

Be SMART

Year-end Report

Employee Wellness Program

2021-2022



Publication Date: July 2022

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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 who report 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)



2021-2022 Program Highlights

2021-2022 Program Highlights

Strategic Highlights

130 Employee Wellness Champions at 100% of eligible worksites.

2,115 employees received the 2021 Limeade Annual Wellness Incentive (22.3%)

153 EAP in person and virtual courses presented to staff. Reached 5,075 employees.

The AdventHealth Mobile Mammography Bus visited 122 worksites and screened 1,545 employees.



limeade

Limeade Wellness Program Highlights

The first year of the new wellness program ran from March 2020 to February 2021. 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 first year of the program.

4,873 employees registered for the Limeade Program (50% of eligible population)

89% of those registered completed the Well-being Assessment

50% of those registered remained monthly active users

2,115 employees received the 2021 Limeade Annual Wellness Incentive (22.3%). Increase from 16% who received the 2020 Aetna Health Promise Annual Wellness Incentive

Operating Highlights

Concluded the first year of Limeade with over 50% of eligible population registered and 22.3% receiving the annual wellness incentive.

Launched new weight management program through the YMCA. 59 total participants.

Piloted a new Freedom From Smoking tobacco cessation program.

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

Looking Ahead

Piloting new weight management program called PIVIO for those with specific qualification.

Expanding the offering for Freedom From Smoking program.

Introducing a new focus, sleep, to our champion program and additional district wide programs.

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.
- 22.3% of employees received the annual wellness incentive for the 2021-2022 Limeade program.
- 49.8% of target population received a breast cancer screening in 2021.
- AdventHealth Mobile Mammography visited 122 sites during the school year. 1,545 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:

- 35 nutrition seminars lead by Registered Dietitians at worksites(34% increase from 2019-2020)
- Launched new weight management program through the YMCA. 59 employees participated in the in-person and virtual programs.
- 111 members enrolled in the Diabetes Care Program and participate in annual diabetes courses which focus on nutrition.

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

Programs, activities, interventions completed to meet this goal:

- 2,115 (22.3%) employees earned the annual wellness incentive for the 2021-2022 Limeade program. This was the first year of the Limeade program. 16% of employees received the annual wellness incentive for the 2020 program, the Aetna Health Promise.
- 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 Principal meeting and 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:

- 153 EAP courses offered at worksite. Reached 5,075 employees.
- EAP Topics include:
 - Being your Best Self: Self-Esteem
 - Becoming a Better You
 - Covid's Impact on Emotional Well-being
 - 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: 18% as of 12/31/2021.
- 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:

- Piloted Freedom from Smoking American Lung Association program.
- Promoted AHEC Quit Now classes.
- Incentivized quitting tobacco through Limeade points.

Communication

Communication

Below is a sample of 2021-2022 communication materials used to promote our programs:

November 2021 PCSB.ORG/Wellness

SMART Start Newsletter

EMPLOYEE WELLNESS NEWSLETTER

In this Issue...

- Sprint To Level 3... 1
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- Zonya's Webinar... 2
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- Diabetes Corner... 4
- Monthly Recipe... 4
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PCS **limeade**

March 1, 2021 - February 14, 2022

Participants still have time to earn points* and reach new levels through the new wellness program. Limeade's goal is to help our employees create healthier habits throughout the year. Learn how to get started and the details of Limeade at pcsb.org/limeade.

Limeade is available to all employees, retirees, and dependent spouses on the Aetna medical insurance through PCS.

*Preventative screenings must be done between 1/1/2021 and 12/31/2021 to count towards the first Limeade year.

Earn Points By Completing Your Preventative Exams

Limeade participants can earn 100-500 points for each preventative exam they complete between January 1, 2021 and December 31, 2021. There are two types of preventative activities, self-submitted activities and automatically submitted activities.

