

# SUMMARY REPORT 2015-2016

## Wellness Policy and Administration Guidelines

Wellness, Physical Activity and Nutrition



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## Forward

*Pinellas County Schools is working to ensure all students and staff learn and teach within a culture of wellness. A significant body of research indicates that healthy students have higher attendance and achievement rates than less healthy students. The same is true for staff. For effective teaching and learning, it is essential that all Pinellas schools establish systems of wellness to promote good health.*

*This past year, Pinellas County Schools made significant strides toward all schools becoming healthier places. These achievements were made possible through the collaborative efforts of district staff, principals, teachers, school cafeteria staff, and the Employee Wellness Champions to form healthy school teams that examined healthy schools' practices and then took action to improve those practices.*

*The 2015-2016 Summary Report on Wellness Policy and Administrative Guidelines for Wellness, Physical Activity and Nutrition indicate these ongoing efforts to improve school wellness practices are paying off. The Summary Report's data show rising scores in each of the six modules of the Healthy Schools Program Assessment. We are proud of these achievements, and recognize more will be achieved in the coming years. We look forward to continuing this journey.*

*As you read through this Summary Report and the gains we have made, consider how you may join us in our quest to ensure every school meets the most stringent criteria of the Healthy Schools Program.*

*Michael A. Grego, Ed.D.  
Superintendent of Pinellas County Schools*

# Pinellas County Schools - School Health Advisory Committee

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- ❖ Andrew Weatherill, Specialist, K-12 Guidance Pinellas County Schools

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# Introduction

## Wellness Policy and Administrative Guidelines

Student well-being is an obvious and legitimate concern for educators, parents, and the students themselves. It is also an issue for federal, state, and local governmental bodies. Since 2006, the federal government has required every school district that participates in the federal meals programs to enact a wellness policy. Accordingly, the State of Florida directed compliance by passing Statute S.381.0056 (Florida Statutes), stating that school districts have the responsibility to “**develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.**”

**Pinellas County Schools’ Pre K-12 Health Education Office** and the **Foods Services Department** partnered to develop policy and guidelines to meet this requirement. In 2006, the following Policy was approved by the Pinellas County School Board:

### **School Wellness 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 district’s efforts to ensure a healthy learning environment and promote lifelong wellness.*

*(3) The Superintendent will direct the School Health Advisory Committee (SHAC) to develop, implement, monitor and review district-wide Pinellas County Administration Guidelines on Wellness, Physical Activity and Nutrition, which will at a minimum, include:*

*(a) Goals for nutrition education*

*(b) Goals for physical activity*

*(c) Goals for other school-based activities designed to promote student wellness*

*(d) Nutrition guidelines for all foods available on the school campus during the day*

*(e) Assurances that the guidelines for reimbursable school meals are not less restrictive than federal requirements*

*(f) Plans for measuring the implementation of the guidelines*

*(4) Membership of the School Health Advisory Committee (SHAC) shall reflect the Coordinated School Health Model.*

*The Coordinated School Health Model consists of eight discrete health components representing:*

*1) comprehensive health education, 2) physical education, 3) school health services, 4) school counseling, psychological and social services, 5) nutrition services, 6) healthy school environment, 7) school-site health promotion for staff, and 8) family and community involvement in school health. These components shall be represented by school district staff, parents, students and community. Although not members of SHAC, the School Board will be involved in the development of the Administration Guidelines on Wellness, Physical Activity and Nutrition.*

The ***Pinellas County Schools Administration Guidelines on Wellness, Physical Activity and Nutrition*** are annually reviewed and amended by SHAC to reflect new legislation, new regulations, and wellness trends. The Administration Guidelines are posted on the district's website,

[http://www.pcsb.org/cms/lib8/FL01903687/Centricity/Domain/5066/PCS%20WELLNESS%20GUIDELINES 2016-17%20FINAL%20 6-23-16.pdf](http://www.pcsb.org/cms/lib8/FL01903687/Centricity/Domain/5066/PCS%20WELLNESS%20GUIDELINES%202016-17%20FINAL%206-23-16.pdf)

In addition to ***School Board Policy*** and the ***Administration Guidelines on Wellness, Physical Activity and Nutrition***, Pinellas County Schools annually develops and monitors a comprehensive ***District Strategic Plan***. The PCS Strategic Plan 2016-2017 includes a Goal and Action to continually improve school wellness:

- ***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 10) Engage each school in wellness efforts through the Alliance for a Healthier Generation's Healthy Schools Program and provide all physical education students the opportunity to achieve the level of Healthy Fitness Zone in the Presidential Youth Fitness Program.***

Throughout the year, members of SHAC continually monitor progress toward the goals from School Board Policy 8510 and the District Strategic Plan to annually assess the district's programs for student well-being. This report is the summary of those findings from the SHAC between June, 2015 and May, 2016.

# Wellness Improvements Accomplished, 2015-2016

## Florida Healthy School District Award

In May 2015, Pinellas County Schools received the **Florida Healthy School District Award** at the gold level. This two-year award is presented by the **Florida Coordinated School Health Partnership, Florida Action for Healthy Kids**, and the **Florida Association of District School Superintendents**. This award is based on a comprehensive district self-assessment aligned to the **Centers for Disease Control and Prevention's Coordinated School Health Model**: health education, physical education, food services, health services, school environment, psychological and social services, parent and community involvement, and staff wellness. A flag designating this award is flown in front of the Pinellas County Schools Administration Building.

## Administration Guidelines for Wellness, Physical Activity and Nutrition, 2015-2016

Pinellas County Schools Administration Guidelines for Wellness, Physical Activity and Nutrition, 2016-2017 were revised to guide schools toward meeting criteria outlined within: the **HealthierUS Schools Challenge** from the USDA; the **Healthy Schools Program** from the Alliance for a Healthier Generation; and Michelle Obama's **Let's Move, Active Schools** program. Other guidelines were added or revised to reflect existing practices, policies, or law that were not previously included within this document. Below is a summary of the revisions:

- Forward message from Dr. Grego
- Schools cannot advertise or market non-compliant Smart Snacks on the school campus.
- Food and beverages sold to students on the school campus at events outside of the school day should offer and promote water, fruits and vegetables as an option.
- Schools should prohibit withholding recess as a punishment.
- At all levels, Physical Education classes should be staffed by a certified physical education teacher.
- School nutrition staff shall be offered professional development every year.
- The Healthy School Team is responsible for monitoring food & beverages sold to students on campus (vending, on-campus fundraising, snack carts, and school stores) during the USDA defined school day.
- New Appendixes:
  - K-5 recess and physical activity options
  - Details on completing Smart Snacks in Schools Food & Beverage Charts
  - Access to school grounds/partnership options



## Carol M. White Physical Education Program (PEP) Grant

The District is completing the final year of the Carol M. White Physical Education Program Grant. The PEP Grant directly supports *Pinellas County Schools' District Strategic Plan, Goal 3: Action 10*.

### PEP Nutrition Components

- ***KickinNutrition.TV (KNTV)*** healthy nutrition program for all 6th grade health students. KNTV's content was developed by nutrition experts and advisors from Boston University, Harvard School of Public Health and MIT. This evidence-based program supports change in student's attitude and knowledge toward a healthy diet. The program includes:
  - Streaming video lessons
  - Assessment tools for students and teachers
  - An interactive 3D game (that Pinellas students play on their own time with their own devices)
  - Shared class content
  - A point and badge system that rewards learning
  
- **Johns Hopkins All Children's Hospital provided multiple components for the PEP Project. These components included:**
  - Professional development opportunity for health education teachers to learn how to implement the ***Nutrition and Culinary Program*** in their classrooms was provided. Participants received all necessary materials.
  - Collaborative planning with PCS food services department to provide taste testing of a favorite program recipe to all grade levels during lunch service.
  - PEP Nutrition and Culinary Program provided hands-on instruction to approximately 2,900 health education students at 12 middle schools. Students were exposed to a variety of vegetables, many unfamiliar, and learned how to prepare them in appealing ways.
    - Pre- and post-test data indicate that students improved their knowledge pertaining to the consumption of vegetables and fruits to maintain health.
    - 26% of students indicated they made the recipes at home after preparing them in class.
    - To help students connect healthy eating outside of the school day, opportunities to participate in free family cooking classes were provided at two South Pinellas recreation centers.

### PEP Physical Activity Components

- Based on an inventory of physical education equipment from 2014, all middle schools received new physical education equipment and supplies to provide high quality instruction that align to the courses they are teaching.

- All middle school physical education teachers were provided opportunities to engage in monthly regional Professional Learning Communities and national experts' trainings to improve their instructional practices.
- Innovative intramural programs were provided in 17 middle schools.
- All middle schools identified and then recognized all students that achieved the **Healthy Fitness Zone** in all six components of fitness. And each school will continue to identify one female and one male student that made significant improvements to their fitness. Those students were recognized by the **Pinellas County Association for Health and Physical Education** during the End of the Year Awards Ceremony.

