

Be SMART

Employee Wellness Champion Program

Principal Report



Photo: Pinktober—Breast Cancer Awareness Month at Ridgecrest Elementary



Publication Date: May 2019

Introduction

The following report is an excerpt from the Annual Employee Wellness Report that is presented to the board on an annual basis.

Be SMART Employee Wellness Program

Pinellas County Schools highly values the health and well-being of every staff member. As part of the Be SMART Employee Wellness Program, PCS plans and implements activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

The School Board of Pinellas County is committed to ensuring that adequate resources and funding are provided to ensure a safe and healthy environment for our staff. The board recognizes that a healthy workforce is a key component of student achievement so it encourages all employees to participate in the district wellness program.

Principals and administrators along with their designated Employee Wellness Champion provide the leadership and support necessary for program success.

Vision

100% productive, healthy and happy employees.

Mission

To promote a culture that supports and encourages safe and healthy behaviors, employee engagement and a balanced state of wellbeing. The districts' wellness initiatives will inspire and empower employees to take responsibility for their own health and safety which is vital to their ability to contribute to the work and mission of PCS.

Overall Goals

- Increase preventative screening rates among employees and dependents.
- Decrease the number of employees who are overweight or obese
- Increase engagement in Go365 incentive program
- Reduce the percentage of employees who self-report having elevated stress levels
- Reduce the percentage of employees who report using tobacco

The District's programs will fall into four categories, which were determined based on employees' interests and greatest health risks:



Wellness Champion Program Overview

Employee Wellness Champions, located at 95% of PCS worksites, are instrumental in assisting in the delivery of comprehensive onsite wellness programs to our employees. At the beginning of the year, each worksite has the option to be surveyed to determine their specific wellness interests. The Employee Wellness Champion builds a program that meets the interests of the staff while also meeting the requirements of the Employee Wellness Champion Program.

Below is an overview of the Employee Wellness Champion program and the activities they completed throughout the year. Wellness Champions are given the opportunity to earn up to \$450 per year and have a wellness budget which varies depending on the size of their worksite.

2017/18 WELLNESS CHAMPION PROGRAM SUMMARY

Total Number of Champions	145
Total Activities Submitted	1,002
Average Activities per Champion	6.9
Total Number of Programs	699

Program details

Employee Wellness Champions had the option of choosing from the following programs:

- | | |
|---------------------------------------|---------------------------------|
| Biometric screening | Fitness/movement activity |
| Go365 overview | Participate in a 5k race |
| Go365 challenge (weight loss or step) | CPR/First Aid training |
| EAP presentation | Nutrition presentation/training |
| Stress/mindfulness activity | Team building with art or music |
| Financial wellness presentation | Mobile Mammography Bus |
| Horticulture & gardening presentation | Miscellaneous |
| Kickball | |

A complete list of programs by worksite are on the following pages.

Employee Wellness Champion Activities by Worksite

Below is a list of programs completed by worksite. The programs are based on what the site's champion submitted. The number of participants are shown in parentheses (X):

Administration Building

- Financial (Valic) Presentation (20)
- Financial (Valic) Presentation (20)
- Identity Theft and Scam Prevention—Sheriff (40)
- Wellness Screening (159)
- Social Security (45)

Anona Elementary

- Nutrition Lunch and Learn (30)
- Daily Fitness Activity (8)
- Team building (18)
- Mobile Mammography (3)
- Hydration Challenge (12)
- Team Building (10)

Azalea Middle-NONE

Bardmoor Elementary

- EAP Presentation (40)
- Mobile Mammography (11)
- Wellness Screening (7)
- Mindfulness Room (60)

Bauder Elementary

- Team Building (10)
- Walking Challenge (10)
- Weight Loss Challenge (11)
- Wellness Screening (15)

Bay Point Elementary

- Walking Challenge (20)
- Team Building with Art (15)
- Be Kind to Others Challenge (15)

Bay Point Middle

- Fitness Class (5)
- Weekly Yoga (6)
- Wellness Screening (18)
- Walking Club (15)

Bay Vista Fundamental

- Mobile Mammography (11)
- Wellness Screening (17)
- Stress Reduction (30)
- Aetna Health Promise Meeting (20)

Bayside High

- Cardio Kickboxing (4)
- Yoga (7)
- Step Challenge (3)

Bear Creek Elementary

- EAP Seminar (40)
- Mammography (8)
- Wellness Screening (14)
- Nutrition Club (9)

Belcher Elementary

- Nutrition Challenge (21)
- Ab Class (23)
- Nutrition Challenge (18)
- Team Building with Music (50)

Belleair Elementary

- Monthly Walking Challenge (20)
- Nutrition Seminar (10)
- Wellness Screening (29)
- Mobile Mammography (10)

Bernice Johnson Center-NONE

Blanton Elementary

- Walking Challenge (37)
- EAP Seminar (49)
- Team Building (15)
- Mobile Mammography (10)

Boca Ciega High

- Walking Challenge (9)
- Team Building with Art (8)
- Wellness Screening (23)
- Acro Yoga (10)

Brooker Creek Elementary

- Salad Day (35)
- Team Building with Art (15)
- Flu Fact Program (19)
- EAP Seminar (70)
- Nutritional Seminar (40)

Calvin Hunsinger Exceptional Center

- Identity Theft and Scam (21)
- Healthy Family Favorite Feast (25)
- Wellness Screening (30)
- Water Challenge (10)

Campbell Park Elementary

- Walking Challenge (21)
- Massage (16)
- Weight Loss Challenge (11)
- Fitness Training (4)

Carwise Middle

- Walking Challenge (16)
- Wellness Screening (19)
- Walking Challenge (16)

Clearwater Adult Education Center-NONE**Clearwater Fundamental**

- Self Defense Class (21)
- Humor Challenge (25)
- Weight Loss Challenge (12)
- Wellness Screening (25)
- Mobile Mammography (20)

Clearwater High

- Team Building with Fitness (25)
- Walking Challenge (25)
- Mobile Mammography (10)
- Wellness Screening (27)

Clearwater Intermediate

- EAP Seminar (14)
- Nutritional Seminar (21)
- Mobile Mammography (7)

Coachman Bus Compound

- Wellness Screening (30)
- Financial Presentation (23)
- EAP Presentation (12)
- Team Building with Art (15)

Coachman Service Center

- ID Theft Protection (13)
- Mobile Mammography (12)
- Wellness Screening (19)

Countryside High

- Team Building with Art (18)
- Nutrition Seminar (22)
- Wellness Screening (27)
- Mobile Mammography (14)

Cross Bayou Elementary

- EAP Seminar (60)
- Wellness Screening (40)
- Financial Seminar (75)

Curlew Creek Elementary

- Fitness Program (5)
- Chair Massage (4)
- Book club (6)
- Yoga (6)

Curtis Fundamental

- Team building (14)
- Wellness Screening (16)
- Fitness Boot Camp (6)
- Nutrition Seminar (9)
- Chair Massages (5)
- Mobile Mammography (20)

Cypress Woods Elementary

- Team Building (46)
- Wellness Screening (22)
- Mobile Mammography (17)
- Yoga (12)

Disston Academy

- Nutritional Challenge (15)
- EAP Seminar (30)
- Wellness Screening (24)
- Nutrition Seminar (20)

Disston Annex

- Identity Theft and Scam Prevention (13)
- Kindness Challenge (12)
- Wellness Screening (9)
- Mobile Mammography (8)

Dixie Hollins Adult Education

- Zumba (35)
- Fitness Training (20)

Dixie Hollins High

- Wellness Screening (20)

Douglas L. Jamerson Elementary

- Healthy October Challenge (14)
- Weight Loss Challenge (16)
- Skin Care Month (100)
- Wellness Screening (22)

Dunedin Elementary

- Mobile Mammography (17)
- Weight Loss Challenge (13)
- Team Building with Art (23)
- Wellness Screening (35)
- Aetna Health Promise Presentation (22)
- Weight Loss Challenge (11)

Dunedin High

- EAP Presentation (12)

Dunedin Highland Middle

- Pink-o-ween (45)
- Mobile Mammography (9)
- Wellness Screening (20)
- EAP Presentation (28)