Self-Submitted Exams: The self-submitted exams (dental exam, vision exam, skin cancer screening, flu shot and COVID-19 vaccine) must be submitted by 1/15/2022. [Directions for how to self-submit preventative exams.](#)

Automatically Submitted Exams: Automatically submitted exams (annual physical, well women's, mammogram and colonoscopy) will be automatically reported by Aetna. These points could take up to 60 days to process. If you do not see your points within 60 days or by mid-December, you must contact Limeade support at 888-984-3638 or support@limeade.com to report the credits are missing. Be prepared to provide the exam and the date of the exam. [Directions for how to check points.](#)

SPRINT TO LEVEL 3

Reach Level 3 by 12/31/2021 to be entered into a random prize drawing!

Employees eligible for Limeade have until 12/31/2021, even though the Limeade program ends 2/14/2022. The Sprint to Level 3 challenge encourages employees to be proactive to check their points, report any missing preventative exams, and complete activities to reach Level 3 before the program year ends 2/14/2022.

Why by 12/31/2021?

All preventative exams must be completed by 12/31/2021, even though the Limeade program ends 2/14/2022. The Sprint to Level 3 challenge encourages employees to be proactive to check their points, report any missing preventative exams, and complete activities to reach Level 3 before the program year ends 2/14/2022.

For questions, contact Caren Bean at bean@pcsb.org or 727-588-0331.

Monthly SMART Start Newsletter

Wellness Programs

Did you know PCS employees have access to a variety of wellness programs? Check out the offerings below!

Diabetes CARE Program - Aetna members only
Eligible employees with a type 1 or type 2 diabetes diagnosis can earn FREE testing supplies through this program. Contact our on-site Aetna nurse, Jessica O'Connell to get started.
727-588-6134 | ococonnell2@aetna.com

Limeade - Aetna members only
Participate in the wellness program Limeade to earn points, incentives, and take care of your health. To get started visit pcsb.limeade.com. For support call 888-984-3638.

Employee Assistance Program (EAP)
All PCS employees and their households have access to resources through the EAP including up to 8 FREE counseling sessions per incident. Call the EAP toll-free number at 1-800-848-9392 to reach a professional who can assist you with a variety of emotional well-being and work/life concerns. Visit pcsb.org/eap for more information.

AdventHealth Mobile Mammography
The Mobile Mammography bus will be visiting most workplaces throughout the year. You can view the full schedule of the bus and book an appointment anytime at www.AdventHealthMobileMammography.com.

Aetna Health Line - Aetna members only
For immediate health concerns or questions, you can call a registered nurse anytime (24/7) through Aetna at 1-866-253-0999.

Quitting Tobacco Resources
Quitting tobacco isn't easy. Finding help should be. PCS offers free tools and services to help you get started.

For more information and additional programs available, please visit pcsb.org/wellness or contact Risk Management at 727-588-6195

Wellness Program Flyer

the YMCAs FOR YOUTH DEVELOPMENT* FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

SUPPORTING WELLNESS TOGETHER

NEW! YMCA Weight Loss Program

This program is designed for adults who want to achieve a healthier weight by making small changes to daily behaviors and forming sustainable, healthier habits. Alongside a dedicated Y professional and a supportive peer group, you will design a personal action plan that will bring long-term, positive change in your life. This is a non-prescriptive program, we challenge you to believe that you hold the answer to weight loss within yourself! The YMCA Weight Loss program harnesses the power of the group and seeks to change the perception of weight loss.

PCS Employees Get Healthy in 2022

2 District Options:

- Virtual Class: Tuesdays from 6:00pm-7:00pm March - May 31
Email scruff@suncoastymca.org or call 727-467-9622 to register for the Virtual Class!
- In-Person: The Y in St. Pete Mondays from 6:45pm-7:45pm March - May 23
Email kgalardi@stpeteyymca.org or call 727-895-9622 x5214 to register for the St. Pete location!

Requirements: Participants must be a PCS employee with the PCS medical insurance AND have a BMI of 25 or higher.

Don't wait classes are limited!