## Partnership to Improve Community Health Grant

- In partnership with the Florida Department of Health in Pinellas, the Pre K-12 Health Education Office is completing year 2 of the 3-year **Partnership to Improve Community Health Grant**. This CDC project funds a part-time consultant to provide technical support for Healthy School Teams to complete required and encouraged school wellness tasks. Throughout the year, the consultant provided numerous trainings; monitored schools' engagements with task; provided one on one technical assistance; provided each school with a suggested SIP Wellness Goal based on their Healthy Schools Program Assessment; and assisted schools applying for national recognition awards. The consultant facilitated the feedback process for principals and healthy school teams to provide feedback on the **Pinellas County Schools Administration Guidelines for Wellness, Physical Activity and Nutrition**. This technical support resulted in the following accomplishments:
  - 94% of Pinellas schools established a Healthy School Team to assess school's healthy school status and work on wellness improvements. 61% formed a Team with four or more members.
  - 71% of all K-12 schools established a Wellness Goal in their SIP
    - 77% Elementary Schools with SIP Wellness Goal 2015 (compared to 12% in 2014-15)
    - 65% Middle Schools with SIP Wellness Goal in 2015 (compared to 26% in 2014-15)
    - 56% High Schools with SIP Wellness Goal (no data collected in 2014-15)
- The **Healthy, Hunger-Free Kids Act 2014** required the USDA to establish nutrition standards for all foods and beverages sold to students outside of the **National School Lunch Program and School Breakfast Program** meals served on the school campus during the school day. The **Smart Snacks in Schools** standards were implemented in the 2014-2015 school year. Per federal standards, Healthy School Teams are to monitor all competitive foods and beverages sold on their campuses during the defined school day. The following data indicate the Pinellas schools with documented evidence they met the federal Smart Snacks in School standard:
  - 76% Elementary Schools: 57 schools completed the Smart Snacks Charts
  - 100% Middle Schools: 23 schools completed the Smart Snack Charts
  - 50% High Schools: 16 schools completed the Smart Snack Charts
  - 77% Alternative/Exceptional Schools: 9 schools completed the Smart Snack Charts

## Alliance for a Healthier Generation: Healthy Schools Program Awards

- The **Alliance for a Healthier Generation** serves over 30,000 schools across the nation. Each year, approximately 350 of those schools meet the Alliance's rigorous criteria to receive Healthy Schools Program recognition. In 2016, ten Pinellas schools applied for national recognition from the Alliance. Six Pinellas schools will receive recognition, and two of those recognitions will be at the GOLD level. Together with Sexton Elementary School's 2015 GOLD recognition, Pinellas now has 3 GOLD level schools. In the Alliance's history, only 36 schools across the nation have reached that status. Pinellas has nearly 10% of all GOLD schools.
- For the first time, a Pinellas Alternative School, Pinellas Secondary School, will receive the challenging Bronze recognition along with two other Pinellas schools. The award winning schools will formally receive their recognition from President Bill Clinton at the Healthy Schools Forum in Washington D.C. in October, 2016:

<u>School</u>	<u>Recognition Level</u>
○ <b>Belcher Elementary School</b>	Gold
○ <b>Curtis Fundamental Elementary School</b>	Gold
○ <b>Tarpon Elementary School</b>	Silver
○ <b>Clearwater Fundamental Middle School</b>	Bronze
○ <b>Lynch Elementary School</b>	Bronze
○ <b>Pinellas Secondary School</b>	Bronze

With these six new awards, Pinellas County Schools have earned a total of 29 National Recognition Awards from the Alliance for a Healthier Generation.

## More Health, Inc. Programs

- **MORE HEALTH** teachers provide engaging hands-on lessons that focus on health and wellness from a medical-based perspective. MORE HEALTH lessons are taught by master level health educators using state of the art displays and manipulatives. These teacher-requested lessons are provided at no cost to the district and are available to all elementary classes, health education classes in grades 6 and 8, and HOPE and Driver Education classes in high school. Lesson topics include: bone health, dental health, firearm safety, heart and lung health, nutrition, pedestrian and bicycle safety, personal hygiene, skin cancer prevention, trauma education, and organ donation. In 2015-2016 these programs reached approximately 71,035 students in Pinellas.
- During the 2014-2015 school year, MORE HEALTH, Inc. introduced a new lesson, **Take a Breath**, to compliment the 5th grade MORE HEALTH, Heart Lesson. After Johns Hopkins All Children's Hospital performed the needs assessment for the community, asthma came back as a number one need for the community. MORE HEALTH developed the Lung Lesson, Take a Breath, to educate 5th graders on the importance of their lungs, how they work and pollutants that can irritate their lungs. In addition, the lesson includes the effects various environments can have on a person with asthma. MORE HEALTH had great success with the lung lesson during the 2015-2016 school year and increased the number of sessions to meet the requests by schools.

- MORE HEALTH partnered with the **Florida Department of Health-Pinellas County for the Dental Sealant Program** to provide education to students receiving sealants.

