

Be SMART

Year-end Report

Employee Wellness Program

2022-2023



Wellness Champion Program Overview

Commitment

The School Board of Pinellas County is committed to ensuring that adequate resources and funding are provided to ensure a safe and healthy environment.

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 wellness champion provide the leadership and support necessary for program success.

BE SMART EMPLOYEE WELLNESS PROGRAM

Vision

100% productive, healthy and happy employees.

Mission

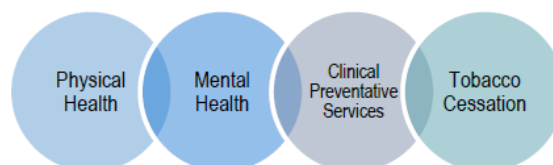
To promote a culture that supports and encourages safe and healthy behaviors, employee engagement and a balanced state of wellbeing. The districts' wellness initiatives will inspire and empower employees to take responsibility for their own health and safety which is vital to their ability to contribute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

Overall Goals

- 1) Increase preventative screening rates among employees and dependents.
- 2) Increase nutrition education programs.
- 3) Increase engagement in Limeade
- 4) Reduce the percentage of employees who self-report having elevated stress levels.
- 5) Reduce the percentage of employees using tobacco

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

- Physical Health (Goal #1, #2, and #5)
- Mental Health (Goal #4)
- Clinical Preventative Services (Goal #1)
- Tobacco Cessation (Goal #5)



Employee Wellness Champion Program Summary

Employee Wellness Champion Program Summary

OVERVIEW

Employee Wellness Champions are instrumental in assisting in the delivery of a comprehensive onsite wellness program to our employees. At the beginning of the year, each worksite is 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. Each year, champions are required to complete at least one program in each semester to qualify for part of the supplement.

2022-2023 Program Focus

During the 2022-2023 school year, Employee Wellness Champions were required to do at least one program on Sleep or Emotional Well-being. Sleep is one of the foundations of one's well-being and is often overlooked when focusing on wellness. Champions were provided with different options for a sleep program including nutrition presentations that focused on food and its impact on sleep, clinical sleep presentations, EAP sleep presentations, challenges, and more. The second option for the required program was Emotional Well-being. Emotional well being programs focus on stress management, resiliency, avoiding burnout, and more. Other programs they could complete include: fitness, nutrition, team building, financial, multiweek challenges, and more.

2022-2023 Wellness Champion Program Summary

Total Number of Champions	132
Total Activities Submitted	498
Average Activities per Champion	3.76
Approximate Number of Participants	12,938
Average Number of Participants per Program	26

Employee Wellness Champion Program Summary

Worksite

Program title	Number of participants
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Anona Elementary

Sleep Presentation	14
5k Race	10
Biggest Loser	12
Team Building Art	20

Azalea Elementary

Azalea Middle

Bardmoor Elementary

Team Building (soup)	60
Wellness Education Board	40
Sleep Challenge	40
Yoga Class	20
Yoga Class	40
Chair Massage	10

Bauder Elementary

Sleep Challenge	40
Chair Massage	10
Sun Health Challenge	12

Bay Point Elementary

EAP Presentation	35
Fitness Challenge	10
Chair Massage	12

Bayside High

Nutrition Presentation	5
Limeade Presentation	23
EAP Presentation	25
Chair Massage	5
Blood Drive	20

Bear Creek Elementary

EAP Presentation	35
Hydration Challenge	11
Sleep Challenge	20

Belcher Elementary

Limeade Presentation	14
Emotional Wellbeing Art Program	11
Biggest Loser	6
Stress Management/Fitness Friday	6
Team Building with Music	42

Belleair Elementary

Cardio Drumming	30
Limeade Presentation	30

Blanton Elementary

EAP Presentation	51
Stress Management/Team Building	20
Wellness Board Challenge	40
Team Building with Music	25
Away the Negativity Activity	57
Melanoma Monday (Skin Health)	47

Boca Ciega High

Weight loss Challenge	34
Team Building	105
Kickball	30
Team Building	87
Boca Boot Camp	25