What to Expect

- Meeting 1 hour per week for 12 consecutive weeks (except during district breaks)
- Washing-in, tracking food and physical activity
- Creating SMART goals
- Weekly discussion topics such as balanced eating, sustainability, physical activity, stress & more
- Idea sharing & accountability
- 12 PLN credits + 100 Limeade points

Program Flyers (YMCA Weight Management Program)

1 in 4 deaths in America are caused by heart disease

February is National Heart Health Month

These healthy habits can help prevent heart disease:

- Move more:** take the stairs, walk with a friend, or end the day with yoga.
- Choose healthy foods:** Eat more fruits and vegetables and fewer processed foods.
- Watch your weight:** Obesity can bring high blood pressure and high cholesterol, which can damage your heart.
- Don't smoke:** the heart and blood vessels are damaged by cigarette smoke.
- Limit alcohol:** too much alcohol can increase your blood pressure. If you drink, do so in moderation.

For more information about Heart Disease, visit American Heart Association at heart.org. Information adapted from JJ Keller Posler.

Monthly Health Observance Flyers

Distributed to all champions.



Welcome video from Dr. Grego and wellness team to introduce Limeade. This video was a communication post for all new Limeade users.

pcs limeade

March 1, 2022 - February 13, 2023

Get Started Today!

Limeade is available to all employees, retirees and dependent spouses with PCS medical insurance coverage.

To get started download the Limeade ONE iOS or Android app. Simply search for Pinellas County Schools or use program code PCSB to access your program today. Scan the QR code with your phone camera to download the app now. You can also visit pcsb.limeade.com to access the platform on the web.

Follow the directions below to complete your registration today!

Employees (Including 2 Board Spouses)

- Under "Registered User" click on "Sign in."
- Click on "PCS Employee Sign On."
- Enter your PCSB single sign on (SSO) credentials. These are the same login credentials used to access PCS Intranet and Employee Self-Service.
- For assistance with your SSO credentials, please contact the PCS Help Desk at 727-588-6060.

Retirees & Spouses

- Under "New User," click on "Activate account."
- Use the below chart to determine your Unique ID.
- Enter last name & date of birth.
- Click on "Find account." If no account can be found, contact Limeade at: 888-984-3638.
- Enter your email address & create your password.

Employees Including 2 Board Spouses	Spouses	Retirees	Retiree's Spouse
The employee's ID will be their PCS Username or the first part of the email without @pcsb.org. Example: Jane Doe - DoeJ	Unique ID is their spouse's Unique ID + "S" + date of birth (Use ID + S + DOB (MMDDYY)). Example: Jane Doe is the employee and her Unique ID is DoeJ Her husband is Frank, and his birthday is 1/1/1970. Therefore, Frank's Unique ID is DoeJS010170	Your Unique ID is your PCS R Dot account. For example: Jane Smith is R.SmithJ If you do not know what your R Dot account is, please call PCS Risk Management at 588-6195.	Dependent spouses of a retiree will need to know their spouses' R Dot Account Information because a Retiree's spouse's Unique ID will be spouse's Unique ID + S + Date of Birth (MMDDYY). For example: Jane Smith's Unique ID is R.SmithJ Her husband is Frank and his birthday is 1/1/1970. Therefore, Frank's Unique ID is R.SmithJS010170

Limeade Support
888-984-3638 or support@Limeade.com

limeade ONE

Limeade Promotions

Ways to Access Emotional Well-being Support

Which Behavioral Health Benefit Should I Use?

Below is a comparison of services available through Resources For Living Employee Assistance Program (EAP), TeleDoc Behavioral Health, Aetna Behavioral Health Benefits, and EAP's new chat therapy benefit through Talkspace. Each comparison focuses on practitioner-type, availability, benefits, and costs. Click on each title for details including contact information.

Available to all PCS Employees

1. EAP Resources for Living!	2. New! Talkspace Chat Therapy through EAP!
Free emotional support for short-term problem resolution-oriented counseling and/or video message on a smart phone or desktop computer. Practitioners: Licensed Master-Level Counselors. Type of sessions available: Face-to-face or virtual, and telephonic for urgent, in-the-moment, counseling needs. Benefits: Free for all employees and can provide transition through the medical plan after sessions are utilized. Cost: Free to all PCS employees and their household. Up to 8 sessions per issue.	Talkspace is an online behavioral therapy platform that allows employees to communicate with a licensed therapist via text, audio, or video message on a smart phone or desktop computer. Available to members 13 years and older. Practitioners: Licensed Mental Health Counselors. Type of sessions available: Text, audio, or video message. Benefits: No appointment needed. Same-day access. Members can message their therapist as often as they want to and the therapist is available to reply 5 days a week. Cost: Free to all employees and their household. Subject to the EAP benefit of up to 8 sessions per issue. 1 week of Chat Therapy qualifies as 1 of the 8 sessions. 25% self-pay discount available after 8 sessions are used.