## Fuel Up to Play 60 Grants

- **Fuel Up to Play 60 Grants** are provided by the **National Dairy Council** and the **National Football League**. In 2015-2016, three Pinellas schools received up to \$4,000 each to facilitate student-led, school-based initiatives to promote physical activity and healthy eating. The schools going above and beyond to apply for these grants were:
  - **Fairmont Park Elementary School**
  - **Oakhurst Elementary School**
  - **Pinellas Park Middle School**

In addition, ten schools in Pinellas are actively using the Fuel Up to Play resources.

- **Defend Your Turf** is another initiative to engage students in the Fuel Up to Play healthy behavior tracking system through school-wide promotions. This past school year, four schools participated in the Defend Your Turf Challenge with 196 students. Pinellas County Schools had such strong participation from two schools, that each received a \$5,000 award from the Tampa Bay Buccaneers plus football game tickets, onsite award party with NFL players, mascot, and cheerleaders, and a prize box. The two schools receiving this award were **Marjorie Kinnan Rawlings Elementary School** and **Pinellas Park Middle School**.
- Keona Ciabattoni, a 6<sup>th</sup> Grade student at **Pinellas Park Middle School** was selected to receive a scholarship to attend the **2016 Student Ambassador Summit** in Indiana from the **NFL Alumni Association**. Keona is one of 10 students across the nation selected to receive this fully funded scholarship. Students were selected based on their Summit application, recommendations to be considered for State Ambassador, and to attend the same school for 2016-2017 school year.

## University of Florida/IFAS Family Nutrition Program

- The **UF/IFAS Family Nutrition Program** classes was offered in seven elementary schools where at least 51% or more of the students are receiving or are eligible for **Free and Reduced Price Lunch**. Program staff taught 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grades providing six to eight lessons to each class using **Youth Understanding MyPlate** or **Gardening for Nutrition** curricula. A total of 1,553 youth participated.
- At **Bayside High School**, teen parents received a six lesson course, **Cooking Matters for Parents**.
- A six week **Cooking Matters for Parents** course was offered to parents enrolled in the ESOL program at **Dunedin Elementary School**.
- A six week **Cooking Matters for Families** course was offered to families at **King's Highway Elementary**.

## Pinellas County Dental Association/Florida Dental Coalition

- The Pinellas County Dental Association in partnership with the Florida Dental Coalition is supported by the School Health Advisory Committee, the ***Pinellas County Juvenile Welfare Board***, and the ***Pinellas County Board of County Commissioners***. In 2015-2016, the coalition provided a sealant program by mobile units to 23 Title 1 schools, reaching 4,300 students.

## Food Services Programs

- Partnered with local farmers to provide locally grown produce to the students and expand ***Farm to School*** program. Local Strawberries were available from Plant City growers for our schools.
- Expanded Professional Development opportunities for cafeteria managers and staff to comply with ***Healthy Hunger Free Kids Act*** requirement and industry professional standards. Total hours of documented training still pending.
- Made nutritional information and menus available using ***Nutri-Slice*** online menu and smart phone application.
- Partnered with ***Smarter Lunchrooms*** (Cornell University) and ***Nutri-Slice*** to research the before and after ***Effects of Nutrition Education & Marketing on Student Selection of Fruits & Vegetables***. Data review still pending. Findings to be presented by Lynn Geist, Director Food Service and the Research Team at the ***School Nutrition Association's Annual Conference*** on July 10<sup>th</sup>.
- Expanded the ***Dinner Program*** to a total of 63 schools. Average daily participation was 3,000 dinners served.
- ***Piloted Meal Service on Non-school Days*** to ***R'Club Child Care*** in Pinellas schools. During Spring Break, an average of 1,000 hot lunches were served daily to students attending the R'Club program. Service will continue for the 2016-17 school year.

## Employee Wellness District Programs

- Pinellas County Schools was recognized as a ***Well Workplace Gold Award Winner*** from the ***Wellness Council of America (WELCOA)*** for the calendar year of 2014. The district was the only one recognized in the State of Florida and one of three in the nation.
- During 2015-16, the focus was on team building, sustainability practices such as gardening, and organization techniques.
  - Across the district, ***Employee Wellness Champions*** brought in approved vendors to discuss these topics.

- In January, 2015, **Humana Vitality** program was introduced to all employees. Humana Vitality provides employees, and their dependents enrolled in the health insurance, the ability to participate in a new wellness program that rewards members for making healthy decisions. It puts Humana's medical plan members in the driver's seat to a healthier lifestyle.
  - Humana Vitality - a walking challenge was issued from the district wellness team and encouraged employees to form teams and compete against each other for the highest average and total number of steps after 30 days. Of the 10,760 eligible employees, 1215 or 11.3% of employees participated and formed over 200 teams. Employees walked a total of 342,416,389 steps and averaged 9,916 steps per day.
  - More than 70 Employee Wellness Champions held a Vitality check at their worksite.
  - If members and their families reach silver status by August 31, 2016, they are eligible to earn a premium credit towards their health insurance premium for the 2017 calendar year. Premium incentives range from \$200 - \$400 per calendar year. Eighteen percent of eligible employees are currently receiving this credit.
  
