



Be SMART Employee Wellness Program

Year-end Report
2023-2024

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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 adult preventative screening rates among employees and dependent spouses by 3%.
- 2) Increase employees who reach the Limeade level 3 by 3%.
- 3) Introduce new programs to address hypertension and hyperlipidemia with the attempt to decrease rates by 3% over 3 years.
- 4) Increase awareness of resources for emotional well-being.

The District's programs will fall into three categories, which were determined based on employees' interests and greatest health risks:

- Physical Health (Goal #1, #2 and #3)
- Mental Health (Goal #2 and #4)
- Clinical Preventative Services (Goal #1 and #2)

2023-2024 Program Highlights

2023-2024 Program Highlights

Strategic Highlights

- 129 Employee Wellness Champions.
- 2,115 employees received the 2023-2024 Limeade Annual Wellness Incentive (24.0%). 8.9% increase from 2022-2023.
- 108 EAP in person and virtual courses presented to staff. Reached 3,175 employees as of 5/1/2024.
- The AdventHealth Mobile Mammography Bus visited 95 worksites and screened 1,074 employees as of 5/3/24. 18 worksite remaining for the 23-24 year.

Operating Highlights

- Concluded the 2023-2024 year of Limeade with 24% of eligible employees receiving the annual wellness incentive, a 8.9% increase from 2022-2023.
- Piloted the On-Spot dermatology bus to provide preventative skin cancer screenings to employees. Looking to expand the offering to several sites in 24-25 school year.
- Earned Gold for the 2023 Aetna Workplace Well-being Award.



limeade

Limeade Wellness Program Highlights

The third year of the 2023-2024 Limeade wellness program ran from March 2023 to February 2024. The Limeade program is available to all PCS employees with the medical insurance through the School District. Employees can earn incentives for participating in annual exams and other habit forming activities, challenges, and lessons. Below are highlights of the 2023-2024 year of the program.

- 5,103 employees registered for the Limeade Program (53% of eligible population)
- 40% of those registered were considered actively engaged
- 2,115 employees received the 2023-2024 \$300 Annual Wellness Incentive (24%). This is a 8.9% increase from 2022-2023.

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.
- 24% of employees received the annual wellness incentive for the 2023-2024 Limeade program.
- 82.1% of target population received a breast cancer screening in 2023.
- The AdventHealth Mobile Mammography Bus visited 95 worksites and screened 1,074 employees as of 5/3/24. 18 worksite remaining for the 23-24 year.
- Piloted skin cancer screening mobile unit, On-Spot dermatology. Screened 79 employees.
- 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 engagement in the Limeade Wellness Program and employees who reach level 3 by 3%.

Programs, activities, interventions completed to meet this goal:

- 24% of eligible employees earned the annual wellness incentive for the 2023-2024 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.
- Participation increased by 8.9% - successful goal.

Program Details

GOAL #3: Introduce new programs to address hypertension and hyperlipidemia with an attempt to decrease rates by 3% over 3 years.

Programs, activities, interventions completed to meet this goal:

- Partnered with American Heart Association to provide the 4 month *Check. Change. Control.* Blood pressure to employees through two classes. One class was located at Walter Pownall Service Center and the second was district-wide virtual class.
132 employees participated in this course.
- Limeade launched hypertension video series. An average of 541 users completed these video lessons that provided education on hypertension and hyperlipidemia.

GOAL #4: Increase awareness of resources for emotional well-being.

Programs, activities, interventions completed to meet this goal:

- As of 5/1/2024, 108 EAP in person and virtual courses presented to staff. Reached 3,175 employees.
- EAP Topics include:
 - Avoiding Burnout
 - Goal Setting for Life and Work
 - Time Management at Work & Home
 - Decluttering Your Life to Reduce Stress
 - Impact of Gratitude
 - 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% in 2023 and served 1,335 unique members.
- Promoted EAP through SMART Start newsletter, Risk Management Updates, mailings, email, etc.
- Additional options for emotional well-being resources through Talkspace and CVS HealthHUBs.