Contact Resources for Living EAP 24/7
800-848-9392
www.resourcesforliving.com
Username: pcsb | Password: eap

May 2021

EAP and Emotional Well-being Resources

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.

2021-2022 Program Focus

During the 2021-2022 school year, Employee Wellness Champions were required to focus on two topics: emotional well-being and positive culture or team building. Due to COVID-19 and the need for employees to adapt to new challenges, emotional well-being programs were asked to be a focus to help address employee's stress levels. In addition, due to social distancing, positive culture and team building activities were a second focus to help bring worksites together and encourage comradery.

2021-2022 Wellness Champion Program Summary

Total Number of Champions	130
Total Activities Submitted	485
Average Activities per Champion	3.73
Approximate Number of Participants	13,663
Average Number of Participants per Program	28

Employee Wellness Champion Program Summary

Worksite

Program title	Number of participants
---------------	------------------------

Anona Elementary

EAP presentation	25
Fitness class	6
Team building program	10
Positive culture program	16

Azalea Elementary

Emotional well-being program	30
Positive culture program	40
Team building program	20

Azalea Middle

Bardmoor Elementary

Self-care challenge	20
Positive culture program	100
Team building program	50
Declutter challenge	90

Bauder Elementary

Team building program	13
Positive culture program	75
Chair massage	12

Bay Point Elementary

EAP presentation	30
EAP presentation	8
Humor challenge	13

Bay Point Middle (No Champion)

Bay Vista Fundamental

Stress Management Activity	35
Positive culture program	50

Bayside High (No Champion)

Bear Creek Elementary

Positive culture program	24
Fitness class	10
Kindness challenge	60

Belcher Elementary

Team building program	8
Weight loss program	5
Team building program	15
EAP presentation	25
Fitness class	5

Belleair Elementary

Chair massage	12
Nutrition presentation	8
Fitness class	50
EAP presentation	30
Meditation class	2
Team building program	5

Blanton Elementary

EAP presentation	28
Team building program	21
Fitness class	53
EAP presentation	30

Boca Ciega High (No Champion)

Brooker Creek Elementary

Positive culture program	43
Preventative program - breast cancer	51
Team building program	17
EAP presentation	34
Positive culture program	32
Positive culture program	47

Calving Hunsinger ESE

Step challenge	15
Hydration challenge	15
Fitness class	10
Kickball	7
Meditation class	4
Weight loss program	13

Campbell Park Elementary

Team building program	8
Kickball	21

Carwise Middle

EAP presentation	50
Step challenge	10
EAP presentation	50
Step challenge	10

Clearview/Hollins Adult Ed

Chair massage	25
EAP presentation	25
Positive culture program	54

Clearwater Adult Ed

EAP presentation	5
Fitness class	29
Hydration challenge	19
CPR Training	32
Team building program	30

Employee Wellness Champion Program Summary

Clearwater Fundamental

Fitness sports class	10
Kickball	10
Positive culture program	60
Goal setting challenge	40
Meditation class	40
Step challenge	12
Fitness class	15
Positive culture program	40

Clearwater High

EAP presentation	98
Nutrition presentation	5
Team building program	10
Preventative program - breast cancer	129

Clearwater Intermediate

EAP presentation	34
Step challenge	8
Positive culture program	24
Weight loss program	9

Coachman Bus Compound

EAP presentation	23
Sleep presentation	27
Fitness class	22
EAP presentation	22

Countryside High

Fitness class	15
Positive culture program	40

Cross Bayou Elementary

Team building program	80
Weight loss program	20
Fitness class	20
Walking club	25

Curlew Creek Elementary

EAP presentation	50
Team building program	50
Positive culture program	50
EAP presentation	50
Stretching class	20
Fitness class	20

Curtis Fundamental

EAP presentation	40
Team building program	20
Fitness sports class	10

Cypress Woods Elementary

Walking club	30
Team building program	45
Positive culture program	80
Team building program	23