East Lake High

- Wellness Screening (20)
- Mobile Mammography (14)

East Lake Middle Academy of Engineering

- Walking Club (6)
- Team Building (10)

Educational Alternative Services

- Wellness Screening (10)
- Financial Presentation (60)

Eisenhower Elementary

- Nutrition Seminar (22)
- Self Defense (14)
- Team Building with Art (12)
- Wellness Screening (27)
- Mobile Mammography (15)
- EAP Seminar (35)

Fairmount Park Elementary

- Step Challenge (13)
- Nutrition Seminar (21)
- EAP Seminar (32)
- Step Challenge (14)

Forest Lakes Elementary

- Water Challenge (20)
- Team Building with Art (28)
- Mobile Mammography (14)
- Wellness Screening (21)

49th Street Bus Compound

- Mobile Mammography (14)
- Nutrition Seminar (20)
- EAP Seminar (25)
- Wellness Screening (33)
- Financial Seminar (22)

Frontier Elementary

- Stress Relief (24)
- Walking Challenge (6)
- Wellness Screening (14)

Fuguitt Elementary

- Kindness Challenge (21)
- Wellness Screening (20)
- Mobile Mammography (16)
- Salad Day (55)
- Step Challenge (18)

Garrison Jones Elementary

- Wellness Screening (30)
- Massages (10)
- Mobile Mammography (11)

Gibbs High

- EAP Seminar (6)
- Nutrition Seminar (14)
- Financial Seminar (12)
- Biggest Loser Challenge (12)
- Mobile Mammography (10)
- Wellness Screening (21)
- Garden Lunch (9)

Gulf Beaches Elementary-None**Gulfport Elementary**

- Behavior Change Challenge (20)
- Team Building (18)
- Mobile Mammography (20)
- Kindness Challenge (19)

Gus A. Stavros Institute

- EAP Seminar (19)
- Kindness Challenge (4)
- Nutrition Seminar (16)
- Fitness Training (4)
- Mobile Mammography (2)
- Wellness Screening (3)

High Point Elementary

- Wall Sit Challenge (16)
- Fitness Training (12)
- Nutrition Seminar (10)
- Wellness Screening (20)
- Hydration Challenge (15)

Highland Lakes Elementary

- EAP Seminar (35)
- Breast Cancer Awareness Event (45)
- Team Building with Art (15)
- Wellness Screening (25)
- Identity Theft Presentation (30)
- Mobile Mammography (15)
- EAP Seminar (34)

James B. Sanderlin Elementary

- Weight Loss Program (15)
- Mobile Mammography (10)
- Salad Day (25)

John Hopkins Middle

- Nutrition Seminar (8)
- Financial Seminar (10)
- Wellness Screening (21)
- Yoga (10)

John M. Sexton Elementary

- Fitness Challenge (20)
- Nutrition Seminar (32)
- Mobile Mammography (16)
- Wellness Screening (25)

Kings Highway Elementary

- EAP Seminar (65)
- Wellness Screening (12)

Lake St. George Elementary

- EAP Seminar (19)
- Team Building Challenge (10)
- Kickball (11)
- Wellness Screening (18)

Lakeview Fundamental Elementary

- CPR and First Aid Training (10)
- EAP Seminar (30)
- Healthy Habit Challenge (17)

Lakewood Community

- Hydration Challenge (9)
- Aetna Scavenger Hunt (7)
- Salad Day (12)
- Nutrition Seminar (11)
- Fruit and Veggie Challenge (10)

Lakewood Elementary

- Walking Program (20)
- Mobile Mammography (8)
- Wellness Screening (20)

Lakewood High

- Mobile Mammography (8)
- Nutrition Seminar (14)
- Yoga (14)
- Financial Seminar (16)
- Wellness Screening (12)

Largo High

- Team Building with Art (14)
- Breast Cancer Awareness (50)
- Weight Management Challenge (43)
- Nutrition Seminar (25)

Largo Middle

- Florida Gardening (6)
- Nutrition Seminar (29)