Brooker Creek Elementary

EAP Presentation	41
Sleep Challenge	40
Team Building	42
Stress Management with Art	16
Heart Health Activity	28
EAP Presentation	41
Positivity Activity	27

Calvin Hunsinger ESEC

Fitness Class	10
EAP Presentation	25
Nutrition Presentation	7
Kickball	10
Yoga Class	10

Campbell Park Elementary

Sleep Challenge	20
Team Building	8
Kickball	17

Employee Wellness Champion Program Summary

Carwise Middle

Step Challenge	10
EAP Presentation	50
Step Challenge	15
Team Challenge	30

Clearview Adult Education Center

Gratitude Activity	30
Nutrition Presentation	30

Clearwater Adult Education Center

EAP Presentation	31
Wellness Friday Communication	39
Sleep Presentation	24
Safety/Prevention Presentation	50

Clearwater Fundamental

Sleep Challenge	40
Team Building	40
Team Building with Art	20
Gratitude Activity	40
Positivity & Goal Setting Activity	40
Kickball	16
Fit and Fun Friday Exercise	20

Clearwater High

Sleep Challenge	108
Sleep Seminar	108
Step Challenge	20
Step Challenge	20
Team Building Activity	25

Clearwater Intermediate

Coachman Bus Compound

Nutrition Presentation	13
EAP/Sleep Presentation	30
Financial Presentation	12
EAP Presentation	20

Countryside High

Team Building with Art	10
Step Challenge	22
Wellness Retreat	150

Cross Bayou Elementary

Weekly Walking Activities	25
Sleep Challenge	26
Cardio Drumming	35
Limeade Education/Team Building	75

Curlew Creek Elementary

EAP/Sleep Presentation	50
Team Building	50
Limeade Presentation	3
Workout Wednesday	5
Team Building	25
ThankfulThursday	25

Curtis Fundamental

Team Building with Art	30
EAP Presentation	28
Team Building Activity	20
Team Building/Nutrition Activity	20

Cypress Woods Elementary

EAP/Sleep Presentation	85
Team Building with Art	22
Biggest Loser	11
Team Building with Art	33

Disston Academy

EAP/Sleep Presentation	25
Team Building with Art	27
Meditation	27
Sleep Challenge	27

Disston Annex

Team Building	15
Nutrition and Sleep Presentation	17
Stress Reliever/Brain Builder Activity	10

Douglas L. Jamerson Elementary

Biggest Loser	15
Fitness Class	6
EAP Presentation	40
Staff Basketball Game	20
Sleep Challenge	24

Employee Wellness Champion Program Summary

Dunedin Elementary

Sleep Presentation	22
Breast Cancer Activity	50
Limeade Challenge	22
Sleep Challenge	15
Sleep Presentation	30

Dunedin High

Twelve Days of Wellness	17
Stretching and Relaxation	4
Yoga	6
Sleep Presentation	15
Limeade Presentation	10

Dunedin Highland Middle

Breast Cancer Activity	40
Gratitude Board	40
Kindness Challenge	100
Summer Wellness Challenge	100

East Lake Middle Academy of Engineering

Breast Cancer Activity	35
Sleep Challenge	20
Weight Loss Challenge	9
Step Challenge	12

Education Alternative Services

Nutrition Presentation	45
Fruit & Veggie Challenge	35
Limeade Presentation	50
Kindness Challenge	30

Eisenhower Elementary

EAP/Sleep Presentation	47
Stress Relief Activity with Art	10
Team Building	20
Sleep Challenge	25
Kindness Challenge	20
Team Building	40

Elisa Nelson Elementary

Breast Cancer Activity	17
Hydration Challenge	24
Nutrition Challenge	18
Meditation Class	40

ESE Compliance

Walk Run 3k & 5k	7
Team Building	30
Limeade Presentation	30
Positivity Challenge	30

Fairmount Park Elementary

Step Challenge	50
Team Building	70
Team Building	65
Kickball	18
Sleep Presentation	41
Sleep Challenge	32

Forest Lakes Elementary

Meditation Class	12
December Wellness Challenge	75
Cardio Drumming	11
Team Building	20

