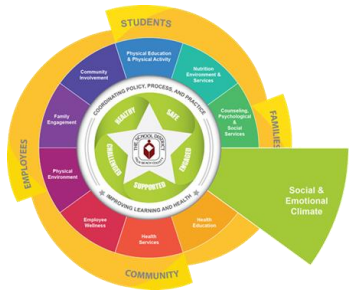
SCHOOL CLIMATE TRANSFORMATION GRANT (SCTG)/ PROJECT CONNECT GOALS

Goal 1: Students served by Project Connect schools will demonstrate improved SEL, attendance, behavior, and achievement.

Goal 2: Project Connect schools will demonstrate enhanced capacity to identify needs and provide specific assistance to students and staff to improve student behavior, engagement, school safety, and climate.

Goal 3: The School District will demonstrate increased capacity to develop, enhance, and expand systems of support for and technical assistance to schools implementing PBS with increased alignment of SEL and federal, state, and local resources.





SCTG/ PROJECT CONNECT: Expected Outcomes



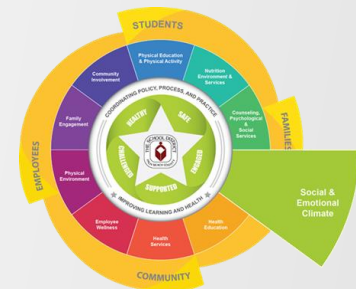
- Increased staff knowledge and use of SEL and MTSS evidenced-based practices.
- Enhanced school capacity to identify needs and provide specific assistance to students and staff to improve student behavior, engagement, school safety and climate.
- Increased fidelity in implementing PBS and SEL practices.
- Increased use of opioid prevention and mitigation strategies.
- Improved perceptions of school climate from students, parents and staff.
- Improved social & emotional skills and attendance.
- Reduced office discipline referrals, school suspensions, and ATOD incidents.





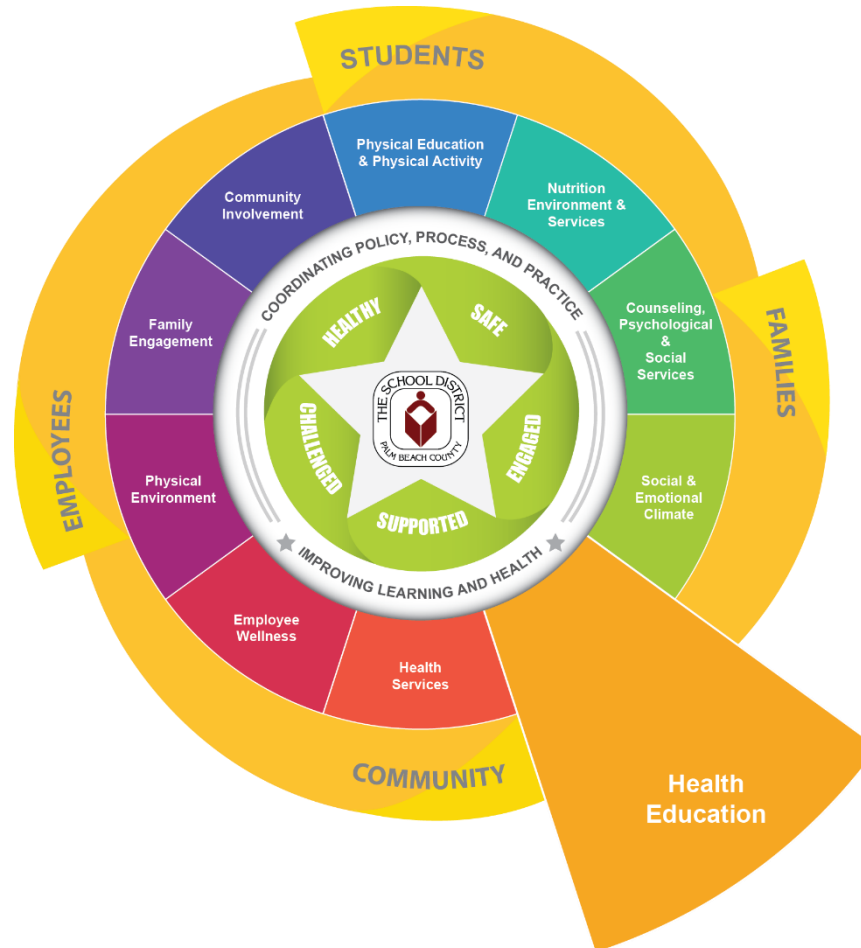
SAFE SCHOOLS AMBASSADORS (SSA)

- **33** SSA Programs District-wide.
- **14** Elementary, **12** Middle, and **7** High Schools.
- Initial training is followed by regular debriefing and support meetings, conducted by SSA members and their adult Program Advisors.
- SSAs complete Action Log Forms to document their interventions; the average SSA intervenes twice per week.
- New funding opportunity: Safe Schools Virtual Think Tank – Student-Led Initiatives.



Whole School, Whole Community, Whole Child (WSCC) Model

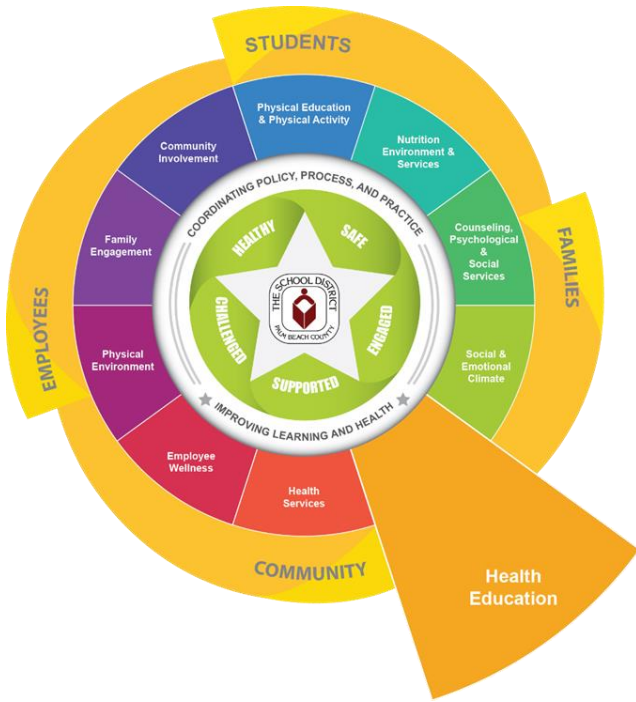
Health Education Update:



Health Education

Goal: To provide health education initiatives in an effort to promote the overall wellness of students and staff.