Lealman Ave. Elementary

- Team Building with Art (13)
- Wellness Screening (11)
- Mobile Mammography (12)

Lealman Bus Compound

- Retirement Presentation (13)
- Mobile Mammography (7)
- EAP Seminar (8)
- Identity Theft Program (7)

Lealman Innovation Academy

- EAP Seminar (58)
- Weight Loss Challenge (16)
- Wellness Screening (15)
- Mobile Mammography (12)

Leila G. Davis Elementary

- Breast Cancer Awareness Program (60)
- Mobile Mammography (13)
- Massage (10)
- Wellness Screening (10)
- EAP Seminar (47)

Lynch Elementary

- Nutrition Seminar (15)
- EAP Seminar (54)
- Wellness Screening (17)
- Mobile Mammography (17)

Madeira Beach Fundamental

- Kindness Challenge (40)
- Maderia Beach 5K (15)
- Wellness Screening (50)
- Aetna Information Session (50)
- Water Challenge (50)
- Fitness Training (6)
- EAP Seminar (73)

Marjorie Rawlings Elementary

- Team Building with Art (14)
- Nutrition Challenge (22)
- Self Defense (14)
- Wellness Screening (33)
- Mobile Mammography (15)
- EAP Seminar (35)

Maximo Elementary

- Step Challenge (17)
- Mobile Mammography (9)
- Stress Relief with Art (25)
- Wellness Screening (16)
- Stress Management Program (120)
- Water Challenge (80)

McMullen Booth Elementary

- Social Security Seminar (17)
- Team Building with Art (10)
- Mobile Mammography (16)
- Wellness Screening (25)
- Team Building with Art (8)
- Water Challenge (14)

Meadowlawn Middle

- Mobile Mammography (10)
- Team Building (21)
- Weight Loss Challenge (35)
- Wellness Screening (16)

Meadowlawn Service Center-None**Melrose Elementary**

- Weight Loss Challenge (11)
- EAP Seminar (40)
- Mobile Mammography (8)
- Wellness Screening (20)

Midtown Academy

- Walking Challenge (3)
- Wellness Screening (15)
- EAP Seminar (10)

Mildred Helms Elementary

- EAP Seminar (50)
- Mobile Mammography (13)
- Wellness Screening (13)
- Team Building with Music (59)
- Aetna Information Session (45)

Morgan Fitzgerald Middle

- Mobile Mammography (9)
- Step Challenge (10)
- Wellness Screening (22)
- Step Challenge (20)

Mount Vernon Elementary

- Financial Wellness (6)
- Team Building with Art (7)
- Wellness Screening (25)
- Mobile Mammography (12)

New Heights Elementary

- Walking Challenge (15)
- Mobile Mammography (9)
- Wellness Screening (13)

Nina Harris Exceptional Center

- Breast Cancer Walk (150)
- Salad Day (56)
- Mobile Mammography (23)
- Wellness Screening (47)

North Shore Elementary

- Stress Management (1)
- Team Building with Art (9)
- Hydration Challenge (20)
- Team Building with Fitness (17)
- Wellness Screening (22)

Northeast High

- Wellness Screening (18)
- Mobile Mammography (20)

Northwest Elementary

- Nutrition Seminar (40)
- EAP Seminar (40)
- Mobile Mammography (11)
- Wall Climbing Event (10)

Oak Grove Middle

- Nutrition Seminar (14)
- Humor Challenge (12)
- Mobile Mammography (15)
- Wellness Screening (16)
- Kindness Challenge (15)

Oakhurst Elementary

- Stress Management Seminar (12)
- Step Challenge (25)
- Wellness Screening (10)
- Happy Teacher Challenge (10)
- Mobile Mammography (10)

Oldsmar Elementary

- Team Building with Music (15)
- Holiday Health (25)
- Wellness Screening (20)
- Mobile Mammography (20)
- Walking Challenge (20)

Orange Grove Elementary

- Mobile Mammography (10)
- Team Building with Art (6)
- Weight Loss Challenge (12)
- Step Challenge (7)

Osceola Fundamental High

- Massage (10)
- Mobile Mammography (16)
- Weight Loss Challenge (15)
- Wellness Screening (54)

