

# Be SMART

## Year-end Report

### Employee Wellness Program

### 2022-2023



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# Program Summary

## Program Summary

### DISTRICT STRATEGIC PLAN

#### Strategic Goal 3

Strategic Goal 3: Develop and sustain a healthy, respectful, caring, safe learning environment for students, faculty, staff and community resulting in individual employee learning, student achievement and overall school improvement.

#### Action Item

7. Enhance the Employee Wellness Program to encourage and reward employee participation in preventive screenings, fitness and nutrition/weight loss programs and carrier provided clinical programs.

#### Board Policy 8510

1. The Pinellas County School District is committed to providing healthy schools, by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment.
2. The Superintendent shall establish a School Health Advisory Committee (SHAC) to align and coordinate the districts efforts to ensure a healthy learning environment and promote lifelong wellness.

The Superintendent will direct the SHAC to develop, implement, monitor and review district-wide Pinellas County Administrative Guidelines on Wellness, Physical Activity and Nutrition.

### PINELLAS COUNTY SCHOOLS ADMINISTRATIVE GUIDELINES ON WELLNESS, PHYSICAL ACTIVITY AND NUTRITION

#### Staff Wellness

Pinellas County Schools highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

1. The district shall establish and maintain an Employee Wellness Committee composed of at least one district staff member, SHAC member, local hospital representative, dietitian or other health professional, and risk management member.
2. The Employee Wellness Committee shall be a subcommittee of the SHAC. The Employee Wellness Committee shall develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan shall be based on input solicited from school staff members and shall outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among the school staff.
3. The Employee Wellness Committee shall distribute its plan to the SHAC annually.

# 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

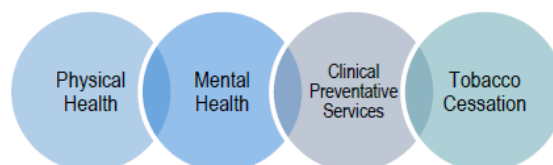
To promote a culture that supports and encourages safe and healthy behaviors, employee engagement and a balanced state of wellbeing. The districts' wellness initiatives will inspire and empower employees to take responsibility for their own health and safety which is vital to their ability to contribute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



# 2022-2023 Program Highlights

## 2022-2023 Program Highlights

### Strategic Highlights

132 Employee Wellness Champions at 91% of eligible worksites.

1,943 employees received the 2022 Limeade Annual Wellness Incentive (20.3%)

101 EAP in person and virtual courses presented to staff. Reached 3,175 employees.

The AdventHealth Mobile Mammography Bus visited 92 worksites and screened 1,044 employees.



limeade

### Limeade Wellness Program Highlights

The second year of the wellness program ran from March 2022 to February 2023. The Limeade program is available to all PCS employees with the medical insurance through the School Board and their dependent spouses. Employees can earn incentives for participating in annual exams and other habit forming activities, challenges, and lessons. Below are highlights of the 2022-2023 year of the program.

5,101 employees registered for the Limeade Program (53% of eligible population)

89% of those registered completed the Well-being Assessment

48% of those registered remained monthly active users

1,943 employees received the 2022 \$300 Annual Wellness Incentive (20.3%).

### Operating Highlights

Concluded the second year of Limeade with over 53% of eligible population registered and 20.3% receiving the annual wellness incentive.

Completed weight management program through the YMCA. 45 total participants.

Launched pilot for Wondr program: weight loss program. 75 enrolled. Program began May 1, 2023.

Earned Gold for the 2022 Workplace Well-being Award. Increase from Silver in 2021.

Sleep health focus for 2022-2023 Employee Wellness Champion Program year.

# Program Details

## GOAL #1: Increase preventative screening rates among employees and dependents.

Programs, activities, interventions completed to meet this goal:

- The Limeade Wellness Program focused on preventative exams. Participants can earn points by completing preventative exams.
- 20.3% of employees received the annual wellness incentive for the 2022-2023 Limeade program.
- 48.9% of target population received a breast cancer screening in 2022.
- AdventHealth Mobile Mammography visited 92 sites during the school year. 1,044 employees were screened.
- Communicated the importance of preventative screenings through newsletters and Employee Wellness Champion communication, including monthly health observances like Colon Cancer Awareness Month, Breast Cancer Awareness Month, Mental Health Awareness Month, and more.

## GOAL #2: Increase nutrition education programs.

Programs, activities, interventions completed to meet this goal:

- 32 nutrition seminars lead by Registered Dietitians at worksites
- 45 employees participated in the virtual YMCA Weight Management programs.
- 120 members enrolled in the Diabetes Care Program. 39% increase from 2021-2022 year.
- Piloted new weight loss program called Wondr. 75 participants began on May 1, 2023.