Teaching and Learning

Pete Stewart, MPH, CPH

Health Education Specialist and
CDC Grant Principal Investigator

Cheryl Phillips

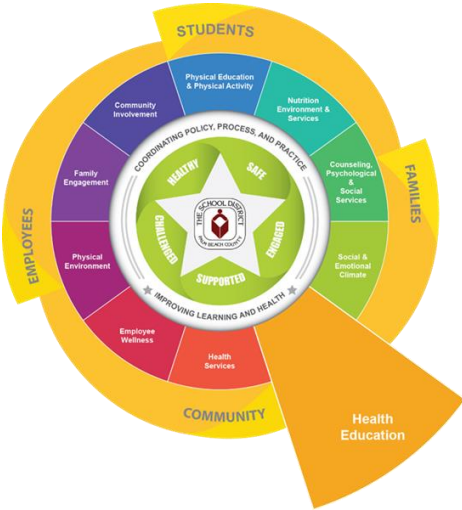
K-12 Health/Science Resource Teacher



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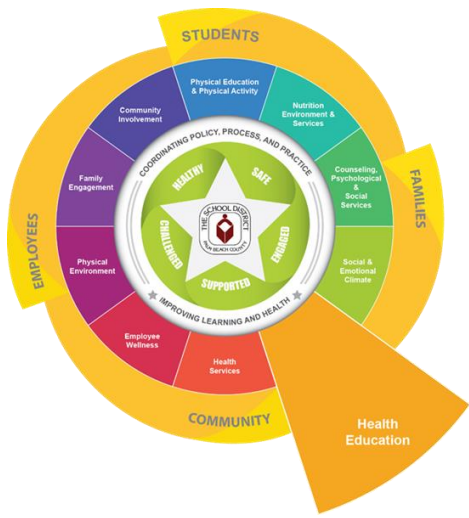


Health Education



National 'I Am Jazz' Day of Reading Video





Health Education



High-performing A-rated District



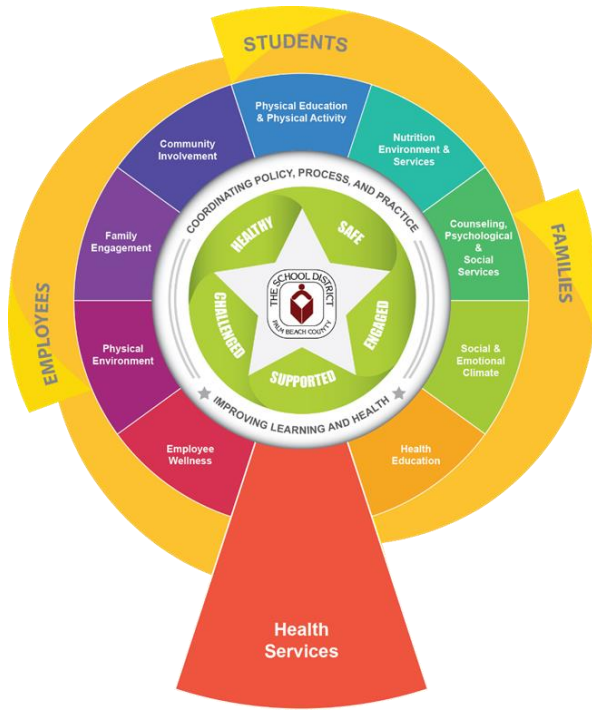
Whole School, Whole Community, Whole Child (WSCC) Model Health Services Update:



Health Services

Goal: To provide health related services and information to students and parents/guardians.





Support Services

Dr. Merris Smith

Health Services Specialist

Brenda Galie, RN

Florida Health Palm Beach County

Ginny Keller, RN

Health Care District of Palm Beach County



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Whole School, Whole Community, Whole Child (WSCC) Model Employee Wellness Update:



Employee Wellness

Goal: To promote the safety and the physical, social, behavioral, and emotional health of staff.





Employee Wellness

Carlye Fabrikant

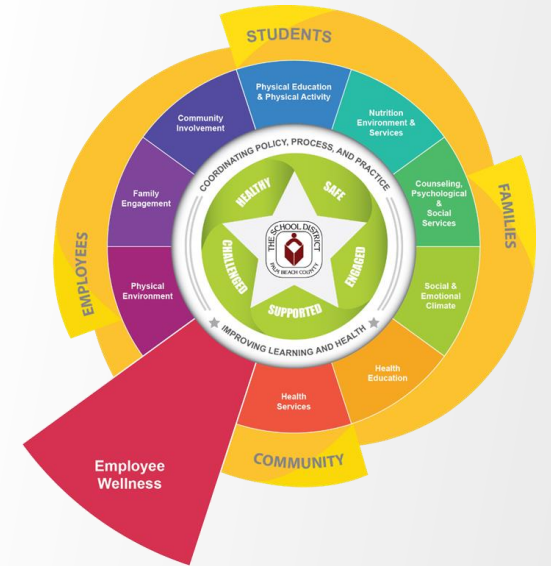
Employee Wellness Coordinator

Charlette English-Wright

Assistant Wellness Coordinator

staffwellness@palmbeachschools.org

Find us on Facebook @PBCSD Wellness
and Twitter @SDPBC Wellness



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EMPLOYEE WELLNESS PRESENTS...



Heart Healthy Fridays

Every Friday during the month of February, we will be holding a heart healthy activity at FHESC. Please wear your AHA 'Wear Red Day' shirt every Friday, or any red shirt!

February 7th- WEAR RED DAY: Wear your red, and participate in a fun, healthy activity in your department!



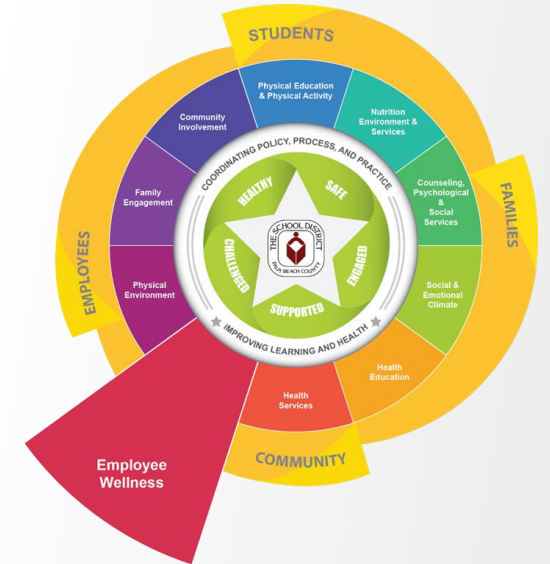
February 14th-SMOOTHIE BIKE DAY: Make your own red smoothie by riding a bike in the Cafe at lunchtime.