Communication

Communication

Below are samples of 2023-2024 communication materials used to promote our programs:

SMART Start Newsletter

Employee Wellness & Updates | May 2024

Summer Mobile Mammography Stops

The AdventHealth Mobile Mammography Bus will be visiting several sites over the summer. Mammograms are important routine exams for all women over the age of 40. If you are under the age of 40, you will need a script from your primary care physician to participate. The bus accepts most major medical insurance.

Book your appointment today!
Visit www.adventhealthmobilemammography.com to select your location and make an appointment. Call 813-451-1955 with questions about insurance coverage and registration.

Date	Location
6/13/2024	Tarpon Bus Compound
6/19/2024	49 th St Bus Compound
6/25/2024	Admin Building
6/28/2024	Walter Pownall Service Center
6/27/2024	49 th St Bus Compound
7/19/2024	Admin Building
7/25/2024	Admin Building
8/29/2024	Admin Building

May is Mental Health Awareness Month

Since 1948, May has been designated as Mental Health Awareness Month to fight stigma, provide support, educate the public, and advocate for millions of people in the US affected by mental illness. 1 in 5 adults experience mental illness each year, and less than half of them receive treatment.

Employee Assistance Program

Resources for Living EAP is available to all PCS employees and their household. The EAP provides counseling and additional resources to help you manage your daily life from finances, depression, conflicts, stress, and much more. Learn more about the EAP benefits by visiting pcsb.org/eap. To access EAP call 1-800-848-9392 or visit www.resourcesforliving.com (username: pcsb | password: eap). The EAP provides confidential assistance and in-the-moment support 24 hours a day, 7 days a week.

District Wide Webinars

PCS's district wellness team will be hosting live webinars on various topics. Visit the **District Wellness Campaigns** for a complete list and recent recordings. Nutrition and EAP webinars will count as 1 component credit in PUN. Participants MUST register using the links below - NOT on PUN. The PUN credits will be entered based off the attendance list of the live webinar. Employees will also receive Limeade points for attending a live webinar.

Upcoming Webinars
5/15/2024 5:30pm-6:30pm
Mental and Emotional Well-being
EAP - Darlene Rivers - Registration

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 | jcoconnell2@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 888-964-3638.

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 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 1-866-253-0996.

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

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 pcsoconnellj@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

MAY IS Mental Health Awareness Month

YOUR MIND MATTERS

Finances For assistance with: Parenting
Depression Stress Alcohol/Drug Use
Relationships Any Other Personal Concerns

visit pcsb.org/eap for more info please call
Employee Assistance Program 1-800-848-9392
Resources for Living for free and confidential 24 hours a day, 7 days a week

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)

- Click on "Continue with PCSB 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

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

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

- 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.
- You will then receive a code. Enter the provided code into the space provided and hit continue.
- 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 - JaneDoe@pcsb.org	Unique ID is their spouse's Unique ID + "S" + date of birth (MM/DD/YYYY) 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 ID# account. For example: Jane Smith's is R.SmithJ If you do not know what your R Dat account is, please call PCS Risk Management at 588-6195.	Dependent spouses of a retiree will need to know their spouse's R Dat Account information because a Retiree's spouse's Unique ID will be spouse's Unique ID + "S" + Date of Birth (MM/DD/YYYY). 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
888-964-3638 or support@limeade.com

PCS Wellness Team
Caleigh 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 and coaching.	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 Master-Level Counselors.	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

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.

2023-2024 Program Focus

During the 2023-2024 school year, Employee Wellness Champions were required to survey their staff. Based on the survey, their required program was the top requested program of their staff. Overall, the top requested programs were stress management, physical activity, and nutrition in that order. By surveying their staff champions allowed their employees to feel invested in the activities being planned and ultimately would help participation. Participation per program saw a 7.7% increase from the previous year.

2023-2024 Wellness Champion Program Summary

Total Number of Champions	129
Total Activities Submitted	493
Average Activities per Champion	3.82
Approximate Number of Participants	13,948
Average Number of Participants per Program	28

Employee Wellness Champion Highlights

Below are a few stand out programs champions have completed through the 2023-2024 year.

List of entire programs completed per worksite can be found on pages 10-17.