Forty-ninth Street Bus Compound

Limeade Presentation	22
Financial Presentation	20
Financial Presentation	18
EAP Presentation	18
Sleep Presentation	12
Financial Presentation	15

Frontier Elementary

Kindness Challenge	50
Breast Cancer Activity	100
Mental Wellness Challenge	100
EAP/Sleep Presentation	30

Fuguitt Elementary

EAP/Sleep Presentation	61
Team Building with Art	35
Nutritional Health Activity	50
Team Building with Art	15

Garrison Jones Elementary

Gibbs High

Limeade Presentation	12
Sleep Challenge	12
Nutrition Presentation	16
Humor Challenge	15
Gardening for Health and Happiness	13

Employee Wellness Champion Program Summary

Gulf Beaches Elementary

Sleep Challenge	9
Jingle Bell Run	7
Cardio Drumming	12
Team Building	22
Field Day Nutrition	35

Gulfport Elementary (No Champion)

Gus A. Stavros Institute

Sleep Challenge	13
EAP Presentation	19
EAP Presentation	20
Fitness Class	4
Team Building/Field Day	24

High Point Elementary

Staff Walk	20
Yoga	3
Cardio Drumming	16
Limeade Presentation	12

Highland Lakes Elementary

Nutrition Presentation	36
Nutrition Challenge	8
EAP/Sleep Presentation	40
Team Building with Nutrition	46

Hollins High

Heart Health Activity	50
Breast Cancer Activity	100
Limeade Presentation	5
Step Challenge	60

James B Sanderlin

Sleep Challenge	10
Breast Cancer Activity	60
Team Building	60
Limeade Presentation	60

John Hopkins Middle

Nutrition Presentation	7
Meditation	8
Nutrition/Sleep Presentation	6
Yoga Class	12

John M. Sexton Elementary

Sleep Challenge	20
Breast Cancer Awareness Activity	50
Team Building -Staff Dance	12
Kindness Challenge	50

Kings Highway Elementary (No Champion)

Lake St. George

EAP/Sleep Presentation	10
Team Building	8
Sun Health Activity	15
Nutrition Presentation	15

Lakeview Fundamental

Fitness Class	3
Sleep Challenge	9
Sleep Challenge	4
Limeade Presentation	4

Lakewood Community

EAP/Sleep Presentation	15
Breast Cancer Awareness Activity	10
Team Building	12
Sleep Challenge	11
Walking and Hydration Challenge	11

Lakewood Elementary

Walk To School Activity	30
Limeade Presentation	17
Sleep Challenge	6

Lakewood High

Sleep Challenge	7
Team Building Activity	50
Yoga Class	3
Kindness and Team Building Activity	30

Largo High (No Champion)

Largo Middle

Lealman Ave Elementary

EAP/Sleep Presentation	44
Kickball	14
Cardio Drumming	21
Meditation	15

Employee Wellness Champion Program Summary

Lealman Bus Compound

EAP/Sleep Presentation	13
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Lealman Innovation Academy

Leila G. Davis Elementary

Positive Culture	50
EAP/Sleep Presentation	60
Chair Massage	10
Team Building	40
Emotional Wellbeing Activity	22
Team Building	80

Lynch Elementary

Nutrition Presentation	14
Team Building	27
EAP Presentation	15
Cardio Drumming	18

Madeira Beach Fundamental

Breast Cancer Activity	18
Kickball	3
Meditation Class	18
Weight loss Challenge	6
Cardio Drumming	20
EAP/Sleep Presentation	30
Limeade Presentation	30
Sleep Challenge	10
Team Building	30

Marjorie Rawlings Elementary

Sleep Challenge	10
Breast Cancer Walk	7
Nutrition Presentation	14
EAP Presentation	40
Kindness Challenge	25
Walk and Yoga	16

Maximo Elementary

Walk to School Activity	88
Breast Cancer Activity	10

McMullen Booth Elementary

Meditation	5
Chair Yoga	3
Nutrition Presentation	20
Hydration Challenge	20

Meadowlawn Middle (No Champion)