February 21st-COURTYARD MEDITATION: 15 minute relaxation sessions will be taking place at 11am (A wing), 12pm (B wing) and 1pm (C wing).



February 28th-FHESC HEART WALK: Join us for a walk at 11am.

RSVP for any event at staffwellness@palmbeachschools.org



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LOVE THE BUS CELEBRATION 2020

Choose one option from the menu below!

Smoothie Bike Day

We will bring the smoothie bike to your compound to promote healthy eating and appreciation for the bus drivers.
(Requires participant completion of Form 2319 prior to the event)

Stress Less Fest

We know the stress that your staff endures on a daily basis. We will provide a meditation session followed by a tai chi session to encourage stress management, and then meet in the break room for tea.
(Requires participant completion of Form 2319 prior to the event)

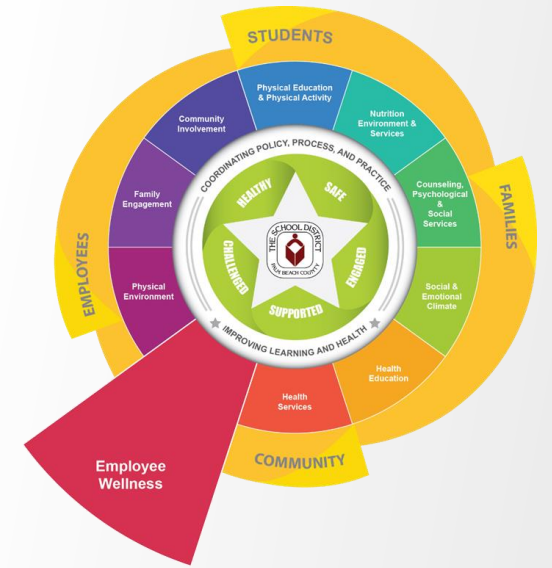
Chair Massage

Available for most compounds, we will provide chair massages onsite for employees, to encourage relaxation.
(Requires participant completion of Form 2319 prior to the event)

Indoor Food Truck

We will bring healthy snacks or drinks to provide for all employees. For example, we can come with fruit water and all natural fruit popsicles.

**We thank you for your hard work and dedication to
the School District of Palm Beach County!**



**MORE OF
EVERYTHING YOU
WANT FOR
YOUR CHILD**

 **PALM BEACH COUNTY SCHOOLS
Your *BEST* Choice!**

Coming in March... Healthy Hideaways!

Have some time to spare? Come into our healthy hideaway every week in the cafeteria to learn and discuss topics with your wellness rep! Each week during the month of March and April, a new topic will be discussed concerning different parts of wellness.

March 4th: H2O-mazing! Learn the importance of hydration!

March 11th: I'm late! I'm late! For a very important "date"! Learn ways to incorporate healthy eating into your busy schedule.

March 18th: Work Productivity and Physical Activity - Learn how to stay active, even at work!

March 25th: Rye, Quinoa, and Oats, oh my! Let's discuss the truths and myths about carbs!

No RSVP needed. Participate in a 5 minute activity to learn valuable health tips, and walk away with samples, prizes, and a greater knowledge of health!



April Healthy Hideaways

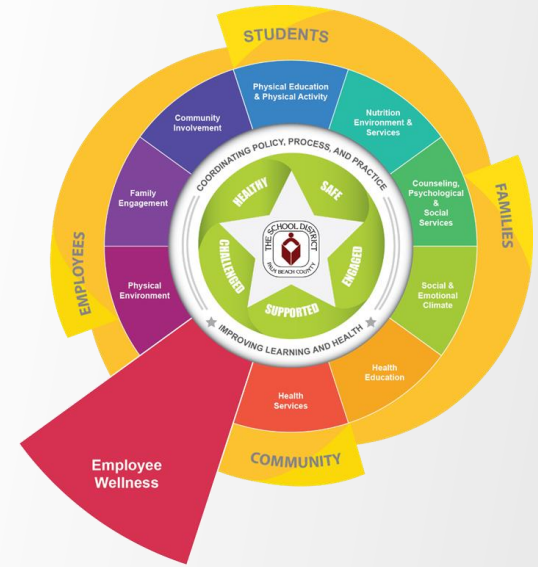
APRIL 1ST: DOMO-ARIGATO HEALTH APP ROBATO
LEARN ABOUT ALL THE VARIOUS HEALTH APPS AT YOUR DISPOSAL, AND HOW TECHNOLOGY CAN BE A BIG HELP IN IMPROVING HEALTH.

APRIL 8TH: IT'S THE STRESS TALKING...
WE ALL GET A LITTLE STRESSED SOMETIMES, SO LET'S DISCUSS WAYS TO HELP MANAGE IT.

APRIL 15TH: I SPEAK FOR THE FRUIT AND BROCCOLI TREES!
LEARN NEW AND FUN WAYS TO ADD FRUITS AND VEGGIES INTO YOUR EVERYDAY SNACKS AND MEALS.

APRIL 22ND: FUN IN THE SUN DO'S AND DONT'S
WITH SUMMER JUST AROUND THE CORNER, IT IS IMPORTANT TO KNOW ALL THE RIGHT AND WRONG WAYS TO BE "SKIN SAFE"!

No RSVP needed. Participate in a 5 minute activity to learn valuable health tips, and walk away with samples, prizes, and a greater knowledge of health!





GET OFF THE BUS!

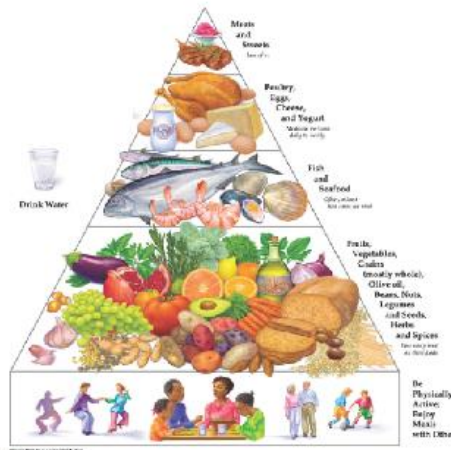
TRANSPORTATION FACILITY CONTEST

Come one, come all, and participate in this year's transportation challenge!

