

Be SMART

Employee Wellness Champion Program

Year-End Report

2019-2020



District Kickball League Champions: Lakewood High



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Program Summary

Program Summary

DISTRICT STRATEGIC PLAN

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

9. 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.

Program Summary

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 Aetna Health Promise
- 4) Reduce the percentage of employees who self-report having elevated stress levels.
- 5) Reduce the percentage of employees who report using tobacco.
- 6) Enhance the employee wellness program to introduce a new district wide Musculoskeletal program.

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, #5 and #6)
- Mental Health (Goal #4)
- Clinical Preventative Services (Goal #1)
- Tobacco Cessation (Goal #5)



2019-2020 Program Highlights

2019-2020 Program Highlights

Strategic Highlights

148 Employee Wellness Champions at 100% of eligible worksites.

1,461 employees received new Aetna Health Promise Incentive (14.47%)

93 EAP in person and virtual courses presented to staff, a 19% increase from 2018-2019.

14% of employees reported elevated stress levels as of 12/31/2019, a 3% reduction from 2018.

The AdventHealth Mobile Mammography Bus visited 15 bus compounds over summer and screened 303 employees. This initiative was implemented because 56 spring events were cancelled due to COVID-19.

Operating Highlights

Launched a musculoskeletal program called Back & Body Works to increase education on back health and injury prevention.

Included vision and dental exams to Aetna Health Promise Incentive.

Launched virtual *Kick Butt* Tobacco Cessation Program.

Looking Ahead

Recommend new wellness platform for January 2021. New wellness platform will provide a comprehensive, proven wellness platform with robust programs and incentive options available with strategic wellness consultations. The wellness platform will be available to all employee with PCS medical insurance through the web and an app.

Process for the Wellness Platform ITN began in November 2019.

Program Details

GOAL #1: Increase preventative screening rates among employees and dependents.

Programs, activities, interventions completed to meet this goal:

- Aetna Health Promise Incentive focused on preventative exams. 9 out of 17 of the available credits were preventative exams.
- 14.46% of employees in 2019 received the Aetna Health Promise Incentive.
- 64% of target population received a mammography in 2019.
- AdventHealth Mobile Mammography visited 813 sites during the school year (56 sites were cancelled due to COVID-19). The bus visited 15 sites in June to address the cancelled events.
- 20% of employees received a flu shot in 2019, 6% increase from 2018.
- 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:

- 26 nutrition seminars lead by Registered Dietitians at worksites. 356 employees participated total. Numbers were impacted by COVID-19.
- Launched new *Weight is Over* nutrition course. 90 employees participated in the in-person program.
- 142 members enrolled in the Diabetes Care Program and participated in annual diabetes courses which focus on nutrition.

GOAL #3: Increase engagement in the Aetna Health Promise Incentive.

Programs, activities, interventions completed to meet this goal:

- 1461 employees earned the Aetna Health Promise Incentive in 2019. This was the first year of the Aetna program.
- Promotion of Aetna Health Promise through monthly newsletters, Employee Wellness Champion communication, Risk Management Updates, and posters at schools.
- Wellness Team visited work sites during biometric screenings to provide information. 1,957 employees reached at biometric screenings (1/1/2020-6/30/2020). Results impacted by COVID-19.

Program Details

GOAL #4: Reduce the percentage of employees who self-report having elevated stress levels.

Programs, activities, interventions completed to meet this goal:

- 93 EAP courses offered at worksite. 19% increase from 2018-2019.
- EAP Topics include:
 - 20 Min Relaxation
 - Becoming a Better You
 - Caring for the Caregiver
 - Effective Collaboration
 - Managing Difficult interactions
 - Managing Generational Difference
 - Managing Your Emotions Under Pressure
 - Power of Positive Thinking
 - Stress Management
 - Work/Life Balance
- EAP Annualized Utilization Rate: 15.0% as of 6/30/2020.
- Promoted EAP through newsletter, Risk Management Updates, mailings, email, etc.
- 49.3% of referrals for the EAP were 'Self or Returning Members.'
- Tele video made available due to COVID-19.

GOAL #5: Reduce the percentage of employees using tobacco.

Programs, activities, interventions completed to meet this goal:

- Launched a Kick Butt tobacco cessation program provided by Wishing Well Works. This was a 6-week virtual smoking cessation program with personal coaching sessions.
- Promoted AHEC Quit Now classes.
- Incentivized quitting tobacco. Employees who completed the Kick Butt or the AHEC program and remain tobacco free for 6 months will receive a \$150 incentive.