Disston Academy

EAP presentation	18
Positive culture program	20
Team building program	22

Disston Annex

EAP presentation	10
Team building program	20

Hollins High

Positive culture program	174
Goal setting challenge	174
Team building program	25
Preventative program - breast cancer	125

Douglas L. Jamerson Elementary

Team building program	18
Team building program	40
Fitness sports class	30
Weight loss program	23

Dunedin Elementary

Gratitude challenge	100
Meditation class	7
Limeade presentation	100
Step challenge	8
Fitness class	20
Stress Management Activity	5

Dunedin High (No Champion)

Dunedin Highland Middle

EAP presentation	70
Emotional well-being program	105
Gratitude challenge	115

Employee Wellness Champion Program Summary

<u>East Lake High</u>	
Chair massage	7
Kickball	19
Humor challenge	20

East Lake Middle (No Champion)

Education Alternative Services

EAP presentation	60
Limeade presentation	68
Emotional well-being program	68
Kindness challenge	68
Financial presentation	70
Fitness class	60
Stress Management Activity	68
Nutrition presentation	60

Eisenhower Elementary

EAP presentation	5
Preventative program - breast cancer	18
Emotional well-being program	7
Stress Management Activity	10
Resiliency activity	10
Self-care challenge	27

Elisa Nelson Elementary

EAP presentation	40
Hydration challenge	12
Positive culture program	60

ESE Compliance Education

Team building program	24
Positive culture program	20
Humor challenge	20

Fairmount Park Elementary

EAP presentation	45
Step challenge	36
Team building program	45

Forest Lakes Elementary

Meditation class	17
Limeade presentation	16
Team building program	25
Hydration challenge	20

Forty-ninth (49th) Street Bus Compound

EAP presentation	120
EAP presentation	20
Sleep presentation	20
Limeade presentation	20
Nutrition presentation	18
EAP presentation	22
Blood pressure program	23

Frontier Elementary

Team building program	30
Nutrition presentation	30

Fuguitt Elementary

EAP presentation	47
Team building program	75
Team building program	40
Fitness class	20

Garrison-Jones Elementary

EAP presentation	45
Chair massage	15
Positive culture program	28
Kindness challenge	19

Gibbs High

EAP presentation	10
Self-care challenge	16
Team building program	13
EAP presentation	9
Team building program	75
Gratitude challenge	16

Gulf Beaches Elementary

Kindness challenge	40
Fitness class	10
Team building program	13
Hydration challenge	40

Gulfport Elementary (No Champion)

High Point Elementary

Preventative program - breast cancer	40
EAP presentation	35
Humor challenge	7
Limeade presentation	20

Highland Lakes Elementary

Meditation class	6
Team building program	12
EAP presentation	60
Meditation class	6

John Hopkins Middle

EAP presentation	42
Nutrition presentation	7
Team building program	14
Financial presentation	2

John Sexton Elementary

EAP presentation	44
Team building program	27
Fitness team activity	15
Fitness challenge	27

Employee Wellness Champion Program Summary

Kings Highway Elementary (No Champion)

Lake St. George Elementary

Fitness class	10
EAP presentation	60
Hydration challenge	15
Meditation class	4

Lakeview Fundamental Elementary

EAP presentation	30
Fitness class	3
Team building program	5
Hydration challenge	7

Lakewood Adult Education

EAP presentation	4
Preventative program - breast cancer	10
Humor challenge	9
Declutter challenge	101
Hydration challenge	10
Positive culture program	15

Lakewood Elementary

EAP presentation	20
Positive culture program	15

Lakewood High

Fitness class	3
Behavior change challenge	4
Humor challenge	14
Kindness challenge	40

Largo High

EAP presentation	80
Fitness class	8
Walking club	70
Step challenge	10

Largo Middle

Limeade presentation	16
Team building program	18
Financial presentation	6
Team building program	14

Lealman Ave Elementary

EAP presentation	8
Fitness class	12
Team building program	1

Lealman Bus Compound

EAP presentation	10
Limeade presentation	7

Lealman Innovation Academy (No Champion)

