

**The School District of Palm Beach County, Florida**  
**Wellness Promotion Task Force**  
**Survey Summary FY 2011-2012**

**1. How satisfied are you with the efforts of the Wellness Promotion Task Force?**

- **88%** were **Very Satisfied**
- **9.6%** were **Somewhat Satisfied**
- **0%** were **Neutral**
- **2.4%** were **Very Dissatisfied**

**2. Why did you attend the Wellness Promotion Task Force meeting?**

- **3.7%** attended for the purpose of **Networking**
- **3%** attended because of **Interest in Event Topics**
- **21%** attended to **Support the Wellness Initiatives**
- **72.3%** attended for **All the above reasons**

**3. Was this meeting meaningful and valuable to you?**

- **99%** stated **Yes**
- **1%** stated **No**

**4. Do you have any additional questions or comments for the speakers?**

**Comments from October 19, 2011 meeting are as follows:**

- The speakers were excellent. No additional comments.
- More information on the newest programs and resources related to wellness in Palm Beach County
- Very thorough.
- Paula and Steve do a great job. It was especially interesting to hear Steve's remarks regarding poor decisions as the leading cause of death among children.
- More community speakers needed
- Well organized meeting. Good mix of people.
- Everything was informational
- Thanks for all the great information!
- Excellent meeting...I had no idea of all the collaboration and wellness initiatives happening in the school district. It is exciting to hear of these great changes. Very well organized meeting - great job!
- Congratulations to Eric Stern and his work on securing a Federal grant that supports physical education.
- The only change that I would suggest is the room setting. The tables made me feel like I was only there to observe, and only those at the table were allowed to speak.
- Very interesting and informative
- Excellent, well-run meeting - - - as usual.

- Good meeting - went a little long

**Comments from February 1, 2012 meeting are as follows:**

- No. I enjoy hearing from the community groups and the folks from the school district to determine who we all may work together. Marge
- The speakers had great tone quality. Nice balance of highs, mids, and lows. The amplifiers seemed to do the job without any interference or noise.
- No additional questions or comments for speakers at this time. Very informative and excellent selection of speakers!!
- Great meeting - everyone is onboard!
- The presentation about Health Teacher was very interesting. The District should do more to inform teachers about wonderful resources like this one. Also, the presentation about the FAU Diabetes Center was very good.
- Loved getting to see Stacy Lazos. What a great opportunity for our students!
- I liked Stacey Lazos' presentation. Every teacher should do this breathing exercise with their students.
- I thought the Diabetes Presentation was sensational.
- I found the meeting to be very informative and interesting
- We have already utilized the services that were addresses at this meeting. Thank you so much for providing such great, great resources for our children and community.
- Great open forum.
- The meeting was very productive. The collaboration between departments to promote healthier lives is becoming more obvious.
- This was a very informative and enjoyable meeting.
- None at this time. I've noted their contact information should any questions or comments come up.
- Thrilled that Dr. Andrews was there and she is a great supporter of the health and well being for all students and employees throughout PBC. The Health Teacher breathing APP to reduce test taking anxiety was amazing and all schools should use it.
- Steve was looking quite dapper.
- I enjoyed the Presentations. Thank you!
- Great speakers...appreciate the valuable information!

**Comments from April 4, 2012 meeting are as follows:**

- I appreciate how well-organized the meetings are and the interesting array of presentations. Thanks.
- The meeting felt very long. It would be a good idea to break up the meeting with a physical movement or something to get people to stretch or something. It's hard to still for 2 hours. Thank you.
- All the speakers were very informative and topics were relevant to today's holistic wellness challenges of our children.
- These meetings are exceptional and well organized! Thank you for all the efforts done.
- Great!
- Clearly the district is focused and committed to wellness of the community on all levels and brings appropriate programs to accomplish the goals.

- I thought the presentation by United Way of PBC was excellent, and provided a great overview of their funding priorities and the kinds of programs they fund. All the programs they talked about are valuable resources for our students, teachers, families, parents, etc.

**Comments from May 10, 2012 meeting are as follows:**

- I thought Rebecca was fantastic. The District should consider having her present her experience to all of our schools! Bullying is very prominent in our schools and surprisingly enough, it starts early (Kindergarten).
- I was very pleased with the information shared. I did net work with the Community Blood Drive facility as I would like to establish a drive at our school for both employees and community residents.
- I enjoyed all of the speakers and look forward to this year's agendas.
- Whoever organizes these meetings is doing a GREAT JOB.
- To Rick Lewis and Mr. Oswald, Very worried about the continuation of Face It and other help for distressed students as sustainable programs.
- I came in late but enjoyed listening to the speakers. I have attended workshops that Rick Lewis has presented and he is the best.
- I think all the presentations are very informative.
- It was very inspirational to listen to all the speakers!
- I prefer morning meetings. Although the topics covered were quite interesting, the speakers should stay with their time allotted; speakers should address some aspect of the wellness policy.
- Excellent topics and heart rendering stories! Appreciate all your hard work organizing and conducting these meetings. The attachments of upcoming programs and resources are also fantastic. Would like you to consider giving a "Brain-Body-Breath Break" between 45 min segments.
- Thank you for bringing together such a diverse sampling of the initiatives in our district.
- It felt like there were too many presentations during this particular meeting and they were rather long.
- I attended as a wellness champion. I thought that although some speakers were inspirational, I thought many ran over and did not stick to the allotted time of the agenda. I was able to connect with people on the committee who were helpful to me and I think it might benefit other wellness champions to have a list of the names of people on the committee and their functions so that they can use their expertise if and when necessary.
- It was meaningful. It is always nice to hear positive results. As a Wellness Champion for my dept - it is good that I be "fed" in order to feed my co-workers.
- Very well run meetings.
- Found all speakers to be quite informational and motivational
- The meeting was very well organize and the speakers were very inspirational...especially the students and teacher.

## 5. What topics would you like to have addressed in future meetings?

### **Comments from October 19, 2011 meeting are as follows:**

- I can't think of additional topics at the present time. I enjoyed the updates and learning more about district departments and special projects.
- Health education, particularly nutrition education for students; more on physical education activities; more on principal-led initiatives
- More discussion time
- We should have some type of "report card" (find another name) to measure how schools and departments are doing in terms of wellness.
- Since most people attend for networking purposes, would it be possible to have time built into the agenda for networking and/or an ongoing document with contact information?
- Mental health services available to students and their families including agencies/programs to refer to and funding for mental health services.
- What initiatives can we support to address the fact that poor decisions are the leading cause of death among children?
- Schools wellness/nutritional efforts showcased
- There is so much going on as far as wellness events for elementary school students. What about middle and high school?
- More direct feedback from the schools and/or the participants in the school wellness initiatives.
- More on what is going on in other schools
- Have School Counselors involved, and possibly present on the non-academic needs of students (e.g., social, emotional, behavioral) along with community partners.
- 1. Mental Health 2. School Psychologist 3. Guidance Counselors 4. ESE
- Current wellness policies in place at the district and how well those policies are being met. Maybe a brief 5 - 10 min from the program planners on each content area?

### **Comments from February 1, 2012 meeting are as follows:**

- Nationwide what other school districts are doing to promote Wellness. How do we compare? Are there any lessons we can learn from them?
- I would love to see some of Erica Whitfield work, pictures of her school gardens especially and how these are impacting the communities.
- More on the food insecurity issue here in Palm Beach County.
- How to engage community stakeholders and give them a bigger role with the Task Force?
- I would like to see an Adult Bullying Program
- A presentation on United Way of Palm Beach County's targeted care areas.
- Weight loss
- Afterschool Snack Guidelines

**Comments from April 4, 2012 meeting are as follows:**

- Expanded school district department updates.
- Drowning Prevention
- Ideas of how to engage parents in our quest for wellness of their children

**Comments from May 10, 2012 meeting are as follows:**

- You have covered so many topics that at the present moment I cannot think of any topics.
- Provide a resource of exercise contacts that we can refer to, in an effort to set up a physical fitness program for our staff that is both cost affordable and convenient.
- Promoting, changing the culture at schools to support only healthy food in schools. I realize that some schools are more involved in these healthy initiatives. It would be great to discuss how to change the attitudes at other schools that have not changed their attitudes and practices yet.
- More activities that are going on at the schools.
- Anything in reference to health and fitness.
- I would like to see more students and teachers being highlighted for the wellness efforts.
- Local free programs for fitness and wellness
- More ideas for Wellness initiatives for Departments.
- Anything that is motivational, such as the road warriors and anything that has to do with health topics that need to be made clear such as melanoma. By the way, the district blocks you tube videos so the video for the melanoma screening is not available to be shown in school. I would like to have shown this to my students prior to departing for the summer.
- I would reconsider the part of the agenda where District staff updates the group. If there is a significant department item, make it a part of a larger agenda item, as there are other entities/partners who are not included in this part of the agenda. Just a suggestion.
- Marzano as it relates to wellness.