GOAL #6: Enhance the employee wellness program to introduce a new district wide Musculoskeletal program.

- 12 Back and Body health seminars at worksites lead by Physical Therapists. 142 employees participated.
- Launched Back & Body Works program. 4 week virtual lessons about impact of standing, sitting, lifting, and technology use on your back and body. 438 employees participated. Results may have been impacted by COVID-19.

Wellness Champion Program Overview

Employee Wellness Champions, located at 95% of PCS worksites, are instrumental in assisting with the delivery of comprehensive onsite wellness programs to our employees. At the beginning of the year, each worksite has the option to be 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.

2019/20 Wellness Champion Program Summary

Total Number of Champions	148
Total Activities Submitted	495
Average Activities per Champion	3.3

Program details

Employee Wellness Champions had the option of choosing from the following programs:

Biometric screening	Fitness/movement activity
EAP presentation	CPR/First Aid training
Stress/mindfulness activity	Nutrition seminar
Financial wellness presentation	Team building with art or music
Horticulture & gardening presentation	Mobile Mammography Bus
Kickball	Back and Body Healthy
Multi-Week Challenges	Miscellaneous Topics

Wellness Program Highlights

The following worksites offered new and creative wellness programs to their staff:

- Clearwater Fundamental: Wellness Wednesday E-mails to staff and all other champions
- Countryside High: Team building succulent gardening day
- Cypress Woods Elementary: Bake of Contest
- Dunedin Elementary: Healthy Meal Prepping Challenge
- Eisenhower Elementary: Cardio Drumming
- Fairmount Park Elementary: Spintensity Class
- Gus A. Starvos Institute: Photo Challenge during Covid-19
- James B. Sanderlin: 2020 Vision Workshop
- Lake St. George: 8 week Boot Camp, principal assistant principal participated.
- Madiera Beach Fundamental Grades K-5: SOUPer Bowl Cook Off
- Madiera Beach Fundamental Grades 6-8: Kayaking Trip
- Psychological Services: Alpaca Laughter on their ZOOM meeting
- Seminole High: Cornhole Tournament
- Thurgood Marshall Fundamental Middle: Couch to 5K

Operating Budget

Operating Budget

Aetna provides PCS with \$500,000 annually to support health and wellness. The Annual Wellness Budget is as follows:

Salary & Resources	\$ 125,000
Employee Wellness Champions: (Stipends & Budget)	\$ 140,000
Written Materials	\$ 35,000
Marketing & Communications	\$ 25,000
Programming & Incentives	\$ 100,000
Aetna Wellness Support	\$ 75,000
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	\$ 500,000

The budget will be adjusted annually as needed. Continued funding is subject to negotiations with our health care provider.

Appendix I: Employee Wellness Champion Activities by Worksite

Below is a list of programs completed by worksite. The programs are based on what the site's champion submitted. The number of participants are shown in parentheses (X):

Administration Building

- Nutrition Seminar (24)
- EAP Seminar (36)
- Healthy Back Seminar (38)
- Financial Seminar (28)

Anona Elementary

- Biggest Loser (12)
- Fit Club (8)
- Biometric Screenings (19)
- Mobile Mammography (cxl'd due to Covid-19)

Azalea Elementary

- Mobile Mammography (9)
- Biometric Screenings (20)

Azalea Middle

- Walk to Washington (17)
- Mobile Mammography (12)
- Biometric Screenings (32)

Bardmoor Elementary

- Meditation/Relaxation Challenge (15)
- Salad Day/Healthy Topic (30)
- Mobile Mammography (15)

Bauder Elementary

- Biggest Loser (10)
- Mobile Mammography (2)
- Biometric Screenings (20)

Bay Point Elementary

- Mobile Mammography (12)
- Nutrition Seminar (10)
- Biometric Screenings (16)

Bay Point Middle

- Biometric Screenings (14)
- Mobile Mammography (cxl'd due to Covid-19)

Bay Vista Fundamental

- Mobile Mammography (14)
- Biometric Screenings (22)

Bayside High-No Wellness Champion

Bear Creek Elementary

- Mobile Mammography (9)
- Photo Challenge (25)
- EAP Seminar (35)
- Biometric Screenings (13)