Richard O Jacobson Tech High at Seminole

Liesa Waxman used the resources from the Veterinary Academy next door to coordinate multiple Goat Yoga classes throughout the year.



Seminole High School

Jennifer Keenen used the site's tennis courts to create a pickleball league



Pinellas Park High School

Hollisa Miller coordinated a staff vs student tennis tournament. Staff members could compete against PPHS tennis team.



Northeast High vs Fairmount Park Elementary

Northeast High and Fairmount Park competed in the District Kickball Champion game. Congrats to Northeast for being undefeated. Champions: Rachel Holler & Brain Duffey

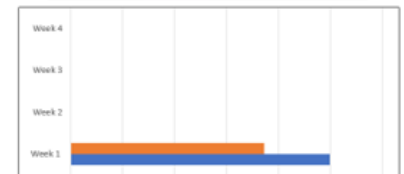


Westgate Elementary

Shelley Kappeler coordinated a Giving Tree Music Circle for the staff. Often this program is just done for students but this was done for staff only.

WEEK 1 Results

TEAM PTC-SP	TEAM PTC-CLW
Cheri Ashwood	Jennifer Anacki
Steve Zachem	Suzanne Bryant
Nancy Randolph	Randi Canfield
Sander Myles	Angela Legner
Victoria Cribb	Susan Self
Susan Paradis	Shea Smith
Tina McIvar	Angela Wright-Nash
Maria Mediavilla	Laura Merrill
Dawn Garcia	
Amy Lapicciarella	
Mary O'Keefe	
Jeremy Johnson	
TOTAL: 4,981	TOTAL: 3,725



Pinellas Technical College

Bonnie Capra (St. Pete) and Javonda Bryant (Clearwater) coordinated a step challenge where their two campuses competed against each other for 4 weeks.

Employee Wellness Champion Program Summary

Worksite

Program title	Number of participants
Anona Elementary	
EAP Presentation	45
Limeade Presentation	18
Walking Club	8
Lunch & Learn with Nutrition	25
Azalea Elementary	
Wellness Room	15
Azalea Middle—No Champion	
Bardmoor Elementary	
Team Building with Nutrition	80
EAP Presentation	50
Team Building with Nutrition	80
Team Building Activity	80
Staff PE Grand Champion	20
Bauder Elementary	
Meditation/Yoga Class	10
Walking Club	5
Nutrition Presentation	5
Meditation/Relaxation	7
Resistance Band Class	10
Bay Point Elementary	
EAP Presentation	35
Cardio Drumming	30
Bay Point Middle—No Champion	
Bay Vista Fundamental	
Team Building with Scavenger Hunt	30
Team Building with Trivia	31
Bayside High	
Cardio Drumming	22
Yoga Mondays	5
Cinco de Mayo Celebrate Healthy	20
Bear Creek Elem	
Cardio Drumming	20
Water Challenge	9
Belcher Elementary	
Team Building with Exercise	16
Walk Your Way to Fitness	7
Limeade Presentation	9
EAP Presentation	11
Meditation Through Art	11
Meditation Through Music	12
Belleair Elementary	
Meditation and Mindfulness	45
Blanton Elementary	
Nutrition Challenge	23
Team Building with Art	16
Cardio Drumming	18
Duck Duck goose game	45
Month Wellness Board Awareness	43
Boca Ciega High	
Team Building Challenge	17
Fitness Multi-Week Challenge	31
Cardio Drumming	20
Pickleball Tournament	16
Brooker Creek Elementary	
Team Building with Bingo	70
Breast Cancer Awareness event	70
Team Building with Nutrition	70
EAP Presentation	70
Nutrition Month Activity	67
Art Therapy	13
EAP Presentation	67
Calvin Hunsinger ESE	
Fitness Class	3
Team Building with Bingo	15
Team Building with Music and Tea	25
Yoga Class	5
Nutrition Challenge	4
Kickball League	15
Campbell Park Elementary	
Walking Challenge	24
Water Challenge	12
Sleep Challenge	12
Meditation and Mindfulness Challenge	8
Carwise Middle	
Step Challenge	16
Walking Challenge	16
Walkathon Fundraiser	50
Student Faculty Basketball/Volleyball Games	24