Osceola Middle

- Walking Club (6)
- Mobile Mammography (15)
- Weight Loss Challenge (20)
- Rec Day (15)

Ozona Elementary

- Cardio Kickboxing (9)
- Nutrition Challenge (25)
- Mobile Mammography (13)
- Mental Health Challenge (30)
- Nutrition Challenge (14)

Palm Harbor Community School

- EAP Seminar (9)
- Kindness Challenge (8)
- EAP Seminar (81)
- Sleep Challenge (8)

Palm Harbor Middle

- Mobile Mammography (11)

Palm Harbor University High

- Step Challenge (15)
- Financial Seminar (5)
- Piloxing (3)
- Financial Seminar (4)
- Mobile Mammography (20)
- Wellness Screening (18)

Pasadena Fundamental

- Team Building Book Club (6)
- EAP Seminar (32)
- Mobile Mammography (13)
- Wellness Screening (17)

Paul B Stephens Exceptional Center

- Chair Massage (15)
- Step Challenge (36)
- Mobile Mammography (30)
- Wellness Screening (65)
- Aetna Information Seminar (20)

Perkins Elementary

- Team Building with Art (10)
- Mobile Mammography (19)
- Wellness Screening (24)
- CPR & First Aid Training (8)

Pinellas Central Elementary

- Mobile Mammography (6)
- Stress Relief Program (12)
- Wellness Screening (23)
- Hydration Challenge (13)

Pinellas Gulf Coast Academy

- Walking Challenge (8)
- Fitness Activity (7)
- Wellness Screening (10)
- Mobile Mammography (7)
- Recycle Challenge (6)

Pinellas Park Elementary

- Step Challenge (16)
- Thanksgiving 5K (10)
- Nutrition Challenge (13)
- Mobile Mammography (14)

Pinellas Park High

- Mobile Mammography (20)
- Step Challenge (18)
- Kickball (10)
- Wellness Screening (26)

Pinellas Park Middle

- Weight Loss Challenge (15)
- Aetna Health Promise Seminar (5)
- Wellness Screening (21)
- Stress Management Program (15)
- Yoga (8)

Pinellas Secondary

- EAP Seminar (20)
- Wellness Screening (30)
- EAP Seminar (25)

Pinellas Technical College—Clearwater

- Nutrition Seminar (18)
- Kindness Challenge (8)
- Mobile Mammography (1)
- Retirement Seminar (13)
- Wellness Screening (19)
- EAP Seminar (13)

Pinellas Technical College—St. Pete

- EAP Seminar (15)
- Wellness Screening (20)
- Salad/Nutrition Days (8)

Plumb Elementary

- EAP Seminar (45)

Ponce de Leon Elementary

- Hydration Challenge (9)
- Mindful Morning (25)
- Nutrition Seminar (5)
- Mobile Mammography (12)
- Wellness Screening (26)

Private Schools

- Nutrition Challenge (5)
- EAP Seminar (11)
- Mobile Mammography (5)

Psychological Services

- EAP Seminar (70)
- Humor Challenge (16)
- Hydration Challenge (24)
- EAP Seminar (80)

RL Sanders Exceptional Center

- Kickball (28)
- Walking Challenge (20)
- Weight Management Challenge (10)
- Wellness Screening (25)

Richard O. Jacobson Technical High School— None**Ridgecrest Elementary**

- Nutrition Seminar (28)
- Mobile Mammography (16)
- Wellness Screening (15)

Safety Harbor Elementary

- Step Challenge e (10)
- Team Building (13)

Safety Harbor Middle

- EAP Seminar (60)
- Mobile Mammography (7)
- EAP Seminar (65)

San Jose Elementary

- Massage (13)
- Wellness Screening (13)
- Mobile Mammography (9)
- Massage (9)

Sandy Lane Elementary-None**Sawgrass Lake Elementary**

- EAP Seminar (35)
- Nutrition Seminar (13)
- Nutrition Challenge (15)
- Mobile Mammography (10)

School Social Workers

- Humor Challenge (26)
- Kindness Challenge (56)