Leila G. Davis Elementary

Chair massage	12
Fitness class	12
Positive culture program	75
Team building program	75
Hydration challenge	12
EAP presentation	17

Lynch Elementary

EAP presentation	51
Nutrition presentation	21
Limeade presentation	15
Meditation class	37
Team building program	28

Madeira Beach Fundamental (6-8)

Preventative program - breast cancer	30
Nutrition challenge	5
Team building program	10
EAP presentation	75
Gratitude challenge	50
EAP presentation	80
Meditation class	80

Madeira Beach Fundamental (K-5)

Team building program	8
Hydration challenge	10
EAP presentation	27
Team building program	50
Preventative program - breast cancer	40

Marjorie K Rawlings Elementary

Preventative program - breast cancer	16
Gratitude challenge	25
Weight loss program	22
Fitness class	8
EAP presentation	30

Maximo Elementary (No Champion)

McMullen Booth Elementary

Team building program	14
Preventative exams program	21
Goal setting challenge	24
Chair massage	7

Employee Wellness Champion Program Summary

Meadowlawn Middle

Melrose Elementary

Meditation class	20
Positive culture program	50

Midtown Academy

EAP presentation	28
Behavior change challenge	9
Team building program	33
Total emotional well-being challenge	20

Mildred Helms Elementary

Meditation class	40
Goal setting challenge	2
Gratitude challenge	27

Morgan Fitzgerald Middle

Meditation class	10
Hydration challenge	24
Team building program	25
Fitness class	17

Mount Vernon Elementary

New Heights Elementary (No Champion)

Nina Harris ESEC

EAP presentation	102
EAP presentation	102
Preventative program - breast cancer	50
Nutrition challenge	12

North Shore Elementary

Fitness class	3
Chair massage	20
Team building program	24

Northeast High

EAP presentation	8
Team building program	10
Fitness class	6

Northwest Elementary

EAP presentation	40
Team building program	35
Fitness class	10
Positive culture program	60

Oak Grove Middle

EAP presentation	50
Limeade presentation	200
Positive culture program	200
Fitness team activity	11

Oakhurst Elementary

EAP presentation	30
Stress management presentation	25

Oldsmar Elementary

EAP presentation	55
Positive culture program	50
Team building program	50
Team building program	25

Orange Grove Elementary

EAP presentation	28
Team building program	20
Positive culture program	12
Fitness team activity	35

Osceola Fundamental High

Team building program	25
Limeade presentation	10
Team building program	100
Stress management presentation	100

Osceola Middle

Kindness challenge	15
Hydration challenge	10
Team building program	6
Team building program	20

Ozona Elementary

Self-care challenge	30
Nutrition presentation	11
Meditation class	11

Palm Harbor Middle

Positive culture program	20
Limeade presentation	20
EAP presentation	15

Palm Harbor University High

Meditation class	5
Fitness class	8
Team building program	5
Meditation class	6

Employee Wellness Champion Program Summary

Pasadena Fundamental

Meditation class	10
Kindness challenge	10
Positive culture program	40
EAP presentation	35
Team building program	17

Paul B. Stephens

EAP presentation	42
Positive culture program	50
Hydration challenge	20

Perkins Elementary

EAP presentation	60
Nutrition challenge	12
Team building program	20
Fitness challenge	24

Pinellas Central Elementary

Hydration challenge	20
Fitness class	5
Team building program	20

Pinellas Park Elementary

Pinellas Park High

Limeade presentation	10
Preventative program - breast cancer	50
Positive culture program	30
Kickball	10

Pinellas Park Middle (No Champion)

Pinellas Secondary

EAP presentation	15
Fitness class	25
Team building program	30
Positive culture program	30

Pinellas Technical College - Clearwater

EAP presentation	19
Hydration challenge	12
Team building program	70
Financial presentation	15
Nutrition presentation	10
Financial presentation	7
EAP presentation	9
Fitness class	10

Pinellas Technical College - St. Petersburg

EAP presentation	28
Nutrition presentation	12
Fitness class	7
Step challenge	20
Team building program	5