Compete for prizes individually and against other facilities in a BINGO-style game, centered around a Mediterranean lifestyle!

**COMPETITION STARTS APRIL 1ST.
SIGN UPS BEGIN IN MARCH.**

Mediterranean Diet Pyramid



GET OFF THE BUS!

Prize List

For each line of BINGO completed, receive an individual prize! Choose from these items below.

INDIVIDUAL PRIZES

- Eyemask
- Cooling Towel
- Emergency Flashlight
- Neck/Shoulder Compress
- Exercise Band
- Lunch Bag
- Salad Shaker



'Black out' the entire board to earn an additional prize!

INDIVIDUAL GRAND PRIZE

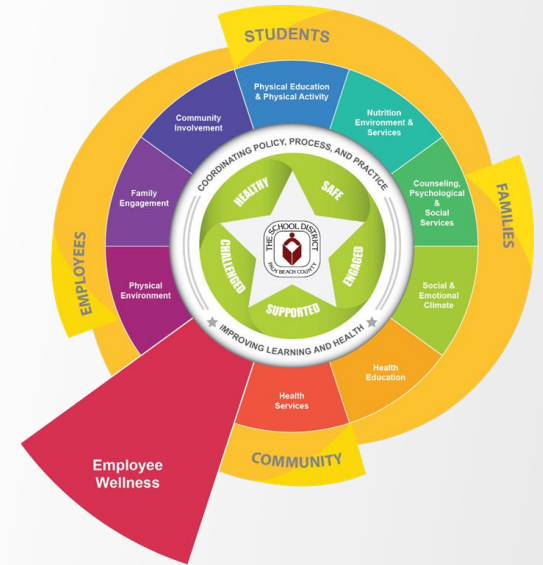
Exercise Peddler



The facility with the most participants completing 'black out' will be able to choose a group grand prize!

GROUP PRIZES

- Smoothie Bike Day
- Chair Massages
- DJ Dance Party

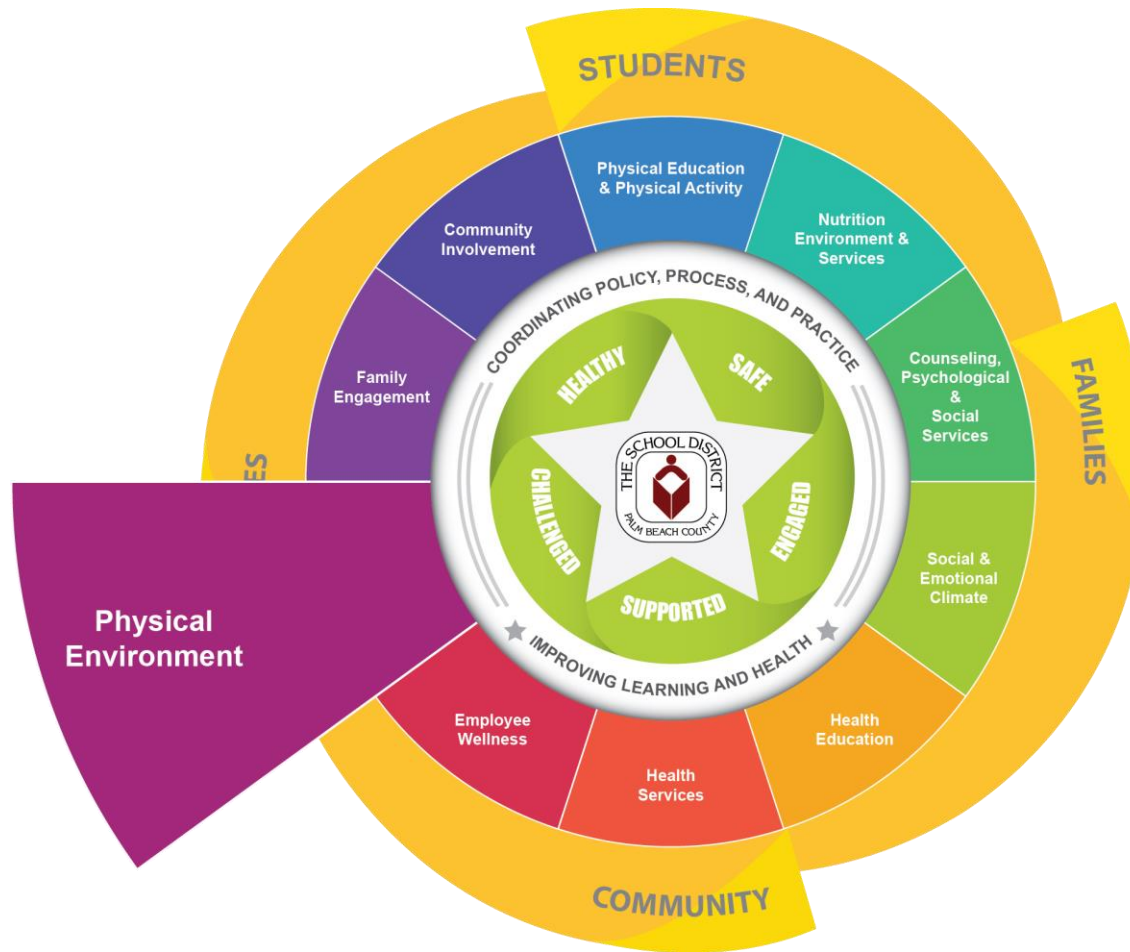


**MORE OF
EVERYTHING YOU
WANT FOR
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Whole School, Whole Community, Whole Child (WSCC) Model