Belcher Elementary

- Mobile Mammography (10)
- Biggest Loser (6)
- Team Building Activity (18)
- Biometric Screenings (22)

Belleair Elementary

- Nutrition Seminar (9)
- Aetna Health Promise Presentation (50)
- Biometric Screenings (cxl'd due to Covid-19)
- Mobile Mammography (cxl'd due to Covid-19)

Bernice Johnson Center

- Participated in biometric screenings and mobile mammography at Paul B. Stephens

Blanton Elementary

- Kindness Challenge (31)
- EAP Seminar (23)
- Dental Challenge (15)
- EAP Holiday Seminar (35)
- Step Challenge (2)
- Biometric Screenings (29)
- Kick the Habit Challenge (37)
- Mobile Mammography (cxl'd due to Covid-19)

Boca Ciega High

- Gardening 101 (9)
- National Take A Hike Challenge (6)
- Biometric Screenings (32)
- Mobile Mammography (cxl'd due to Covid-19)

Brooker Creek Elementary

- Afternoon in the the Arts (10)
- Relaxation Challenge (25)
- Hydration Challenge (10)
- Healthy Heart Facts Share (22)
- Breast Cancer Awareness Campaign (75)
- Be Kind Challenge (30)
- Mobile Mammography (cxl'd due to Covid-19)

Calvin Hunsinger ESE

- Kickball Team (10)
- Biometric Screenings (24)
- Breast Cancer Awareness Walk (35)
- Mobile Mammography (cxl'd due to Covid-19)

Campbell Park Elementary

- Paint Night/Team Building (10)
- Financial Seminar (6)
- Yoga (7)
- Biometric Screenings (18)
- Mobile Mammography (6)

Carwise Middle

- Kindness Challenge (15)
- Hydration Challenge (22)
- Mobile Mammography (20)
- Biometric Screenings (cxl'd due to Covid-19)

Clearwater Adult Education Center

- Good Night/Great Days Challenge (13)
- Unwrapped Challenge (12)
- EAP Seminar (15)
- Wellness For Busy People (15)

Clearwater Fundamental

- Monthly Step Challenge (21)
- Wellness Wednesday Emails (45)
- Biggest Loser Semester One (20)
- Biometric Screenings (27)
- Biggest Loser Semester Two (18)
- Mobile Mammography (cxl'd due to Covid-19)

Clearwater High

- Fit and Festive Challenge (18)
- Biometric Screenings (21)
- Nutrition Seminar (10)
- Mobile Mammography (15)

Clearwater Intermediate

- Healthy Back Seminar (6)
- EAP Seminar (14)
- Biometric Screenings (18)
- Mobile Mammography (cxl'd due to Covid-19)

Coachman Bus Compound

- 20 Minutes of Relaxation (25)
- Biometric Screenings (23)
- EAP Seminar (14)
- Back Health for Drivers (27)
- Mobile Mammography (cxl'd due to Covid-19)

Coachman Service Center

- Nutrition Seminar (25)
- EAP Seminar (25)
- Yoga (10)
- Mobile Mammography (cxl'd due to Covid-19)

Countryside High

- Team Building: Gardening (15)
- Stress Free Art (15)
- Biometric Screenings (23)
- Mobile Mammography (cxl'd due to Covid-19)

Cross Bayou

- Chair Massage (15)
- EAP Seminar (60)
- Biometric Screenings (32)
- Mobile Mammography (cxl'd due to Covid-19)

Curlew Creek Elementary

- Team Building: Hot Cocoa Snowmen (5)
- Online Book Club (10)
- W.O.W. Working on Wellness Board
- Mobile Mammography (cxl'd due to Covid-19)

Curtis Fundamental

- Salad Bar with Question of the Week (20)
- "Soup-er" Bowl Cookoff (30)
- Biometric Screenings (25)
- EAP Seminar (35)
- Breast Cancer Awareness Day (12)
- Nutrition Seminar (5)
- Mobile Mammography (cxl'd due to Covid-19)

Cypress Woods Elementary

- Bake Off Contest (33)
- Humor Challenge (30)
- Salad Bar with Healthy Topic (34)
- Biometric Screenings (31)
- Mobile Mammography (cxl'd due to Covid-19)

Disston Academy-No Champion

Disston Annex

- Biometric Screenings (9)
- Financial Challenge/Seminar (9)
- Nutrition Seminar (12)