Melrose Elementary

Nutrition and Sleep Presentation	11
Nutrition Presentation	12
Team Building	10
Morning Stretch and Meditation	6

Midtown Academy (No Champion)

Mildred Helms

Sleep Presentation	45
Cardio Drumming	30

Morgan Fitzgerald Middle

Kindness Challenge	10
Step/Fitness Challenge	26
Team Building with Art	10
Sleep Challenge	15

Mount Vernon Elementary (No Champion)

New Heights Elementary (No Champion)

Nina Harris ESEC

EAP/Sleep Presentation	95
Team Building	9
Nutrition Challenge	5
Dental Health Challenge	6

North Shore Elementary

Nutrition Presentation	56
Team Building	25
Chair Massage	16
Nutrition Team Building	25

Northeast High (No Champion)

Northwest Elementary

Kayaking and Paddle Boarding	10
Team Building	8
Nutrition Presentation	16
Team Building with Art	50

Employee Wellness Champion Program Summary

Oak Grove Middle

Sleep Presentation	150
Team Building	100
Team Building	50
Limeade Presentation	100
Breast Cancer Activity	150
Yoga Class	5
Softball League	12

Oakhurst Elementary

Sleep Challenge	24
Breast Cancer Activity	33

Oldsmar Elementary

EAP/Sleep Presentation	50
Chair Massage	10
Team Building	40
Limeade Presentation	50
Team Building	25

Orange Grove Elementary

EAP/Sleep Presentation	30
Breast Cancer Activity	20
Meditation Mondays	30
Sleep Challenge	20

Osceola Fundamental High

Nutrition Presentation	80
Biggest Loser	12
Top of the Mind Challenge	20

Osceola Middle

Team Sports	10
Biggest Loser	24

Ozona Elementary

Nutrition Seminar	20
EAP Seminar	14
Breast Cancer Activity	19
Physical Activity Challenge	15
Hydration Challenge	25

Palm Harbor Middle

Limeade Presentation	11
Breast Cancer Activity	10

Palm Harbor University High (No Champion)

Pasadena Fundamental Elementary

Sleep Challenge	30
Breast Cancer Activity	20
Limeade Presentation	30
Chair Massages	18

Paul B. Stephens ESEC

Sleep Challenge	20
Breast Cancer Activity	20
EAP Presentation	60
Team Building Activity	12
Summer Wellness Activity	25

Perkins Elementary

Cardio Drumming	14
Team Building	4

Pinellas Central Elementary

Sleep Challenge	11
Limeade Presentation	6
Hydration Challenge	12

Pinellas Gulf Coast Academy

Meditation	9
Nutrition Challenge	22
Cardio Drumming	10
Team Building	18

Pinellas Park Elementary (No Champion)

Pinellas Park High

Gratitude Challenge	40
Breast Cancer Activity	5
Zumba Class	5
Team Building	30

Pinellas Park Middle

Hydration Challenge	27
Sleep Presentation	7
Yoga and Meditation	3
School Walk	5
Step Challenge	18
Meditation Class	8

Employee Wellness Champion Program Summary

Pinellas Secondary

EAP/Sleep Presentation	25
Goal Setting Activity	30
Yoga Class	10
Team Building	30

Pinellas Technical College - Clearwater

Sleep Challenge	6
Humor Challenge	6
Nutrition Presentation	7
Yoga Class	10
EAP Presentation	9
Financial Presentation	14

Pinellas Technical College - St. Petersburg

Fitness Challenge	20
Breast Cancer Activity	5
Cardio Drumming	12
Chair Massages	7
Financial Challenge	12
PTC-SP vs PTC CLW Step Challenge	20

Pinellas Virtual Schools

Plumb Elementary

Biggest Loser	11
Meditation	12
Kickball League	11
Limeade Presentation	10
EAP Presentation	35

Ponce de Leon Elementary

Team Building with Art	10
Fitness Activity	10
Sleep Presentation	15
Team Building	35

Prevention and Dropout

Sleep Challenge	18
Pickle Ball	6
Meditation	18
Sleep Presentation	24
Nutrition Presentation	17