Employee Wellness Champion Program Summary

Clearview/Hollins Adult Education

Self Defense Class	25
Team Building Activity	25
Cardio Drumming	13
Yoga Class	20

Clearwater/Oldsmar Adult Education

EAP Presentation	18
Team Building Activity	25
Nutrition and Sleep Presentation	26
7 Day Meditation Activity	10

Clearwater Fundamental Middle

Halloween Team Building Activity	40
Team Building Activity	10
Gratitude Challenge	50
Team Sports with Pickleball	25
Kickball League	13
Mental/Physical Health Presentation	50

Clearwater High

Step Challenge	18
Health Challenge	25
Lunch and Learn Series (Conquer Your Carbs)	10
Lunch and Learn Series (Healthy Proteins)	18
Lunch and Learn Series (Fruit & Vegetables)	40
Lunch and Learn Series (Give yourself an oil change)	40

Countryside High

Stress/Step Challenge	30
Team Building with Art	16
Chair Massages	21
Team Building with Craft	20

Cross Bayou Elementary

EAP Presentation	45
Walking Challenge	30
EAP Presentation	47
Team Building with Nutrition	60

Curlew Creek Elementary

EAP Presentation	50
Team Building with Craft	20
Team Building with Nutrition	50
EAP Presentation	50
Cardio Drumming	12
Spring Games	25

Curtis Fundamental Elementary

Breast Cancer Activity (Team Building)	20
Chair Massages	8
Team Building	6
Team Building with Nutrition	20
Health Challenge	10

Cypress Woods Elementary

Team Building Challenge	25
Team Building with Nutrition	45
Walking Challenge	55
EAP Presentation	62
Smart Start Healthy Survey Raffle	52

Disston Academy

Team Building with Scavenger Hunt	40
Nutrition Presentation	30
Limeade Presentation	30
Cardio Drumming	30

Douglas L. Jamerson Elementary

EAP Presentation	50
Team Building Activity (Stress)	23
Gentle Yoga	5
Cardio Drumming	10

Dunedin Elementary

Yoga Class	1
Fitness Class	1
Yoga Class	7
Yoga Class	6
Running with the Tampa Bay Rays 5K	2

Dunedin High

Yoga Class	1
Holiday Step Challenge	10
Yoga Class	2
Tuesdays Walking Club	10

Dunedin Highland Middle

Step Challenge	125
Team Building with Gratitude	125
Cardio Drumming	9
Kindness Challenge	50

Employee Wellness Champion Program Summary

East Lake High

Kickball League	18
Chair Massages	20
Walking Club	10

East Lake Middle

Team Building with Nutrition	27
Breast Cancer Activity	38
Health Challenge	19
Team Building with Nutrition	39
Kickball Support	11

Education Alternative Services

Exercise Challenge	14
Nutrition Presentation	15
Team Building with Scavenger Hunt	45
Team Building Activity	35

Eisenhower Elementary

Chair Massages	10
Team Building Activity	25
Team Building Activity	30
EAP Presentation	31

Elisa Nelson Elementary

Breast Cancer Activity	20
Walking Club	15
Team Building Activity	20

Fairmount Park Elementary

Step Challenge	36
Team Building with Nutrition	60
Volleyball games	23
EAP Presentation	55

Forest Lakes Elementary

Wellness Goals Tracking	15
Team Building with Art	29
Chair Yoga/Meditation/Relaxation	17
Wellness Bingo	20

Forth-ninth Street Bus Compound

Limeade Presentation	18
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Frontier Elementary

Desk Yoga Class	60
Team Building with Nutrition	75
Walking Club	15
Miles for Moffitt Walk	5

Fuguitt Elementary

Limeade Presentation	65
Jump Rope Challenge	80
Fitness Challenge	90
EAP Presentation	60
Sprinkle Kindness (Bulletin Board)	90
Earth Day Fun Day	90
Get on your Feet (Exercise Challenge)	90

Garrison Jones Elementary

Meditation Class	9
EAP Presentation	28
Chair Massages	15
Team Building	31

Gibbs High

Team Building with Nutrition	9
Nutrition Presentation	12
Be Kind to Yourself Challenge	15