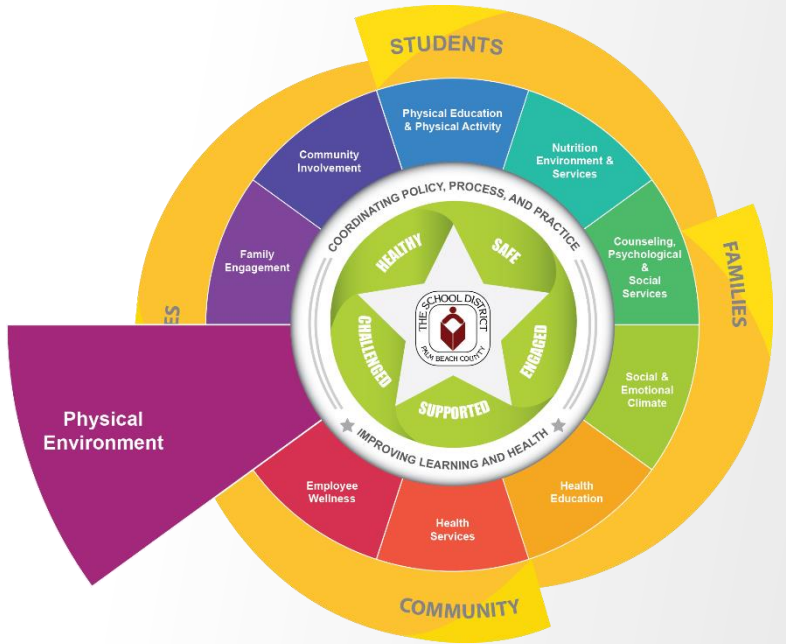
Physical Environment Update:



Physical Environment

Goal: To provide a physical environment that meets or exceeds federal guidelines to include, but not limited to, the following topics: asbestos in schools, health and environmental hazards, radon testing, OSHA Hazard Communication Standards, protection of natural habitats, and green schools.





Environmental & Conservation Services

Lisa Toy

Sustainability & Recycling Coordinator

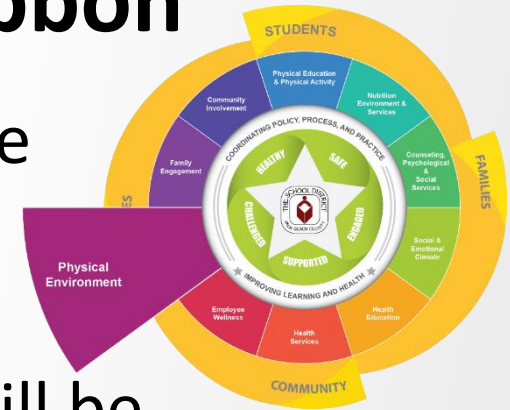


High-performing A-rated District



Highland Elementary Nomination for **Green Ribbon**

- February 2020: Highland Elementary was the only school in the state of Florida to be nominated for the U.S. Department of Education's **Green Ribbon** Award
- Nominated by the Florida Department of Education; awards will be announced in May 2020



- **Reduced environmental impact and costs**



- Proven energy and water use reduction; reduced greenhouse gas emissions

- **Improved health and wellbeing**

- High standards of *Whole School Whole Community*; school environmental health program that considers occupant health and safety

- **Effective environmental and sustainability education**

- Use of the environment and sustainability to develop STEM content knowledge; interdisciplinary environmental learning





Pillar 1: Environmental Impact



Pillar 2: Healthy School Environment



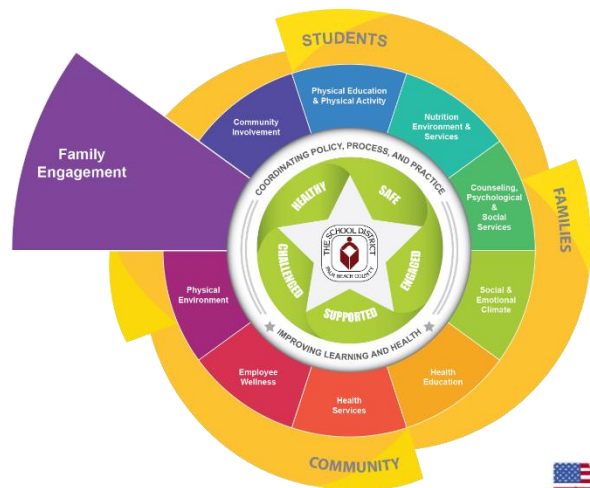
Pillar 3: Environmental Education

MORE OF EVERYTHING YOU WANT FOR YOUR CHILD

PALM BEACH COUNTY SCHOOLS
Your **BEST** Choice!

Whole School, Whole Community, Whole Child (WSCC) Model

Family Engagement and Community Involvement Updates:



Family Engagement

Goal: To encourage families to participate in the wellness initiative in our District to support student's physical, social, behavioral, and emotional well-being.

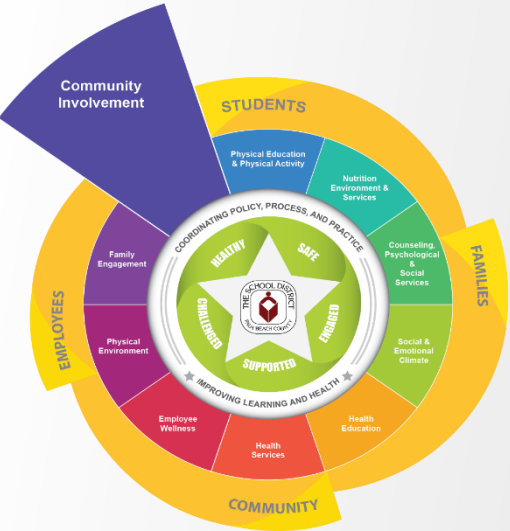
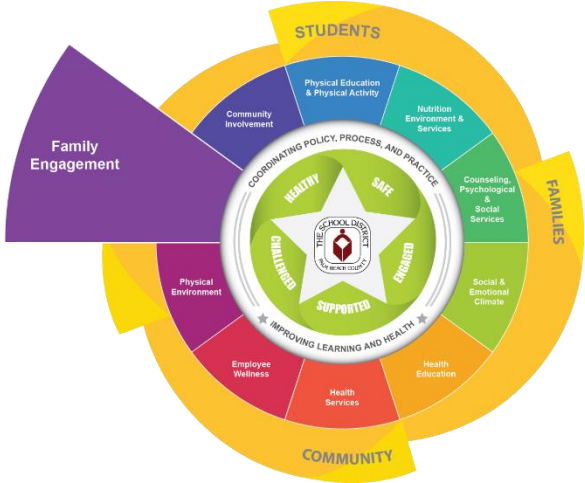


Community Involvement

Goal: To encourage community involvement in the wellness initiative in our District to support student's physical, social, behavioral, and emotional well-being.