Dixie Adult Education/Clearview Adult Education

- Mobile Mammography (5)
- Unwrapped Nutrition Challenge (20)
- Humor Challenge (25)
- Nutrition Seminar (cxl'd due to Covid-19)

Dixie Hollins High

- Top of the Mind Challenge (17)
- Be Kind to Others Challenge (16)
- Take Your Pick Challenge (15)
- Selfie Challenge (17)
- Mobile Mammography (cxl'd due to Covid-19)

Douglas L. Jamerson Elementary

- Turkey Trot (10)
- Biggest Loser (13)
- Biometric Screenings (24)
- Step Challenge (12)
- Mobile Mammography (cxl'd due to Covid-19)

Dunedin Elementary

- Relaxation: Staff Coloring Poster/ All Staff
- Biggest Loser Contest (10)
- Hydration Challenge (15)
- Aetna Health Promise Seminar (32)
- Mobile Mammography (19)
- Meal Prepping Challenge/ All Staff
- Biometric Screenings (40)

Dunedin High

- Mobile Mammography (20)
- Biometric Screening (19)
- Breast Cancer Awareness Walk (8)
- Massage (7)

Dunedin Highland Middle

- Mobile Mammography (13)
- Biometric Screenings (23)
- Go Pink Day (entire staff)
- Kai Chi Do (4)

East Lake High

- Mobile Mammography (14)
- Biometric Screenings (20)

East Lake Middle Academy of Engineering

- Walking Challenge (10)
- Mobile Mammography (14)

Education Alternative Services

- EAP Seminar (77)
- Nutrition Seminar (48)

Eisenhower Elementary

- Painting with a Twist (17)
- Mobile Mammography (20)
- Nutrition Challenge (22)
- Cardio Drumming (20)
- Good Nights/ Great Days Challenge (25)
- Biometric Screenings (27)

Elisa Nelson Elementary

- EAP Seminar (40)
- Hydration Challenge (15)
- Nutrition Seminar (12)
- Mobile Mammography (10)

ESE Compliance Education

- EAP Seminar (18)
- Biometric Screenings (16)
- Promotion of Mobile Mammography at R.L. Sanders.

Fairmount Park Elementary

- Spintensity (20)
- EAP Seminar (30)
- Step Challenge (15)
- 4-week Fitness Challenge (20)
- Mobile Mammography (cxl'd due to Covid-19)

Forest Lakes Elementary

- Biometric Screenings (21)
- Mobile Mammography (cxl'd due to Covid-19)
- EAP Seminar (cxl'd due to Covid-19)

Forty-ninth(49th) St. Bus Compound

- EAP Seminar (17)
- Mobile Mammography (20)
- Back Safety for Bus Drivers (23)
- Biometric Screenings (32)

Frontier Elementary

- EAP Seminar (15)
- Building School Culture (45)
- Mobile Mammography (11)
- Biometric Screenings (cxl'd due to Covid-19)

Fuguitt Elementary

- Mobile Mammography (19)
- Biometric Screenings (19)
- Good Night, Great Days Challenge (24)
- CPR (21)

Garrison-Jones Elementary

- Biometric Screenings (21)
- Massage (10)
- Mobile Mammography (cxl'd due to Covid-19)

Gibbs High

- Mobile Mammography (8)
- Biggest Loser (10)
- Biometric Screenings (20)
- EAP Seminar (8)
- EAP Seminar: Relaxation Techniques (17)
- Nutrition Seminar (17)

Gulfport Elementary

- Big Little Things Challenge (18)
- Art Team Building (12)
- Nutrition Seminar (12)
- Biometric Screenings (20)
- Mobile Mammography (cxl'd due to Covid-19)

Gus A. Starvos Institute

- Team Memory Challenge (21)
- Big Little Things Challenge (21)
- Mobile Mammography (5)
- Photo Challenge during Covid-19 (15)

High Point Elementary

- Biggest Loser Challenge (12)
- Wellness Screening (40)
- Breast Cancer Walk (all staff)
- Burn Boot Camp (8)
- Mobile Mammography (7)

Highland Lakes Elementary

- Sheriff Personal Safety Presentation (45)
- Breast Cancer Walk (25)
- EAP Seminar (44)
- Clay Workshop (10)
- Mobile Mammography (cxl'd due to Covid-19)