Gulf Beaches Elementary

EAP Presentation	32
Cardio Drumming	12
Team Building with Bowling	18
Love Yourself Challenge	30
Yoga Class	12
Parfait and Field Day Activity	35

Gulfport Elementary—No champion

Gus A. Stavros Institute

Health Challenge	20
EAP Presentation	20
Fitness Class	5
EAP Presentation	18
Chair Yoga Class	13

Employee Wellness Champion Program Summary

High Point Elementary

Health and Wellness Presentation	18
Team Building with Art	30
Team Building Activity	20
Walking Activity	6

Highland Lakes Elementary

Nutrition Presentation	50
Limeade Presentation	50

Hollins High

Breast Cancer Activity	150
Step Challenge	150
Staff Wellness Room	150

James B Sanderlin IB World School

Staff Field Day	70
Team Building with Scavenger Hunt	70
American Health Month Activity	80
Limeade Presentation	17
Summer Skin Care Safety Presentation	70

John Hopkins Middle

Limeade Presentation	7
Nutrition Presentation	6
Cardio Drumming	2
Meditation Class	5

John M. Sexton Elementary

Self Defense	9
Meditation Challenge	18
Developed a staff calming room	45
EAP Presentation	51

Kings Highway Elementary—No champion

Lake St. George Elementary

Team Building with Scavenger Hunt	8
Nutrition Presentation	5
EAP Presentation	29
Limeade Presentation	18

Lakeview Fund Elementary

Team Building with Drum Circle	30
CPR/First Aid Certification Class	17
Walking Challenge	25
Hydration Challenge	25

Lakewood Community

EAP Presentation	11
Team Building Activity	7
Kindness Challenge	7
Team Building Activity	17
Staff Picnic and Cornhole Tournament	14
Nutrition Presentation	10
Equitable Advisors Presentation	10

Lakewood Elementary

Jar Invitational (Pickleball Staff Tournament)	16
Walk n 'Roll (physical activity for staff)	60
Bowling Beach Bash	20
Stress Management Presentation	7

Lakewood High School—No champion

Largo High School

Limeade Presentation	7
Weekly Staff Weight Training	7
Cardio Drumming	6
Walking Club	6

Largo Middle School

Fitness Challenge	22
Walking Club	20

Lealman Ave Elementary

Meditation Class	9
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Lealman Bus Compound

Lealman Innovative Academy

Leila G. Davis Elementary

Team Building with Art	30
Chair Massages	10
EAP Presentation	75
Team Building Activity	70
Team Building with Stand up Comedy	20
Team Building with Nutrition	75

Lynch Elementary

Nutrition Presentation	15
Team Building with Nutrition	15
Yoga Class	19
Bigger Loser Challenge	14
CPR/First Aid Certification Class	14

Employee Wellness Champion Program Summary

Madeira Beach Fundamental

Breast Cancer Activity (Team Building)	40
Walking Challenge	9
Yoga Class	3
Team Building Activity	6
Limeade Presentation	36
Team Building with Nutrition	50
Fitness Goals Challenge	30

Marjorie Rawlings Elementary

Be Kind to Yourself Challenge	20
Team Building with Nutrition	50
Staff Dinner Out	11
Team Building with Scavenger Hunt	14
Cardio Drumming	60

Maximo Elementary—No champion

McMullen Booth Elementary

Team Building with Craft	8
Self Defense Class	4
Team Building with Nutrition	50
Self-Care Challenge	50
Hydration Challenge	75
Team Building Activity (Healthy Recipe Book)	25
Staff vs Student Gaga Ball Challenge	60

Meadowlawn Middle

Team Building	70
EAP Presentation	60
Yoga Class	50
Meditation Class	50

Melrose Elementary

Cardio Drumming	6
Chair Massages	10

Mildred Helms Elementary

Team Building	60
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Morgan Fitzgerald Middle

Team Building with Scavenger Hunt	7
Team Building Activity	5
Yoga Class	3
Bootcamp Class	12