- Employees are kept informed of wellness programs and promotions through:
  - Bimonthly online SMART START Wellness Newsletter
  - Wellness News included in the weekly Thursday Updates district email and the Monday Updates from the PCS Communication department.
  - Employee Wellness Champions
  
- During the 2015-2016 year, Pinellas County Schools offered a wide range of employee wellness programs such as:
  - Employee Wellness Champions Program
  - Skin Cancer Screenings
  - Telephonic Health Coaching
  - Diabetes CARE Program
  - Cancer Awareness
  - Nutrition Programs
  - Tobacco Cessation Program
  - Flu Shot Clinics
  - Fitness & Weight Loss Center Discounts
  - EAP Counseling
  - Healthy Cooking Demos
  - Stress Management Classes
  - Yoga, Zumba, Bootcamp, Train for a 5K, and Kickball League
  - YMCA – Prediabetic Program: Prediabetics are offered the opportunity to enroll in the YMCA Diabetes Prevention Program. The program is delivered over 12 months, beginning with 16 weekly sessions followed by monthly maintenance. Importance is placed on achieving 150 minutes of exercise per week during the initial 16 weeks to make the YMCA gym membership free.

# Wellness Improvements to be Implemented, 2016-2017

In response to the need for ongoing improvements in wellness, physical activity and nutrition, the following projects for 2016-17 school year will be initiated by district offices and departments to support schools' wellness improvements:

## Alliance for a Healthier Generation

- All Pinellas County Schools will continue to self-assess their school wellness progress using the Alliance for a Healthier Generation free tools and resources. All eligible schools will be encouraged to apply for National Recognition through the Alliance's Healthy Schools Program.

## Partnership to Improve Community Health Grant and Healthy School Teams

The CDC's Partnership to Improve Community Health Grant (PICH) will end in 2016-17. Throughout next year, the part-time consultant will continue to provide technical services to improve the Healthy Schools Program. The 2016-17 goals for PICH include:

- Increase the number of Healthy School Teams consisting of a minimum of 4 team members. (Administrator, Cafeteria Manager, Health/PE/Classroom Teacher, Employee Wellness Champion)
- Increase the number of schools with a SIP Wellness Goal.
- Increase the number of schools documenting compliance with the federal Smart Snack requirement.

## More Health, Inc. Programs

- The MORE HEALTH first grade *Pedestrian & Bicycle Safety Lesson, Safe Wheels and Safe Walkers*, will be taught in every first grade class during the 2016-17 school year. The third grade Firearm Safety Lesson will expand its partnerships with law enforcement agencies to team-teach these lessons.

## University of Florida/IFAS Family Nutrition Program

- Pinellas Extension Services will continue to provide the University of Florida/IFAS Family Nutrition Program to elementary schools where at least 51% of the students are receiving or are eligible for free and reduced price lunch.

## Foundation for a Healthy St. Petersburg

- To enhance school wellness programs, the Pre K-12 Health Education Office submitted a grant application to the newly established Foundation for a Healthy St. Petersburg. This project would fund two staff developers to support schools' Healthy School Teams and provide instructional materials, professional development, school garden programs, and supports for both physical education/physical activity and nutrition education to 61 schools in the defined catchment area of south Pinellas. Notification of the award will be announced the end of June, 2016.

## Pinellas Education Foundation Application for Carol M. White Physical Education Program Grant

- To expand physical activity and healthy nutrition programs, the Pinellas Education Foundation submitted an application for a new Carol M. White Physical Education Program (PEP) Grant. If funded, the Pre K-12 Health Education Office would be the major partner of this grant serving 12 schools in north Pinellas (eight elementary schools, two middle schools, and three high schools.) This project would fund two staff developers for physical education and health education to provide professional development, instruction programs, and technical services to these 12 schools. Notification of the award will be announced September, 2016.

## Personal Health Investment Today (PHIT) America GO! Grant

- To support physical activity during health education, the Pre K-12 Health Education Office submitted 15 identical applications as a bundled grant consideration for the PHIT America GO! Grant. If funded these 15 elementary schools in north Pinellas would receive recess equipment for all grades along with customized professional development to help ensure effective delivery of recess/physical activity during health education. Notification of the award will be announced the end of July, 2016.

## Fuel Up to Play 60 Grant

- To support physical activity during health education, the Pre K-12 Health Education Office submitted a single grant for the remaining 14 elementary schools in north Pinellas County to receive recess equipment for all grades along with customized professional development to help ensure effective delivery of recess/physical activity during health education. Notification of the award will be announced the end of July, 2016.