Welcome Center



Javier Ortolaza
Welcome Center, Specialist
Elga Canipe
Welcome Center, Data Processor





Palm Beach MEP
@PalmBeachMEP



Family Engagement Nights:

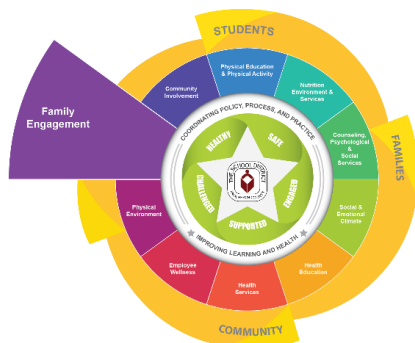
- Lake Worth Community High
- Atlantic Community High
- Sandpiper Shores Elementary
- Lake Shore Middle
- Royal Palm Beach Community High
- Northboro Elementary

Migrant Education Program

Parent Leadership Council Meetings

Immunization Van at the Welcome Center

Special shout out to the collaborative efforts with between [@PalmBeachMEP](#), McKinney-Vento Program, Welcome Center, Immunization Van, and Frontier ES for working together to get these migrant children enrolled and the transportation needed to get to school. [@PBCSDEspanol](#) [@EsoIPbc](#)



High-performing A-rated District



**MORE OF
EVERYTHING YOU
WANT FOR
YOUR CHILD**



Community Partners:

Children's Services Council PBC
Education Foundation PBC
HomeSafe
The Giving Closet Project
Association of Hispanic Ministers of PBC
Puerto Rican Hispanic Chamber of Commerce
Primary Clinics
Palm Beach Refugee Task Force
Community ID of the Palm Beaches
ACHIEVE PBC
Palm Beach State College
Perdue University
Chrysalis Health
CARIDAD
C.L. Brumback Primary Care Clinics
Health Care District PBC
Community Health Center of Palm Beach
Florida Health Palm Beach
TRiO
EL SOL
Census2020
ATAX (Lake Worth)
Lily Rexach State Farm



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Javier Ortolaza
@JavierOrtolaza

Thanks to all community agencies that participated at Northboro Elementary Family Engagement Night. @cscpcb @HomeSafeFla @uscensusbureau (Community Health Center, HomeSafe, Caridad, Community ID, Children's Services Council, & FDLRS/Alpha Center) @harveyoaxaca @ChoisKatty





HISPANIC CHAMBER
OF COMMERCE
PALM BEACH COUNTY

JOB FAIR & BUSINESS EXPO

FREE ADMISSION!

February 27, 2020
1:30 to 4:30 pm

Connect After 5 Mixer, 5:00 to 7:00 pm

**West Palm Beach
Marriott**

1001 Okeechobee Blvd, WPB, FL 33401

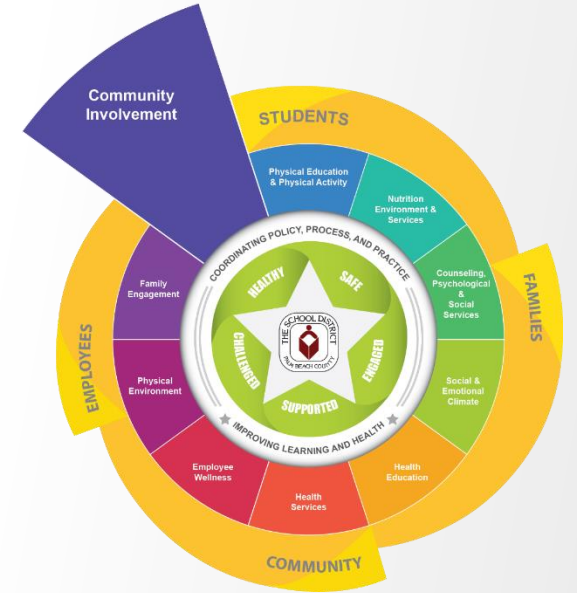
**Featuring
exhibitors and recruiters!**

Some of the participating businesses are:



Interested? Call the chamber office at 561-832-1986 to reserve your space. Space is limited!

www.HispanicChamberPBC.com



DO NOT MISS IT TODAY



Wellness

PROMOTION TASK FORCE

The School District of Palm Beach County, Florida

Whole School, Whole Community,
Whole Child Culture...

A Symphony of Services
Improving Learning and Health



Join us at our
2nd Task Force meeting
of the school year on...

Thursday,
February 27, 2020
8:00 a.m. - 11:00 a.m.

Resource EXPO
Two Sessions
8:00 a.m. - 8:25 a.m. &
10:35 a.m. - 11:00 a.m.

Location:
Fulton-Holland Educational
Services Center (FHESC)
Board Room
3300 Forest Hill Blvd.
West Palm Beach, Florida
33406

For more information:
(561) 383-2026

Wellness@palmbeachschools.org



Share Successes
Promote Initiatives
Advocate for Change
Connect with Community Partners



Your BEST Choice!

Wellness

PROMOTION TASK FORCE

The School District of Palm Beach County, Florida

KeystoWellness

Presentations...

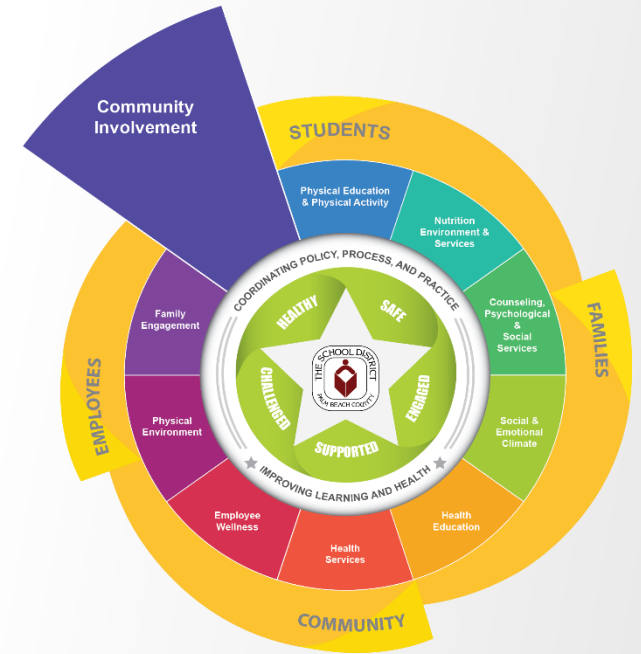
MORE OF
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PALM BEACH COUNTY SCHOOLS
Your BEST Choice!

High-performing A-rated District

LET'S MOVE COMMIT TO CHANGE



Let's Move Campaign...