Seminole Elementary

- Nutrition Seminar (15)
- Stress Program (27)

Seminole High

- Team Building with Art (14)
- Breast Cancer Awareness Event (50)
- Weight Loss Challenge (43)
- Nutrition Seminar (25)

Seminole Middle

- Mobile Mammography (6)
- Kickball (14)
- Weight Loss Challenge (14)
- Nutrition Seminar (50)

Seventy Fourth St. Elementary

- EAP Seminar (60)
- EAP Seminar/Team Building (50)
- Wellness Screening (17)
- Mobile Mammography (15)

Shore Acres Elementary

- Team Building (12)
- Yoga (6)
- Wellness Screening (14)
- Team Building with Art (14)

Skycrest Elementary

- Nutrition Seminar (9)
- EAP Seminar (55)
- EAP Seminar (54)
- Wellness Screening (16)
- Nutrition Seminar (10)
- Wellness Library (10)
- Massage (10)

Skyview Elementary

- Team Building (19)
- Wellness Screening (21)
- Mobile Mammography (14)
- Biggest Loser Challenge (3)

Southern Oak Elementary

- Team Building (15)
- Fruit & Veggie Challenge (50)
- EAP Seminar (20)
- Team Building (40)

St. Petersburg High

- Walking/Running Group (6)
- Weight Loss Challenge (17)
- Wellness Screening (21)
- Mobile Mammography (18)

Starkey Elementary

- Step Challenge (15)
- EAP Seminar (10)
- Mobile Mammography (10)
- Wellness Screening (15)

Sunset Hills Elementary

- “Kick a Bad Habit” Challenge (15)
- Fruit & Veggie Challenge (12)
- Mobile Mammography (6)
- Walk for Wellness (5)

Sutherland Elementary

- EAP Seminar (44)
- Team Building with Art (10)
- Wellness Screening (19)
- Mobile Mammography (20)

Tarpon Springs Bus Compound

- EAP Seminar (20)
- Financial Seminar (18)
- Salad/Nutrition Day (20)
- Wellness Screening (19)
- Mobile Mammography (15)

Tarpon Springs Elementary

- Nutrition Seminar (23)
- Team Building (15)
- Wellness Screening (21)
- Mobile Mammography (19)

Tarpon Springs Fundamental

- Nutrition Seminar (26)
- Wellness Screening (12)
- Mobile Mammography (7)

Tarpon Springs High

- Wellness Wednesdays (100)
- EAP Seminar (55)
- Mobile Mammography (15)
- Yoga (2)
- Wellness Screening (18)
- Nutrition Seminar (8)

Tarpon Springs Middle

- Financial Seminar (23)
- Weight Loss Challenge (10)
- Mobile Mammography (18)
- EAP Seminar (21)
- Biggest Loser (10)

Thurgood Marshall Fundamental Middle

- Step Challenge (10)
- Fitness Challenge (12)
- Wellness Screening (20)
- Mobile Mammography (11)

Title I Office

- Walking Challenge (10)

Tomlinson Adult Center

- Financial Seminar (8)
- Kickball (16)
- Wellness Screening (10)
- Nutrition Seminar (6)

Tyrone Middle

- Team Building (15)
- Wellness Screening (18)
- Step Challenge (20)
- Team Building (25)

Vehicle Maintenance

- Humor Challenge (8)
- Biometric Screening (15)

Walsingham Elementary

- EAP Seminar (8)
- Team Building with Art (5)
- Financial Seminar (3)
- Mobile Mammography (4)

Walter Pownall Service Center

- Financial Seminar (11)
- Nutrition Seminar (19)
- Nutrition Challenge (19)
- Gardening (14)
- Wellness Screening (25)
- EAP Seminar (18)
- Kindness Challenge (30)

Walter Pownall Service Center - Maintenance

- Nutrition Seminar (42)
- Retirement Seminar (24)
- Kindness Challenge (34)
- Gardening (29)

Walter Pownall Service Center - Transportation

- Financial Seminar (26)

Westgate Elementary

- EAP Seminar (40)

Woodlawn Elementary

- Kickball (14)
- Mobile Mammography (8)
- Team Building (8)