James B. Sanderlin IB World School

- Lunch and Learn (21)
- Go Pink Cancer Awareness Campaign (all staff)
- Mobile Mammography (10)
- Sanderlin 2020 Vision Workshop (20)

John Hopkins Middle

- Yoga (5)
- Eco Healthy Homes (7)
- EAP Seminar (15)
- Nutrition Seminar (14)
- Biometric Screenings (24)
- Mobile Mammography (10)

John Sexton Elementary

- Mobile Mammography (14)
- Biometric Screenings (20)
- EAP Seminar (45)
- Humor Challenge (25)
- Healthy Back Seminar (48)

Kings Highway Elementary-No Champion

Lake St. George Elementary

- Nutrition Seminar (6)
- Boot Camp (15)
- Biometric Screenings (25)
- Mobile Mammography (cxl'd due to Covid-19)

Lakeview Fundamental Elementary

- Mobile Mammography (5)
- EAP Seminar: Mindfulness (10)
- Biggest Loser Contest (8)
- EAP Seminar (30)

Lakewood Community

- Thanksgiving Potluck (12)
- Breast Cancer Awareness Campaign (36)
- Reading Challenge (9)
- EAP Seminar (10)
- Mobile Mammography (30) (held at Lakewood High School)

Lakewood Elementary

- Skin Cancer Screenings (20)
- Mobile Mammography (8)
- Workout Club (10)
- Biometric Screenings (cxl'd due to Covid-19)

Lakewood High School

- Yoga (8)
- Kick boxing (8)
- Mobile Mammography (10)
- Biometric Screenings (cxl'd due to Covid-19)

Largo High

- Mobile Mammography (22)
- Biometric Screenings (23)
- Pink Out: Breast Cancer Awareness (all staff)
- Biggest Loser Contest (43)

Largo Middle

- EAP Seminar (7)
- Mobile Mammography (8)
- Biometric Screenings (cxl'd due to Covid-19)

Lealman Ave Elementary

- Biometric Screenings (20)
- Meditation Class (2)
- Breast Cancer Awareness Campaign (all staff)
- Mobile Mammography (cxl'd due to Covid-19)

Lealman Bus Compound

- Back Health for Drivers Seminar (7)
- Mobile Mammography (10)
- EAP Seminar (9)
- Financial Seminar (11)

Lealman Innovative Academy

- Go Pink Campaign (10)
- One Day Throwdown: Step Challenge (11)
- Step Challenge: 4 weeks (6)
- Mobile Mammography (cxl'd due to Covid-19)

Leila Davis Elementary

- EAP Seminar (18)
- Breast Cancer Awareness Day (30)
- Chair Massage (13)
- Mobile Mammography (13)

Lynch Elementary

- Nutrition Seminar (21)
- EAP Seminar (35)
- Biometric Screenings (15)
- Aetna Health Promise Presentation (25)
- Mobile Mammography (cxl'd due to Covid-19)

Madeira Beach Fundamental Grades 6-8

- Nutrition Seminar (10)
- Holiday Bake Off (25)
- Biometric Screenings (45)
- Kayaking Trip (7)
- Chili/Soup Cook Off (50)
- Mobile Mammography (cxl'd due to Covid-19)

Madeira Beach Fundamental Grades K-5

- SOUPer Bowl Cook Off (50)
- Healthy Recipe Swap (20)
- Biometric Screenings (45)
- Walking Program (10)
- Set a Wellness Goal Challenge (30)
- The Calming Coloring Promotion (all staff)
- Mobile Mammography (cxl'd due to Covid-19)

Marjorie Rawlings Elementary

- Yoga/Meditation (18)
- Weight Loss Contest (16)
- Breast Cancer Walk (6)
- Biometric Screenings (30)
- Mobile Mammography (cxl'd due to Covid-19)

Maximo Elementary

- Mobile Mammography (12)
- Step Challenge (15)
- Stress Relief Coloring (all staff)
- Biometric Screenings (26)

McMullen Booth Elementary

- Wacky Walk for Cancer(13)
- Cardio Drumming (13)
- Back Health Seminar (5)
- Biometric Screenings (25)



Meadowlawn Middle

- Mobile Mammography (10)
- Biggest Loser (15)
- Biometric Screening (cxl'd due to Covid-19)