Vanessa Moss

Director of Communications



Palm Health FOUNDATION





THE SCHOOL DISTRICT OF
PALM BEACH COUNTY, FL

ALLISON MONBLEAU
DIRECTOR

WANDA F. PAUL, M.ED., MBA
CHIEF OPERATING OFFICER

SCHOOL FOOD SERVICE
3661 INTERSTATE PARK ROAD NORTH, SUITE 100
RIVIERA BEACH, FL 33404

PHONE: 561-383-2000 / FAX: 561-383-2043
WWW.PALMBEACHSCHOOLS.ORG

February 24, 2020
Bulletin #PD 20-208 COO

Action By:
March 31, 2020

Contacts:

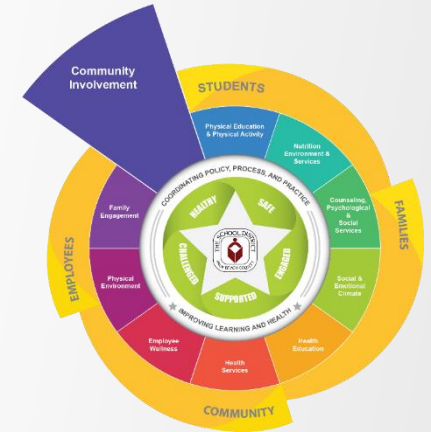
Paula Triana, 561-383-2026
paula.triana@palmbeachschools.org
Eric Stern, 561-434-7450
eric.stern@palmbeachschools.org
Carlye Fabrikant, 561-434-8044
carlye.fabrikant@palmbeachschools.org
Jeannine Rizzo, 561-882-1904
jeannine.rizzo@palmbeachschools.org

TO: Principals and Directors

FROM: Wanda F. Paul, M.Ed., MBA, Chief Operating Officer *WFP*

SUBJECT: 2020 LET'S MOVE: COMMIT TO CHANGE PHYSICAL ACTIVITY CHALLENGE

Daily physical activity can improve overall health and reduce the risk of developing several diseases such as cardiovascular disease, type 2 diabetes, and cancer. Exercise can have both immediate and long-term health benefits. Most importantly, regular activity can improve quality of life. Our District promotes physical activity for our students, staff, and community.



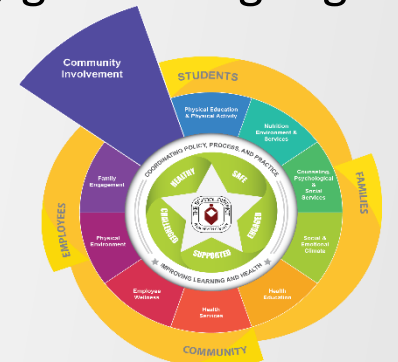
Coming Up SOON:

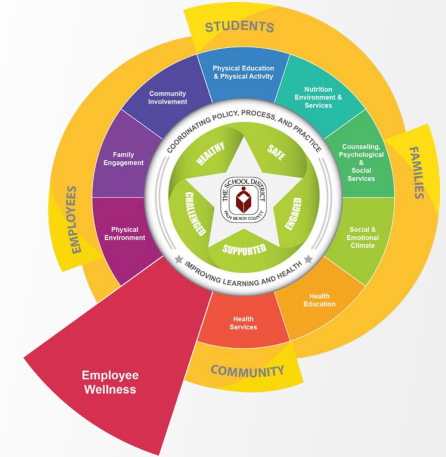
MARCH 1 – 31, 2020



LEADING CHANGE
FOR BETTER HEALTH

The *Let's Move: Commit to Change Physical Activity Challenge* is a county-wide initiative that focuses on physical activity, nutrition and healthy behaviors. The Challenge invites all Palm Beach County residents to form teams, get moving together, and commit to exercising at least 30 minutes a day.





American Heart Association

Sarah Gauldin

Youth Market Director

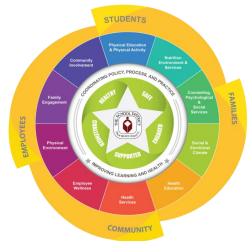


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American Heart Association
#QUITLying
SWAT Club

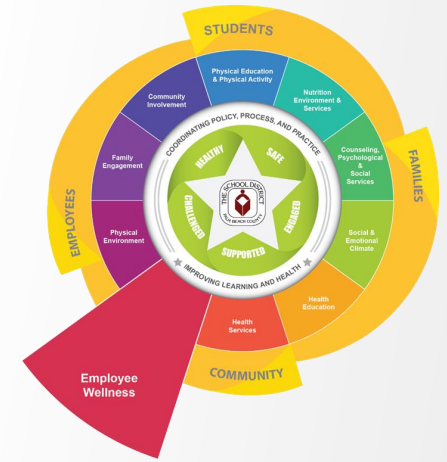


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 **CHRISTA MCAULIFFE**
 Middle School

MORE OF EVERYTHING YOU WANT FOR YOUR CHILD

 **PALM BEACH COUNTY SCHOOLS**
 Your *BEST* Choice!



2019 Gold Workplace Health Award Winner:

The School District of Palm Beach County

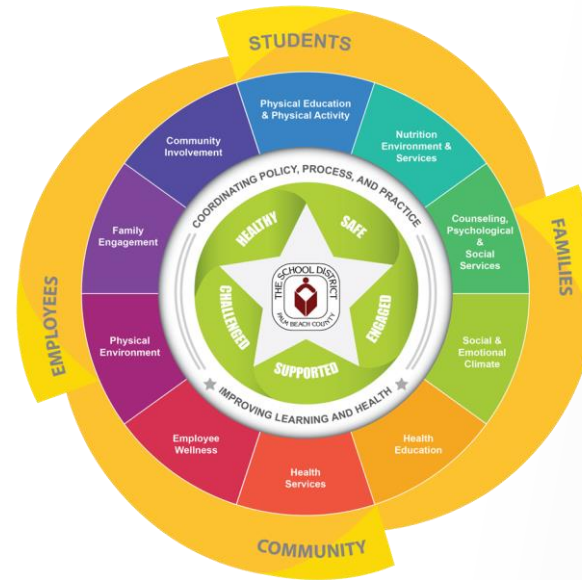


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Awards & Recognition



High-performing A-rated District

MORE OF EVERYTHING YOU WANT FOR YOUR CHILD

 **PALM BEACH COUNTY SCHOOLS**
*Your **BEST** Choice!*



Healthy School/Well Workplace Award sponsored by *Horace Mann* *presented by Carlye Fabrikant...*



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Healthy School/Well Workplace Awards:

