

The School Board of Broward County, Florida  
Central Area Advisory Council - General Meeting  
Indian Ridge Middle School  
January 16, 2025 9:45 - 11:45 am  
Minutes

Chair - Dee Defoe  
Recording Secretary - Brie-Anne Pendlebury

Vice Chair - Pamela Taylor  
Corresponding Secretary - Midge Royer

**Call to Order: 9:45 am**

- Welcome and Meeting Etiquette
  - raise your hand and wait to be acknowledged
  - inform Chair prior to recording meeting to allow those that do not want to be recorded to move from the view of the camera
  - explanation of attendance requirements
- Move approval of November and December Minutes to next month
- Indian Ridge MS principal welcome

**I-Zone Spotlight:**

**Boyd Anderson** - BAHS meeting with Judge Hatchet with 5000 Role Models Program. Castle Hill has celebration literacy showcase Jan 29. Oriole will have ESOL game night. Oriole Literacy night on Feb 2. April 25 Parent University at Broadview Elementary for Boyd Anderson zone

**Dillard** -William Dandy - Just Do It Awards, Feb 6 Literacy Night. Rock Island - middle school fair and watchdogs/moms group meeting to discuss volunteering opportunities. Broward Estates - Drama scholars, literacy night, and robotics club.

**Fort Lauderdale** - VSY Jan 31 30-year parade. Bayview - student recognized by City of Ft. Lauderdale for character, Jan 27-31 Bookfair, student selected for Scripts Spelling Bee, kindergarten roundups. Sunrise MS - basketball championship, improvement in PM2 over last year.

**Nova** - College Academy - 6 students earning scholarships, application window opens Jan 21, Blanche Forman and Eisenhower parking lot construction continues.

**Piper** - zone is focusing on 3<sup>rd</sup> quarter crunch time with extra extended learning opportunities. All pro dads program. Nob Hill Elementary - highest use of Interexplorer. Village Elementary - also participating in MLK spelling bee. Discovery Elementary - multicultural night and valentines day dance. Discovery Middle - history leaders night and Mr./Ms. Bear Pageant. Piper HS 9-1 Football season, several Coach of the Year awards. Events for rising 9<sup>th</sup> graders.

**Plantation** - Plantation MS - literacy week with themed sac, poetry slam, black history showcase. Central Park - literacy week, mods family night, "Countdown to Kindergarten." Mirror Lake - posting parent resource event regarding cyberbullying, 2 Kindergarten roundups, Panther Prowl. Peters Elementary - literacy week initiatives.

**South Plantation** - Zone showcase on Feb 27 at 6:00. Plantation Park Elementary - music program competed in Orlando. Tropical - kindness event on Jan 21. Seminole open house to 5<sup>th</sup> graders. Seminole and SPHS extended education opportunities. SPHS - great showing at BCPS showcase, PM2 scores improvement over next year, band is going to DC for 4<sup>th</sup> of July, family literacy night on Jan 23.

**Stranahan** - Stranahan - \$1000 donation. New River Middle - technology night. Successful ESOL Family Night.

**Western** - Silver Ridge - campus cleanup and planting a pineapple garden. Fox Trail elementary 5000 role model fieldtrip to fire department. Incoming student open house and black history month. Western HS freshman invasion and curriculum fair.

**New Business/Guest Speaker(s):**

**Kimberly Young, Coordinator of Mental Health - Resiliency and Mental Health Curriculum.**

Resiliency Education started 6 years ago and requires all students to receive 5 hours of instruction on Mental Health Topics. All students k-12 receive education about substance abuse, human trafficking and online safety. Office created a curriculum for BCPS teachers. Lauren Book is a Florida lawmaker that makes curriculum freely available. October provides information about substance abuse and depression. November includes internet safety curriculum.

Secondary students - 5 hours of resilience, spread throughout the year. Lesson examples: resiliency and suicide prevent. October is substance abuse month. November is online safety and anxiety. January is human trafficking and support system. February is emotions and violence prevention. March is depression and management. Purpose of lessons is to raise awareness.

Lauren's Kids Lesson - Safer, Smarter Kids. Showed video of lesson is "Safe and Unsafe Secrets"

Florida is 3<sup>rd</sup> in nation for highest numbers of human trafficking. Concerned about in-person and online grooming via Fortnite, Roblox, YouTube, TikTok, Instagram.

Example of 9<sup>th</sup> Grade Resiliency lesson - BCPS created its own introduction video to explain resources that are available through school. Provides a QR code for students to scan that brings kids to a general long video about resiliency.

There is no opt out for these lessons.

Schools are encouraged to order Lauren's Kids Journals.

## What is Resiliency Education?

Florida Statute 1003.42 (2) – Resiliency Education (formally the Comprehensive Health Mandates)

- (a) Civic and character education, and life skills education that builds confidence and supports mental health, are combined to develop, and prepare more resilient students.
- (b) School districts must annually provide a minimum of five (5) hours of instruction to students in grades 6 – 12 related to civic and character education and life skills education through resiliency education using the health education standards.
- Strategies specific to demonstrating resiliency through adversity, including the benefits of service to the community through volunteerism;
  - Strategies to develop healthy characteristics that reinforce positive core values and foster resiliency such as
    - Empathy, perseverance, grit/gratitude and responsibility
    - