

Be SMART

Year-end Report

Employee Wellness Program

2022-2023



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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 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:

SMART Start Newsletter
Employee Wellness News & Updates | April 2023

In this issue:
-Wondr Plus Program
-Diabetic Webinars
-Alcohol Awareness Month
-Diabetes CARE Program

Apply today for the Wondr Weight Loss Pilot Program
Pinellas County Schools is partnering with Wondr to offer a weight loss program at no cost to you! Wondr is a skills based digital program that has helped hundreds of thousands of people in different stages of health lose weight and feel their best mentally and physically.

Employees or dependent spouses with the Aetna medical insurance through PCS can apply for Wondr today. To learn more about eligibility and to apply for the Wondr program, please visit www.aetna.com.

This is a pilot program, an open space in very limited. Application closes on 4/18/2023 and program begins 5/1/2023.

Ever wonder what it would be like to lose weight and feel better?

Wondr™ is a skills based digital weight loss program offered by Pinellas County Schools—at no cost to you!—that has helped hundreds of thousands of people in different stages of health.

- Lose weight
- Feel their best mentally and physically
- Use practical, clinically proven health skills that become life skills

Space is limited. Learn more at www.aetna.com

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 at jocconnell@pcsb.org or call 727-588-6134.

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](https://www.limeade.com). For support call 888-964-3638.

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](https://www.aetna.com) 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

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 8—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 7—May 23
Email kgallego@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)

National Wear Red Day
The First Friday in February

The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day® each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans, especially women.

Risk factors for heart disease are:

- Smoking
- High blood pressure
- High cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease

Heart disease is largely preventable. Here's what you can do now to reduce your risk:

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

Monthly Health Observance Flyers

Distributed to all champions.

PCS Limeade
March 1, 2023—February 23, 2024
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 when it asks for the employer to access your program today. Scan this 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)

1. Click on "Continue with PCSB Employee Sign On."
2. 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

1. Click on **Sign Up** next to "Don't have an account?"
2. Enter last name & date of birth.
3. Use the below chart to determine your Unique ID.
4. Click on "Find account." If no account can be found, contact 727-588-6031.
5. Enter your email address & create your password.

NEW Security Verification Step
After entering credentials, you will be prompted to Secure Your Account.

1. Follow the directions to enter in a phone number and select if you'd like to receive a security code through text message or voice call. Hit continue.
2. You will then receive a code. Enter the provided code into the space provided and hit continue.
3. Limeade will then provide a recovery code. Follow the directions to copy the code and store in a safe place. Once copied, check that you have safely recorded this code and hit continue.
[Click here to view additional directions, if needed.](#)

Employees	Spouses	Retirees	Retiree's Spouse
The employee's ID will be their PCS Username (or the first part of the email address) @pcsb.org. Example: Jane Doe - JaneD	Unique ID is their spouse's Unique ID + "S" + date of birth (MM/DD/YYYY). Example: Jane Doe is the employee and her husband is Frank, and his birthday is 1/1/1970. Therefore, Frank's Unique ID is DoeJ5010170	Your Unique ID is your PCS R Dot account. Example: Jane Smith is R.Smith	Dependent spouses of a retiree will need to know their spouse's R Dot Account information because a Retiree's spouse's Unique ID will be spouse's Unique ID + "S" + Date of Birth (MM/DD/YYYY). 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.SmithJ5010170

Limeade Support: 888-964-3638 or support@limeade.com
PCS Wellness Team: Caitiegh Hill 727-588-6031 or hillc@pcsb.org; Dawn Handley 727-588-6151 or handleyd@pcsb.org; Jessica O'Connell 727-588-6134 or pcs.oconnellj@pcsb.org

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), Teladoc 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. Practitioners: Licensed Master-Level Counselors.	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: Face-to-face or virtual, and telephonic for urgent, in-the-moment, counseling needs.	Type of sessions available: Text, audio, or video message.
Benefits: Free for all employees and can provide transition through the medical plan after sessions are utilized.	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 PCS employees and their household. Up to 8 sessions per issue.	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

Diabetes CARE Program

Join the revitalized PCS Diabetes Care Program today and receive FREE diabetic testing supplies.

For more information and eligibility, contact Jessica O'Connell RN at pcs.oconnellj@pcsb.org or 727-588-6134

We are here to support you!

Diabetes CARE Program is available to all members with the Aetna medical insurance through PCS with a type 1 or type 2 diabetes diagnosis.

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
---------------	------------------------

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