**Don Estridge High Tech Middle
Marsh Pointe Elementary**



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Relaxation/Wellness Rooms sponsored by *Wells Fargo* *presented by Carlye Fabrikant...*



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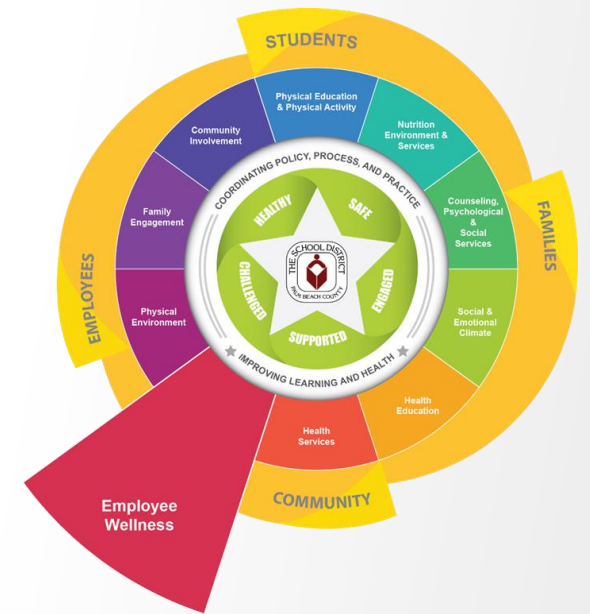
Relaxation/Wellness Rooms Awards:

- Crossroads Academy
- Jupiter Farms Elementary



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Relaxation/Wellness Rooms sponsored by *Pure Wellness* *presented by Carlye Fabrikant...*



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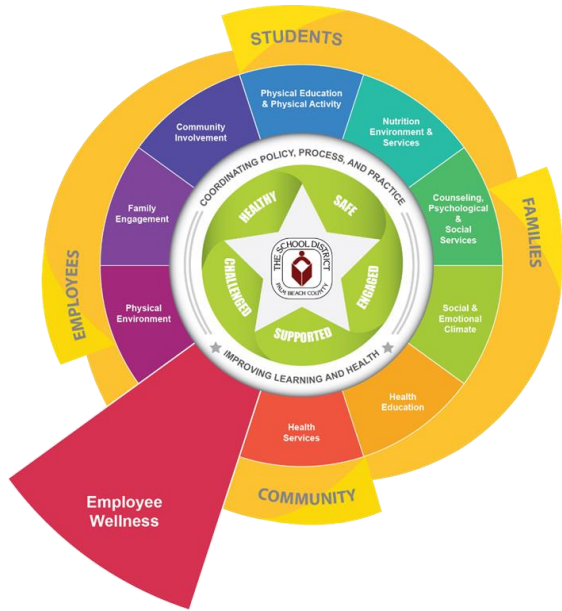
Relaxation/Wellness Rooms Awards:

- Elbridge Gale Elementary
- New Horizons Elementary
- Wellington Landings Middle



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Wellness
 PROMOTION TASK FORCE
 The School District of Palm Beach County, Florida
 KeystoWellness 

Relaxation/Wellness Rooms
 sponsored by *Wellness Promotion Task Force*
presented by Carlye Fabrikant...



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Relaxation/Wellness Rooms Awards:

- Crestwood Middle
- Poinciana Elementary
- Don Estridge High Tech Middle
- Riviera Beach Preparatory





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Wellness
PROMOTION TASK FORCE

The School District of Palm Beach County, Florida
*Whole School, Whole Community,
Whole Child Culture...*
A Symphony of Services
Improving Learning and Health


Join us at our
2nd Task Force meeting
of the school year on...

Thursday,
February 27, 2020
8:00 a.m. – 11:00 a.m.



Resource EXPO
Two Sessions
8:00 a.m. – 8:25 a.m. &
10:35 a.m. – 11:00 a.m.

Location:
Fulton-Holland Educational
Services Center (FHESC)
Board Room
3300 Forest Hill Blvd.
West Palm Beach, Florida
33406

For more information:
(561) 383-2026
Wellness@palmbeachschools.org



Share Successes
Promote Initiatives
Advocate for Change
Connect with Community Partners


Optimistic Closing...
Paula Triana
Wellness Promotion Manager


**MORE OF
EVERYTHING YOU
WANT FOR
YOUR CHILD**





P R O M O T I O N T A S K F O R C E

The School District of Palm Beach County, Florida

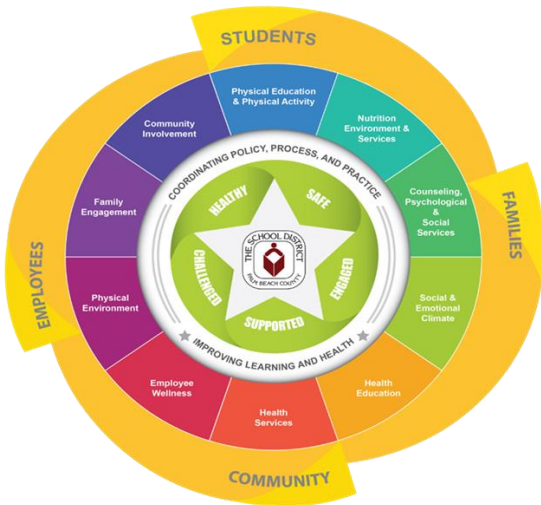
Key s t o W e l l n e s s 

Next District's WPTF Meeting:

Thursday, April 16, 2020

2:30 p.m. – 6:00 p.m.

Spotlighting on Wellness...come and have FUN



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GLOBAL Wellness Day June 13, 2020



I Say YES!...Global Wellness Day! June 13, 2020



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MORE OF
EVERYTHING YOU
WANT FOR
YOUR CHILD

 PALM BEACH COUNTY SCHOOLS
Your **BEST** Choice!



Eileen Nieves
SEL Specialist
Eileen.nieves@palmbeachschools.org
Optimistic Closing

Once Upon a Time
MAMBA Forever



The School District of Palm Beach County

Working in Concert to Create a
*Whole School, Whole Community,
Whole Child Culture...*

A Symphony of Services
Improving Learning and Health



Wellness Promotion Policy (2.035)

For more information contact:

Wellness@palmbeachschools.org

For all you are
For all you do
Thank You

MORE OF
EVERYTHING YOU
WANT FOR
YOUR CHILD

 PALM BEACH COUNTY SCHOOLS
Your *BEST* Choice!

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