

The School District of Palm Beach County

- **Read, Run and
Recycle
Marathon Mile**

The Growth of Student Participation



Growth of Schools



The Read and Run Marathon of The Palm Beaches

- All participating students must walk or run 25 miles prior to the event.
- All participating students agree to read an additional 15 minutes per day.
- On December 5, 2009 thousands of Palm Beach County students will complete the last 1.2 miles on the actual marathon course.
- Every student receives a backpack, T-shirt, and medal.

Pictures...



In 2008...

- All schools that participated received Physical Education libraries consisting of 50 books that relate to physical activity, nutrition, health, and wellness.
- All of the books support the Palm Beach County Reading Counts program.
- In 2008 over 60,000 books were read from September through December on topics relating to physical activity, nutrition and wellness.

In 2008...

- In 2008, from September through December, over 82,000 miles were logged which equates to more than three times around the world.
- In 2008, over 1.5 million additional reading minutes were logged from the 3,100 students that participated in the Read and Run Marathon Mile.
- In 2009, Palm Beach County students are also donating slightly worn sneakers to homeless children throughout our county.

More Pictures



PHYSICAL EDUCATION		WORD WALL
RUN	LEAP	JOG
WALK	GALLOP	HOP
SKIP	HIGH	CRAWL
JUMP	TIPTOE	LOW
SLIDE	LEFT	BACKWARDS
RIGHT	FORWARDS	ZIG-ZAG
QUICKLY	STRENGTH	RADIUS
SLOWLY	PERIMETER	SIDWAYS
ENDURANCE	COUNTER	AROUND
CLOCKWISE	CLOCKWISE	BEHIND
FLEXIBILITY	FITNESS	MARCH
CARDIO	NUTRITION	PULSE

School Health Advisory Council (SHAC)

- Palm Beach County SHAC committee focuses on health services for students.
- Palm Beach County also has a separate Wellness Promotion Task Force to address the School District's Wellness Policy.

SHAC's Purpose

- Identifying health problems and needs for all PreK-12 students.
- Receive input from providers, educators, and parents for use in the improvement of school health programs.
- Evaluate, review, and recommend school health programs and the school health services plan for Palm Beach County.

What is SHAC?

- SHAC is an advisory committee composed of individuals from the fields of health care, education facilities, community organizations, businesses, parents, and students.
- SHAC meets the second Thursday of each month.

Stakeholders

- PBC Health Services Director
- PBC Superintendent (or designee)
- School board member
- 5 representatives from health care fields
- 5 representatives from social services agencies
- 4 representatives from educational disciplines
- 1 PTA member
- 2 parents
- Community organizations and business

2009 - 2010 SHAC Goals

- To support the School District of Palm Beach County in promoting policies and programs that provide an environment promoting healthy nutrition and physical activity in all schools.



2009 - 2010 SHAC Goals

- To support the school community in providing programs and promoting a single unified school culture to address stress, anxiety, and unhappiness experienced by students.



2009 - 2010 SHAC Goals

- To support development and implementation of K-12 comprehensive health education that promotes healthy decision-making for students.



For more information

Contact Eric Stern

Administrator for Physical Education, Health
Education, and Driver Education
School District of Palm Beach County

E-mail stern@palmbeach.k12.fl.us

Phone 561-434-7450