## Projected Food Service Programs

- The Food Service Program will market information to households for ease of access to the **Online Free/Reduced-price Meal Application**. The objective is to decrease the time needed to notify parents of a child's meal status. Goal: To increase online Free/Reduced-price Meal Applications by at least 10% for the 2016-17 school year.



- By the end of 2018, **The Florida Department of Agriculture and Consumer Service, Division of Food, Nutrition and Wellness** will certify every Pinellas elementary school in the **HealthierUS School Challenge (HUSSC) Award**. Objective is to create healthier school environments through promotion of nutrition and physical activity. Goal: To have at least 20 PCS elementary schools HUSSC Certified, at Bronze level or higher, by end of 2016-17 school year.
- Introducing the **Smarter Luncheon** techniques with the goal of creating sustainable research-based lunchrooms that guide smarter choices and thus improve overall health. Goal: To have every school complete the **Smarter Lunchroom Self-Assessment** by Winter Break, 2016.
- Summer Food Service program, known in Florida as **Summer BreakSpots** will expand to 165 sites; including Pinellas County schools, churches, county parks, Neighborhood Family Centers, PAL locations and Boys & Girls Clubs. Mobile sites will increase from 5 in 2015 to 14 in 2016. Goal: To increase healthy meals served over the summer from a daily average of 7,000 in 2015 to 7,500 per day in 2016 (14% increase.)

## **Employee Wellness District Programs**

- Increasing employee usage of the **Humana Vitality Program** will be a major focus for the coming year. A range of district and site delivered promotions will encourage all employee groups to engage with the Vitality Program to drive down individual and School Board medical cost along with improved quality of life for all participants.

# Healthy Schools Program Progress

## About the Healthy Schools Program

In Pinellas, ongoing improvement in processes and systems are in place to help schools develop the capacity to effectively address the childhood obesity crisis and support academic achievement. In 2008, the district selected the free online resources from the Alliance for a Healthier Generation to provide all schools with the support they need to develop healthy environments. The Alliance for a Healthier Generation's Healthy Schools Program provides best practice tools including resources and support to schools in the areas of nutrition, physical activity, before and after school programs, and staff wellness. Results from an extensive research study with California schools indicate that the Healthy School Program works when schools engage with the program.

*"The more that schools engaged with the Healthy Schools Program, and the longer they engaged, the greater reductions they saw in student rates of obesity. For example, for each additional year of exposure to an Alliance national advisor, schools saw a nearly 2% decline in student rates of overweight and obesity."*

*Effect of the Healthy Schools Program on Prevalence of Overweight and Obesity in California Schools, 2006 – 2012*

Training and resources are provided by the Alliance to help schools meet state and federal requirements related to district wellness policies, healthy eating and physical activity for students and staff, and each school's SIP Wellness Goal.

The Alliance for a Healthier Generation was formed in 2005 and since that time, their national panel of experts has revised the Healthy Schools Framework every other year to ensure their program is aligned with current trends, new findings, and new federal requirement. In September, 2014, the Alliance took a bold leap and aligned its **Healthy School Program Framework** to the **Centers for Disease Control and Prevention's School Health Index**. Since that time, all Pinellas County Schools annually assess their wellness status using this national criteria.

The Healthy Schools Program Framework serves as a "roadmap" for creating a healthier school environment based on the policy and programmatic changes that can be made in six separate modules.

## Healthy Schools Program Assessment Modules:

- **School Health and Safety Policies and Environment**
- **Health Education**
- **Physical Education and Other Physical Activity Programs**
- **Nutrition Services**
- **Health Promotion for Staff**
- **Family and Community Involvement**

The Healthy Schools Program continues to provide their **Six Step Process** for continuous improvement in creating healthier learning environments:

- **Step 1:** Convene a healthy school team to plan and lead implementation of the Healthy Schools Program in the school.
- **Step 2:** Complete the Inventory/needs assessment in the Healthy Schools Builder to identify areas for improvement.
- **Step 3:** Develop an action plan based on what is important and achievable in your school community.
- **Step 4:** Identify resources that can facilitate implementation of the action plan.
- **Step 5:** Take Action! Follow the action plan to create a healthier school environment.
- **Step 6:** Celebrate Success! The Healthy Schools Program works with schools to celebrate small victories and big successes along the way.

The goal of the Alliance is to increase the capacity of the schools to create and sustain changes that will positively impact nutrition, physical activity and staff wellness.

## **Healthy Schools Program Results for Pinellas County Schools, 2015-2016**

The Healthy Schools Program is an online interactive tool designed to guide schools through the process of conducting a needs assessment, prioritizing action steps, and developing a customized action plan for school health and wellness.