Mount Vernon Elementary

EAP Presentation	40
Yoga Class	4
Mental Health Arts and Craft	25

New Heights Elementary—No champion

Nina Harris ESE

Walking Club	10
EAP Presentation	75
Water Challenge	15
Mindfulness Activity	15

North Shore Elementary

Team Building with Nutrition	50
Cardio Drumming	40
Team Building Activity (Interactive Board)	60
National Wellness Month Activity	60

Northeast High

EAP Presentation	27
Kickball League	14

Northwest Elementary

Team Building Activity	70
Weight Loss Competition	11
EAP Presentation	40
Limeade Presentation	12

Oak Grove Middle

Yoga Class	25
Team Building	30
Team Building Activity	60
Staff Softball League	10
Kickball League	12

Oakhurst Elementary

Heart Walk	20
Team Building with Bingo	25
Blood Drive	13

Oldsmar Elementary

EAP Presentation	40
Chair Massages	10
Team Building with Art	45
Chair Massages	10

Orange Grove Elementary

Team Building Activity	15
Team Building	12
Lap and Snacks (Walking)	16
Limeade Promotion	13

Employee Wellness Champion Program Summary

Osceola Fundamental High

Team Building with Art	30
Biggest Loser Challenge	12
Team Building	10

Osceola Middle

Team Building with Art	24
Fruit and Vegetable Challenge	10
Biggest Loser Challenge	12
Staff Rec Day	15

Ozona Elementary

Team Building Activity	16
Cancer Awareness Activity	43
Yoga Class	7
Give Back Challenge	15
Team Building Activity (Progress over perfection)	17

Palm Harbor Middle

Chair Massage	8
Chair Massage	13
Chair Massage	8

Palm Harbor University High

Step Challenge	17
Fruit & Vegetable Challenge	20
Limeade Presentation	100

Pasadena Fundamental Elementary

Cancer Awareness Activity	23
Cardio Drumming	12
Yoga Class	10
Team Building with Art	20

Paul B. Stephens ESE

EAP Presentation	63
Cancer Awareness Activity	20
Selfie Challenge	18
EAP Presentation	50
Hydration Challenge	15

Perkins Elementary

Cardio Drumming	20
Pickleball Class	9
Weight Loss Challenge	20

Pinellas Central Elementary

Team Building Activity	12
Stress Relief Challenge	20

Pinellas Gulf Coast Academy

Self Defense Class	6
Stress Management Presentation	13
Line Dancing Class	9
Team Building with Nutrition	11
Zumba Class	6

Pinellas High Innovation

EAP Presentation	40
Yoga Class	3
Cardio Drumming	3
Meditation Class	4

Pinellas Park Elementary—No champion

Pinellas Park High

Cancer Awareness Activity	25
Team Building Activity	20
Zumba Dance Off	10
Team Building	110
Tennis Match- Staff vs Team	15

Pinellas Park Middle

EAP Presentation	47
Hydration Challenge	18
Staff Volleyball Game	6
Step Challenge	26
Staff vs Student Basketball game	10

Pinellas Secondary

EAP Presentation	25
Yoga Class	10

Pinellas Technical College-Clearwater

Limeade Presentation	5
EAP Presentation	2
Kickball League	7
PTC Spring 4 Week Activity Challenge	24

Pinellas Technical College- St. Petersburg

Team Building with Fitness (Bootcamp)	5
Team Building with Craft	20
EAP Presentation	12
EAP Presentation	10
Yoga Class	10

Pinellas Virtual Schools

Nutrition Presentation	33
EAP Presentation	33
Team Building Activity (Axe Throwing)	6
5K Run	3
Team Building with Trivia	33

Employee Wellness Champion Program Summary

Plumb Elementary

Meditation Class	10
EAP Presentation	20
Kickball League	11

Ponce de Leon Elementary

Team Building with Art	12
Fitness Class	12
Team Building with Nutrition	50
Bigger Loser Challenge	5
Cardio Drumming	7

Prevention Office

Managing Stress Presentation	16
Team Building	17
Team Building Activity	20
Cardio Drumming	20

Psychological Services

EAP Presentation	22
Team Building with Scavenger Hunt	7
Team Building Activity	4
Beach Yoga	5

Richard L. Sanders Exceptional

Walking Challenge	14
EAP Presentation	25
Kickball League	15
Biggest Loser Contest	15