Melrose Elementary

- Biggest Loser (10)
- Kickball (23)
- Biometric Screening (17)
- EAP Seminar: Managing Your Emotions (29)
- EAP Semnar: Effective Collaboration (36)



Midtown Academy

- EAP Seminar: Coping with Covid-19 (15)
- Balloons for Breast Cancer (22)
- Nutrition Seminar (10)

Mildred Helms Elementary

- EAP Seminar: Wellness For Busy People (47)
- Mobile Mammography (18)
- Biometric Screenings (18)
- Nutrition Seminar (47)



Morgan Fitzgerald Middle

- Mobile Mammography (8)
- EAP Seminar: Stress Management (40)
- Biometric Screenings (19)



Mount Vernon Elementary

- EAP Seminar: Managing Difficult Interactions (30)
- Wellness Updates Emails (40)
- Holiday Morning Mile (17)
- Biometric Screenings (20)

New Heights Elementary

- School Wide Walk (29)
- Hydration Challenge (20)
- Biometric Screenings (cxl'd due to Covid-19)
- Mobile Mammography (cxl'd due to Covid-19)

Nina Harris ESEC

- Kindness Challenge (25)
- Biometric Screenings (58)
- Breast Cancer (150)
- Biggest Loser (18)



North Shore Elementary

- Wear Pink: Breast Cancer Awareness Campaign (20)
- Healthy Snack Program (25)
- Mobile Mammography (10)
- Walking Club (15)

Northeast High School

- Biometric Screenings (15)
- Mobile Mammography (22)
- Pink Out Day: Breast Cancer Awareness Campaign (all staff)

Northwest Elementary

- Humor Challenge (16)
- Holiday Social (25)
- Virtual Wellness Chat (12)
- Mobile Mammography (cxl'd due to Covid-19)

Oak Grove Middle

- Intellectual Wellness Challenge (15)
- Breast Cancer Awareness Walk (4)
- Mobile Mammography (14)
- Biometric Screenings (cxl'd due to Covid-19)

Oakhurst Elementary

- Breast Cancer Awareness Campaign (20)
- Biggest Loser Contest (22)
- Biometric Screenings (cxl'd due to Covid-19)
- Mobile Mammography (cxl'd due to Covid-19)

Oldsmar Elementary

- EAP Seminar (20)
- Biometric Screenings (29)
- EAP Seminar: Positive Thinking (35)
- Eating Healthy and Walking (20)
- Mobile Mammography (cxl'd due to Covid-19)

Orange Grove Elementary

- Step Challenge (3)
- Mobile Mammography Bus (4)
- Exercise Challenge (6)

Osceola Fundamental High

- EAP Seminar (95)
- Biggest Loser Contest (18)
- Mobile Mammography (17)
- Biometric Screenings (28)

Osceola Middle

- Biggest Loser Contest (10)
- Taking Care of You Challenge (15)
- Pro-Ed Day: Game Day (60)
- Mobile Mammography (cxl'd due to Covid-19)

Ozona Elementary

- Breast Cancer Awareness (14)
- Mobile Mammography (16)
- Kindness Challenge (40)
- Nutrition Seminar (15)
- Biometric Screenings (25)

Palm Harbor Community School

- EAP Seminar (8)
- Biometric Screenings (5)
- Breast Cancer Awareness (23)
- EAP Seminar: Becoming a Better You (13)

Palm Harbor Middle

- Mobile Mammography (12)

Palm Harbor University High

- Walking Club (10)
- Mobile Mammography (15)
- Nutrition Seminar (7)
- Biometric Screenings (20)

Pasadena Fundamental

- Wellness Workshop (26)
- Mobile Mammography (11)
- Go Pink Campaign (20)
- Biometric Screenings (21)

Paul B. Stephens

- Mobile Mammography (30)
- Biometric Screenings (64)
- Fit and Festive Step Challenge (18)
- Biggest Loser Contest (15)

Perkins Elementary

- Yoga (8)
- Kickball Team (19)
- Biometric Screenings (cxl'd due to Covid-19)
- Mobile Mammography (cxl'd due to Covid-19)

Pinellas Central Elementary

- Mobile Mammography (3)
- Team Building: Painting (15)
- Selfie Scavenger Hunt (16)
- Biometric Screenings (cxl'd due to Covid-19)

Pinellas Gulf Coast Academy

- Nutrition Seminar (23)
- Walking Scavenger Hunt (10)
- Top of the Mind Challenge (15)
- Walking Challenge (12)
- Mobile Mammography (cxl'd due to Covid-19)