The Assessment requires responses to questions organized around the six modules listed on the previous page. The scoring rubric designates three levels of achievement for each Module: Bronze, Silver, and Gold, based on the policy and programmatic changes made in each of the six modules. For a school to be eligible to apply for national recognition at the Bronze, Silver, or Gold level, the school must be at that level or higher in all six Modules.

With this revised framework, only two years of comparable data exist. Aggregated Assessment data from all Pinellas schools are provided by the Alliance for a Healthier Generation to Pinellas County Schools in a Snapshot Report. All Pinellas County Schools serving students in grades K-12 are registered in the Healthy Schools Program. If a school does not provide all components of the Healthy Schools Program, such as school meals, that school is encouraged to use resources provided by the Alliance for a Healthier Generation, but they do not complete the Healthy Schools Program Assessment. Therefore, those schools' data are not reflected in the Snapshot Report.

### **Snapshot Report - District Results Summary, 2015-2016**

The **Healthy Schools Snapshot Comparisons: 2014-15 and 2015-16** graph, on page 16, depicts the aggregated data from all Pinellas schools for each of the six Assessment Modules: School Health and Safety Policies and Environment; Health Education; Physical Education and Other Physical Activity Programs; Nutrition Services; Health Promotion for Staff; and Family and Community Involvement. Within this graph, Pinellas County Schools has two sets of data for each of these Modules. The light blue bars represent the

percentages of all Pinellas Schools that met the criteria for each of the six Modules for school year 2014-15. The darker blue bars represent the percentages of Pinellas schools that met each criteria for each Module for school year 2015-16. Next to the darker blue bars, the yellow bars represent the percentages of all Florida schools registered with the Alliance for a Healthier Generation that met criteria for each Module. Finally, the green bars represent the National averages for over 30,000 schools registered with the Alliance for each Module.

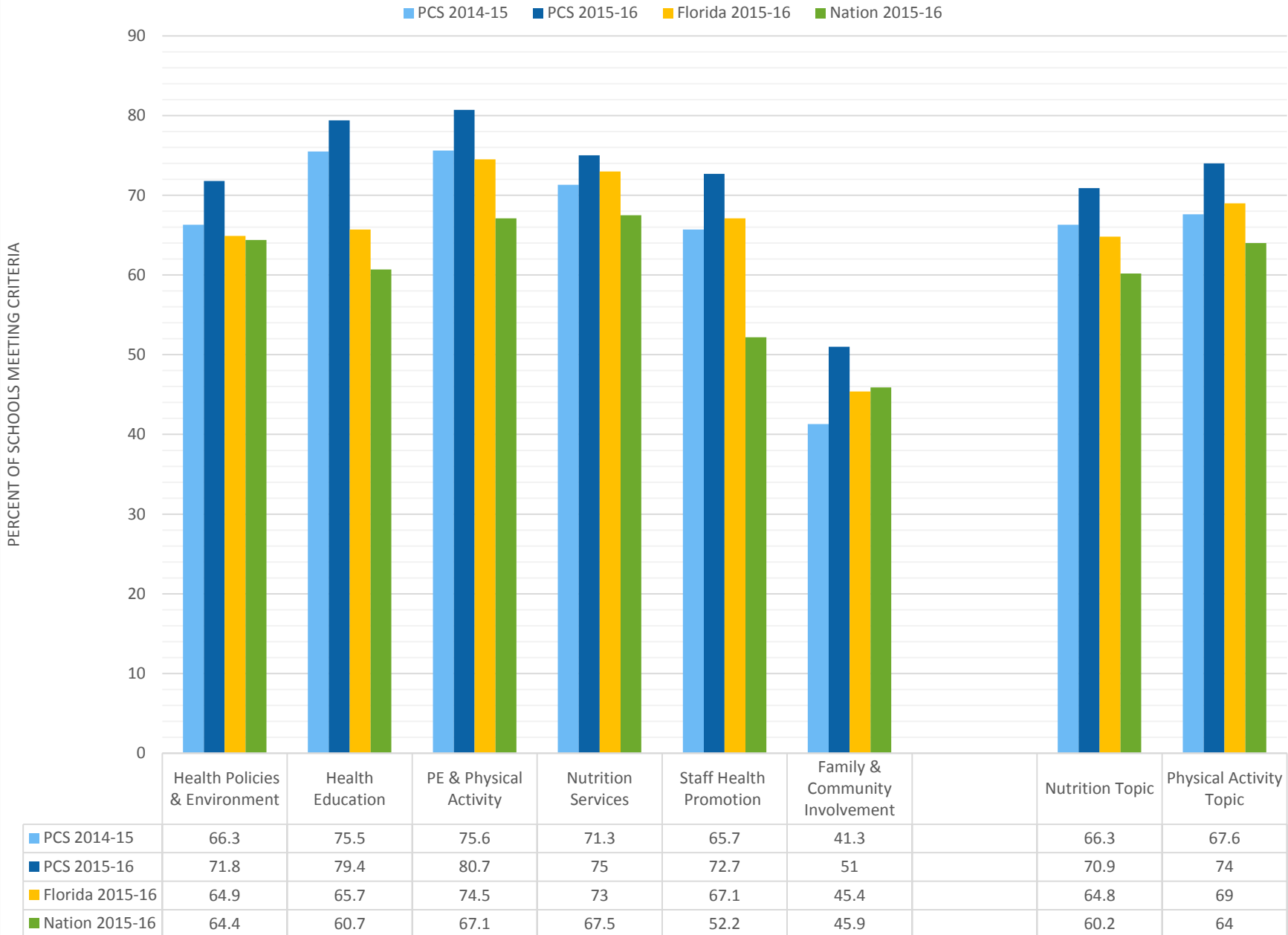
The data averages for each of the six Modules indicate that for school year 2015-16, Pinellas County Schools outperformed the Florida averages and the National averages in each and every Module.