Richard O. Jacobson Tech High at Seminole

Limeade Presentation	40
Yoga Class	12
Team Building Activity	10
Team Building	55

Ridgecrest Elementary—No champion

Safety Harbor Elementary

Pickleball Club	10
Team Building with Bowling	30
Jog-a-Thon fundraiser event	13
Team Building with Nutrition	40

Safety Harbor Middle

Team Building with Nutrition	50
Team Building with Nutrition	75
Stress Management Seminar	50
Stress Management Seminar	50

San Jose Elementary

Team Building with Art	10
EAP Presentation	50
Chair Massages	12
Wellness Challenge	10
Cardio Drumming	7

Sandy Lane Elementary

Meditation Class	30
Girls on the Run 5K	15
Be Kind to Yourself Challenge	26
Girls on the Run 5k	15

Sawgrass Lake Elementary

Seminole Elementary

EAP Presentation	60
Cardio Drumming	15

Seminole High

Team Building with Nutrition	12
Weekly Pickleball League	12
Nutrition Presentation	4
EAP Presentation	73
Yoga Class	5

Seminole Middle

EAP Presentation	75
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Seventy Fourth Street Elementary

Nutrition Presentation	27
Team Building with Art	12
Meditation Class	94
Team Building with Nutrition	93
Fruity Wednesday (Nutritional Challenge)	93

Shore Acres Elementary

Team Building Activity	30
Team Building	50
EAP Presentation	52
Team Building Activity	23

Skycrest Elementary

EAP Presentation	60
Chair Yoga Class	30
Walk to Win Challenge	20

Employee Wellness Champion Program Summary

Skyview Elementary

EAP Presentation	50
Cancer Awareness Activity	39
Team Building Activity	15
Plank Challenge	10

Southern Oak Elementary

EAP Presentation	50
Limeade Presentation	55

St. Petersburg High

Walking Club	12
EAP Presentation	60
Bigger Loser Challenge	15
Kickball league	14

Starkey Elementary

Meditation Challenge	11
Cardio Drumming	6

Sunset Hills Elementary

Team Building with Scavenger Hunt	75
Fitness Challenge	75
Sun Smart Scavenger Hunt	75
Team Building with Nutrition (Salad Day)	75

Sutherland Elementary

Weekly Workout Class	3
Team Building with Craft	15
Limeade Support Presentation	7
Cardio Drumming	11

Tarpon Springs Elementary

Chair Massages	12
Yoga Class	15
Chair Massages	12
Biggest Loser Challenge	16
Team Building with Art	12

Tarpon Springs Fundamental

EAP Presentation	24
Staff vs 5th graders (Volleyball game)	15
Weekly Pickleball league	11

Tarpon Springs High

Tarpon Springs Middle

EAP Presentation	60
Team Building Activity	21
Team Building with Art	16
Limeade Presentation/ Earth Day Awareness	15

Thurgood Marshall Fundamental

Fitness Challenge	8
Cardio Drumming	7
Yoga Class	4
Step Challenge	15
Team Building with Nutrition	40
EAP Presentation	70

Tyrone Middle

Nutrition Presentation	55
Step Challenge	50

Walsingham Elementary

Walking Club	4
EAP Presentation	9
Cardio Drumming	8
Team Building with Art	10

Walter Pownall Service Center

AHA Blood Pressure Series (4 classes)	40
Cardio Drumming	16
Nutrition Presentation	5
Nutrition Presentation	9

Walter Pownall Service Center-Maintenance

EAP Presentation	40
Fitness Activity	28
EAP Presentation	24
AHA Blood Pressure Series (4 classes)	35

Westgate Elementary

Team Building Activity	24
Nutrition Presentation	22
Team Building with Music (Drumming)	45
Pickleball Tournament	13

Woodlawn Elementary

Self-Care Challenge	56
Be Kind to Yourself Challenge	12
Team Building with Nutrition	56
Salsa Dancing	10
Melanoma Awareness Month	20

Thank you for your
continued support of the
employee wellness program!



For questions or comments, please contact Caleigh Hill at hillca@pcsb.org or 727-588-6031.