Pinellas Park Elementary

- Turkey Trot (11)
- Humor Challenge (15)
- Financial Challenge (8)
- Mobile Mammography (cxl'd due to Covid-19)

Pinellas Park High

- Kickball Team (15)
- Mobile Mammography (26)
- New Year's Resolution Challenge (37)
- Breast Cancer Awareness Campaign (35)
- 28 Day Healthy Activity Challenge (20)
- Biometric Screenings (cxl'd due to Covid-19)

Pinellas Park Middle

- Turn off the TV Challenge (8)
- EAP Seminar: Positive Thinking (all staff)
- Biometric Screenings (20)
- EAP Seminar: Stress Reduction (all staff)
- Mobile Mammography (cxl'd due to Covid-19)

Pinellas Secondary

- Get Active Challenge (25)
- Nutrition Seminar (10)
- Step Challenge (20)

Pinellas Technical College-Clearwater

- Financial Seminar (8)
- Nutrition Seminar (13)
- Mobile Mammography (3)
- Biometric Screenings (18)
- Healthy Back Seminar (7)
- Humor Challenge (8)

Pinellas Technical College-St. Petersburg

- Biometric Screenings (15)
- Yoga (7)
- Nutrition Challenge (9)
- Zumba (5)
- EAP Seminar (13)
- Mobile Mammography (16)

Plumb Elementary

- EAP Seminar (all staff)
- Biometric Screenings (24)
- Mobile Mammography (cxl'd due to Covid-19)

Ponce de Leon Elementary

- Kickball Team (6)
- Mobile Mammography (8)
- Nutrition Challenge (20)
- Biometric Screenings (22)

Private Schools

- Healthy Back Seminar (9)
- Nutrition Seminar (15)

Psychological Services

- Limit TV Challenge (15)
- Humor Challenge (20)
- Top of the Mind Challenge (17)
- EAP Seminar (25)
- Laughter Yoga (15)

Richard L. Sanders Exceptional

- Walking Challenge (22)
- Biggest Loser Contest (30)
- Kickball Team (35)
- Biometric Screenings (42)

Richard O. Jacobsen Tech High At Seminole

- Self Care Challenge (10)
- Team Building Activity (15)

Ridgecrest Elementary

- Mobile Mammography (15)
- EAP Seminar (10)
- Crossfit (6)
- Biometric Screenings (20)

Safety Harbor Elementary

- Step Challenge (15)
- Mobile Mammography (12)
- Limit TV Challenge (9)
- Yoga (9)

Safety Harbor Middle

- Trail Mix Bar w/ Healthy Topic (all staff)
- Mobile Mammography (10)
- Team Building Activity (all staff)
- Biometric Screenings (cxl'd due to Covid-19)

San Jose Elementary

- Team Building: Art in the Heart (20)
- Massage (10)
- Breast Cancer Awareness Campaign (all staff)
- Mobile Mammography (cxl'd due to Covid-19)

Sandy Lane Elementary

- Fruit and Vegetable Challenge (12)
- Biometric Screenings (18)
- Mobile Mammography at Calvin Hunsinger (cxl'd due to Covid-19)

Sawgrass Lake Elementary-No Wellness Activities

School Social Workers

- EAP Seminar: Positive Thinking (90)
- Back Health Seminar (101)
- Big Little Things Challenge (40)

Seminole Elementary

- Nutrition Seminar (8)
- Back Health Seminar (4)

Seminole High

- Biometric Screenings (22)
- Dental Health Challenge (30)
- Cornhole Tournament (20)
- Mobile Mammography (20)
- Bowling Tournament (52)

Seminole Middle

- Fruit and Vegetable Challenge (8)
- Hydration Challenge (10)
- Mobile Mammography (4)
- Step Challenge (9)

Seventy Fourth Street Elementary

- EAP Seminar (50)
- Breast Cancer Awareness Campaign (all staff)
- Biometric Screenings (17)
- Mobile Mammography (cxl'd due to Covid-19)

Shore Acres Elementary

- Biometric Screenings (16)
- Mobile Mammography (10)
- EAP Seminar (23)
- Walking Challenge (44)
- Be Healthy Bingo (13)

Skycrest Elementary

- Kindness Challenge (11)
- Biggest Loser Contest (18)
- Mobile Mammography (10)
- Nutrition Seminar (7)