Plumb Elementary

EAP presentation	55
Kickball	11
Team building program	10
Weight loss program	7

Ponce de Leon Elementary

Kickball	9
Weight loss program	6
Team building program	14
Fitness class	14
Limeade presentation	15
EAP presentation	15

Psychological Services

Meditation class	60
Walking club	5
Humor challenge	10
Intelligence challenge	11

Richard L. Sanders Exceptional

EAP presentation	25
Step challenge	22
Kickball	35
Weight loss program	20

Richard O. Jacobson Tech High at Seminole

Ridgecrest Elementary

Weight loss program	12
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Safety Harbor Elementary

Safety Harbor Middle

Meditation class	10
Intelligence challenge	24
Step challenge	22

San Jose Elementary

Chair massage	11
Fitness class	13
Fitness challenge	25
Limeade presentation	11
Chair massage	10

Sanderlin IB World School (K-5)

Behavior change challenge	32
Positive culture program	15
Preventative program - breast cancer	100
Weight loss program	21

Employee Wellness Champion Program Summary

Sanderlin IB World School (6-8)

EAP presentation	84
Team building program	22
Positive culture program	40
Preventative program - breast cancer	84

Sandy Lane Elementary (No Champion)

Sawgrass Lake Elementary

School Social Workers

EAP presentation	51
Meditation class	28
Mindfulness challenge	16
Nutrition presentation	25

Seminole Elementary

Meditation class	10
Team building program	40
Stress Management Activity	15

Seminole High

Stress management presentation	14
Kickball	11
Team building program	9
EAP presentation	90

Seminole Middle

EAP presentation	35
Weight loss program	10
Positive culture program	82
Chair massage	9

Seventy Fourth Street Elementary

EAP presentation	9
Limeade presentation	5
Kindness challenge	6
Team building program	10

Shore Acres Elementary

Positive culture program	60
Declutter challenge	30
Team building program	21
EAP presentation	46

Skycresst Elementary

Meditation class	10
EAP presentation	72
Fitness class	7
Nutrition presentation	5
Fitness challenge	19
Fitness class	7
Chair massage	10

Skyview Elementary (No Champion)

Southern Oak Elementary

EAP presentation	30
Team building program	30
Step challenge	30

St. Petersburg High

Sleep challenge	22
Kickball	20
Walking club	8
Weight loss program	10

Starkey Elementary

Fitness class	6
Nutrition presentation	13
Stress management presentation	15

Stavros Institute

Resiliency activity	20
Fitness class	7
Team building program	11
Positive culture program	24
Team building program	11
Team building program	23
Fitness challenge	4

Sunset Hills Elementary

Team building program	8
Team building program	25
Behavior change challenge	11
Hydration challenge	21

Sutherland Elementary

Meditation class	8
EAP presentation	40
Team building program	9
Fitness class	10

Tarpon Springs Elementary

EAP presentation	60
Chair massage	15
Team building program	12
Nutrition challenge	18

Tarpon Springs Fundamental Elementary

Positive culture program	25
Limeade presentation	6

Tarpon Springs High (No Champion)

Tarpon Springs Middle

Team building program	22
Financial presentation	15
Walking club	10
Hydration challenge	15

Employee Wellness Champion Program Summary

Thurgood Marshall Fundamental

Sleep Challenge	3
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Tomlinson Adult Center

EAP presentation	10
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Financial presentation	6
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Tyrone Middle

EAP presentation	12
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Team building program	20
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Fitness class	15
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Walsingham Elementary

Team building program	30
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Positive culture program	30
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Emotional well-being program	30
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Walter Pownall Service Center

Mindfulness challenge	5
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Preventative program - blood pressure	9
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Walter Pownall Service Center - Maintenance

EAP presentation	23
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Nutrition presentation	28
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Team building program	8
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Team building program	10
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Limeade presentation	10
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Walter Pownall Service Center - Transportation

EAP presentation	15
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Limeade presentation	20
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Nutrition presentation	15
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Walter Pownall Service Center - Vehicle Maintenance

Humor challenge	25
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Team building program	15
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Nutrition presentation	3
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Limeade presentation	2
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Westgate Elementary

Woodlawn Elementary

Fitness class	40
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Team building program	40
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Positive culture program	38
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Kickball	17
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EAP presentation	40
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