In school year 2015-16, the Module that ranked the highest for percentage of Pinellas schools that met that criteria was Physical Education and Other Physical Activity Programs (80.7%.) Also for the 2015-16 school year, the most improved Module for Pinellas year was Family and Community Involvement with 51% of schools having met that criteria; a notable 9.7% increase from Module's data for 2014-15.

When comparing Pinellas County Schools' 2015-16 averages to the State and National averages, Health Promotion for Staff far exceeded the National average by an impressive 20.5%; 72.7% of Pinellas schools met that Module's criteria as compared to 52.2% of Alliance schools across the U.S. that met that criteria. Health Education is another Module where Pinellas County Schools far surpassed the National average. In Pinellas 79.4% of schools met that criteria. Only 60.7% of all Alliance schools met that criteria; a difference of 18.7%.

These results indicate that Pinellas County Schools continues to make steady progress, and for some Modules exceptional progress, toward all schools meeting "best practices" criteria in all aspects of school wellness. Pinellas County Schools continues to surpass State and National averages for school wellness.

# Healthy Schools Snapshot Comparisons: 2014-15 and 2015-16



## Recommendations

Using information from new state and federal initiatives and requirements, the Alliance for a Healthier Generation's Snapshot Report for Pinellas County Schools, and sustainability plans through future grants, SHAC recommends the following to the district and schools:

- All Pinellas schools must continue and expand support for school-based Healthy School Teams to:
  - Plan and deploy the schools' SIP Wellness Goals.
  - Monitor the school's compliance with the Smart Snacks in Schools standards.
  - Implement the components of the Healthy School Program.
  - Expand Team membership to include a school administrator, the employee wellness champion, physical education teacher, health/classroom teacher, cafeteria manager, parent/student representative, and the school nurse and guidance counselor (by electronic communication if necessary.)
- To accelerate achievement of schools' SIP Wellness Goals, Healthy School Teams should expand their use of the free online tools and resources provided by the Alliance for a Healthier Generation.
- Schools and educational support organizations should promote only healthy fundraising.
- Elementary Schools should explore opportunities to provide daily recess for elementary students.
- Schools and the District should continue to support and improve students' fitness through quality physical education programs, daily physical activity breaks, and physical activity programs before and after school.
- To promote healthy behaviors with staff, staff vending and foods served during staff meetings should meet the Alliance for a Healthier Generation's guidelines.
- All Pinellas County Schools' work sites should continue to commit to and support employee's fitness.
- The District should continue to search and apply for wellness-related grants and community partners to enhance, expand, and sustain essential wellness endeavors.

## Conclusion

Pinellas County Schools is making steady progress toward creating a culture of wellness for both students and staff in all schools and worksites. Over the past 13 years, significant supports from various grants and community partners have enabled the district to restructure SHAC and establish data collection processes and systems for continual improvement. Important gains have been achieved from resources provided by the ***Steps to a Healthier FL/Pinellas Grant, Adolescent Health Project, Communities Putting Prevention to Work Grant, the Carol M. White Physical Education Program Grant, and the Partnerships to Improve Community Health Grant.*** These projects funded district staffs to work directly on wellness initiatives. Important partners for these wellness efforts continue to be the ***Florida Department of Health in Pinellas County, Johns Hopkins All Children's Hospital, and the Alliance for a Healthier Generation.*** Collectively, these resources enabled the district to accomplish numerous wellness goals that will be sustained and align to the goal of Pinellas County Schools once again achieving the designation of ***Gold Level Florida Healthy School District in 2017.***