## GOAL #3: Increase engagement in the Limeade Wellness Program.

Programs, activities, interventions completed to meet this goal:

- 20.3% of eligible employees earned the annual wellness incentive for the 2022-2023 Limeade program.
- Promotion of Limeade through monthly newsletters, Employee Wellness Champion communication, Risk Management Updates, and posters at schools.
- In addition, the Wellness Team promoted Limeade through on-site staff meetings at worksites.

# Program Details

## GOAL #4: Reduce the percentage of employees who self-report having elevated stress levels.

Programs, activities, interventions completed to meet this goal:

- 101 EAP courses offered at worksite. Reached 3,175 employees.
- EAP Topics include:
  - Taking Sleep Seriously
  - Self-Care to Build Resilience
  - Mental & Emotional Wellbeing
  - Creating Good Health through Humor
  - Being your Best Self: Self-Esteem
  - Becoming a Better You
  - Fighting the Stigma of Mental Illness
  - Making Stress Your Best Friend
  - Managing Generational Difference
  - Managing Your Emotions Under Pressure
  - Power of Positive Thinking
  - Speak Positives: Words Matter
  - Work/Life Balance
- EAP Annualized Utilization Rate: 19.2% as of 12/31/2022.
- Promoted EAP through newsletter, Risk Management Updates, mailings, email, etc.
- Additional options for emotional well-being resources through Talkspace and CVS HealthHUBs.

## GOAL #5: Reduce the percentage of employees using tobacco.

Programs, activities, interventions completed to meet this goal:

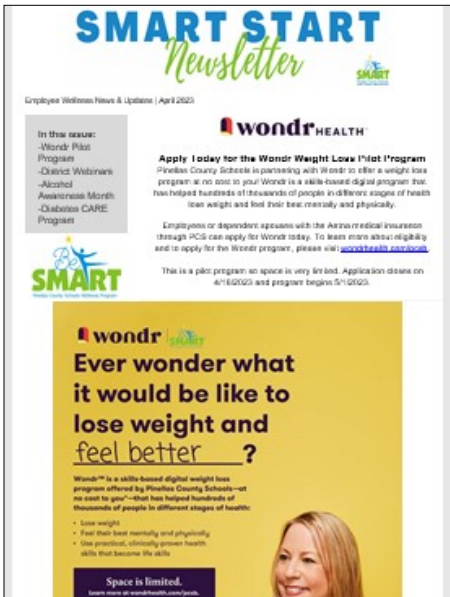
- Promoted AHEC Quit Now classes.
- Incentivized quitting tobacco through Limeade points.



# Communication

## Communication

Below is a sample of 2022-2023 communication materials used to promote our programs:



Monthly SMART Start Newsletter



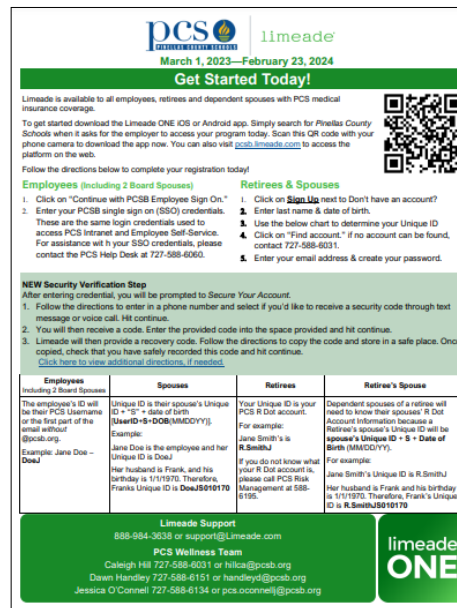
Wellness Program Flyer



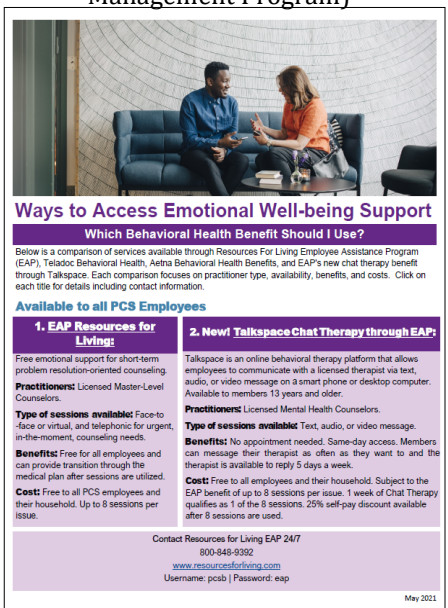
Program Flyers (YMCA Weight Management Program)



Monthly Health Observance Flyers



Limeade Promotions



EAP and Emotional Well-being Resources



Diabetes CARE Program



# 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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### **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