Private Schools

Nutrition Presentation	15
Yoga Class	15

Psychological Services

EAP/Sleep Presentation	7
5k Run/Walk	6
Hydration Challenge	2
Pickleball	10

Richard L. Sanders ESEC

Step Challenge	22
EAP/Sleep Presentation	14
Kickball	29
Biggest Loser	20

Richard O. Jacobson Tech High at Seminole

Meditation	26
Team Building with Art	20
EAP/Sleep Presentation	25
Financial Presentation	20
Goat Yoga	12

Ridgecrest Elementary

Sleep Challenge	9
Limeade Presentation	6
Breast Cancer Activity	7
Chair Massage	17

Safety Harbor Elementary

Safety Harbor Middle

Yoga Challenge	20
Nutrition Challenge	25
Team Building	15
EAP/Sleep Presentation	61

San Jose Elementary

Yoga Class	3
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Sandy Lane Elementary

EAP Presentation	43
Limeade Presentation	43
5k Run	10
EAP Presentation	42
Cardio Drumming	35

Sawgrass Lake Elementary

Meditation Class	15
Team Building with Art	12

Seminole Elementary

Sleep Presentation	20
EAP Presentation	20

Employee Wellness Champion Program Summary

Seminole High

Team Building	12
Sleep Challenge	23
EAP/Sleep Presentation	70
Biggest Loser	6
Nutrition Presentation	20
Cardio Drumming	9
Kickball	16

Seminole Middle (No Champion)

Seventy Fourth Street Elementary

Meditation	4
Breast Cancer Activity	30
Kindness Challenge	30
Sleep Presentation	17
Sleep Challenge	30

Shore Acres Elementary

Walking Activity	17
Self Care Activity	60
Team Building with Art	18
EAP/Sleep Presentation	50
Team Building	60
Hydration Challenge	52
Skin Health Activity	52

Skycrest Elementary

Sleep Challenge	22
Breast Cancer Activity	31
EAP/Sleep Presentation	60

Skyview Elementary

Walking Wednesdays	10
EAP Presentation	10
Meditation	7
Chair Massages	15

Southern Oak Elementary

EAP/Sleep Presentation	50
Kindness Challenge	15
Limeade Presentation	50

St. Petersburg High

Walking Groups	10
Kindness Challenge	12
Biggest Loser	11
Hydration Challenge	14

Starkey Elementary

Meditation	6
EAP/Sleep Presentation	60
Breast Cancer Activity	10
Sleep Challenge	10

Sunset Hills Elementary

Sleep Challenge	60
Breast Cancer Activity	60
Teamp Building	60
Teamp Building	60

Sutherland Elementary

Sleep Challenge	15
Meditation	4

Tarpon Springs Elementary

Team Building with Art	10
Chair Massage	11
Sleep Challenge	21
Hydration Challenge	16

Tarpon Springs Fundamental

Meditation	23
Pickleball	12
Team Building with Art	17
EAP/Sleep Presentation	25

Tarpon Springs High

EAP/Sleep Presentation	30
Dental Health Challenge	12
Limeade Presentation	2
Meditation	20
Hydration Challenge	70

Tarpon Springs Middle

Team Building	23
Breast Cancer Activity	14
Sleep Challenge	26
Kindness Challenge	16

Employee Wellness Champion Program Summary

Tyrone Middle

Nutrition Presentation	50
Breast Cancer Activity	10

Walsingham Elementary

Team Building with Art	9
Team Building with Music	30
Kindness Challenge	20
Team Building	20

Walter Pownall Service Center

Mindfulness	6
Sleep Presentation	40
EAP Presentation	15

Walter Pownall Service Center - Maintenance

EAP Presentation	40
Team Building Event	77
EAP Presentation	37
Sleep Presentation	33

Walter Pownall Service Center - Vehicle Maintenance

Sleep Presentation	12
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Walter Pownall Service Center - Transportation

EAP/Sleep Presentation	25
Nutrition Presentation	25
Financial Presentation	26
Humor Challenge	30

Westgate Elementary (No Champion)

Woodlawn Elementary

Emotional Well-being Presentation	30
Sleep Presentation	30
Team Building	30