Skyview Elementary

- Team Building: Volunteering (3)
- Healthy Recipe Makeover (all staff)
- Biometric Screenings (18)
- Mobile Mammography (cxl'd due to Covid-19)

Southern Oak Elementary

- Breast Cancer Walk and Bingo (30)
- Team Building (20)
- Mobile Mammography (16)

St. Petersburg High

- Walking/Running Club (6)
- Mobile Mammography (cxl'd due to Covid-19)
- Biometric Screenings (cxl'd due to Covid-19)

Starkey Elementary

- Fruit and Veggie Challenge (20)
- Breakfast and Learn with Dr. Hood (all staff)
- Biometric Screenings (cxl'd due to Covid-19)
- Mobile Mammography (cxl'd due to Covid-19)

Sunset Hills Elementary

- Mobile Mammography (12)
- Healthy "Souper" Bowl Challenge (40)
- Fitness Challenge (40)
- Dental Health Challenge (15)

Sutherland Elementary

- Limit Your TV Challenge (4)
- Mobile Mammography (15)
- Pink it Out (25)
- Biometric Screenings (cxl'd due to Covid-19)

Tarpon Springs Bus Compound

- EAP Seminar (13)
- Biometric Screenings (15)
- Salad Day with Healthy Topic (15)
- EAP Seminar: Relaxation (10)
- Mobile Mammography (cxl'd due to Covid-19)

Tarpon Springs Elementary

- Cold Turkey Challenge (16)
- Team Building Activity (12)
- Massage Day (12)
- Biometric Screenings (25)
- Mobile Mammography (cxl'd due to Covid-19)

Tarpon Springs Fundamental

- Biometric Screenings (8)
- Nutrition Seminar (8)
- Fitness Team Building (9)
- Mobile Mammography (cxl'd due to Covid-19)

Tarpon Springs High

- Weekly Wellness Newsletter (all staff)
- Mobile Mammography (15)
- EAP Seminar (32)
- Biometric Screenings (cxl'd due to Covid-19)

Tarpon Springs Middle

- Team Building Activity (11)
- Fruit and Vegetable Challenge (15)
- Hydration Challenge (16)
- Mobile Mammography (17)
- Biometric Screenings (cxl'd due to Covid-19)

Thurgood Marshall Fundamental Middle

- Wellness "App" Party (9)
- EAP Seminar (17)
- Couch to 5K(15)
- Biometric Screenings (22)
- Mobile Mammography (cxl'd due to Covid-19)

Tomlinson Adult Center

- Urban Yoga (45)
- Hydration Challenge (9)
- Kickball Team (9)
- Healthy Back Seminar (9)
- Financial Wellness Seminar (10)
- Biometric Screenings (17)

Tyrone Middle

- Team Building Activity (15)
- Salad Bar with Nutrition Topic (30)
- Step Challenge (16)
- Biometric Screenings (15)
- Mobile Mammography (cxl'd due to Covid-19)

Walsingham Elementary

- Eco-Friendly Homes (4)
- EAP Seminar (8)
- Art Wellness (13)
- Nutrition Seminar (8)
- Mobile Mammography (8)

Walter Pownall Service Center

- Mobile Mammography (15)
- Biometric Screenings (123 all WPSC depts.)
- Covid-19 Resources Available (all staff)

Walter Pownall Service Center: Maintenance

- EAP Seminar (26)
- Healthy Back Seminar (32)
- Biometric Screenings (123 all WPSC depts.)
- Mobile Mammography (10)
- EAP Seminar (12)

Walter Pownall Service Center: Transportation

- EAP Seminar: Becoming a Better You (26)
- Mobile Mammography (19)
- Biometric Screenings (30)
- EAP Seminar: Stress Management (28)



Walter Pownall Service Center: Vehicle Maintenance

- EAP Seminar (12)
- Mobile Mammography (5)
- EAP Seminar: Building Successful Teams (16)
- Biometric Screenings (15)

Westgate Elementary

- Breast Cancer Awareness (all staff)
- Biometric Screenings (cxl'd due to Covid-19)
- Mobile Mammography (cxl'd due to Covid-19)



Woodlawn Elementary

- Healthy Back Seminar (5)
- Step Challenge (10)
- Kickball Team (21)
- Mobile Mammography (cxl'd due to Covid-19)

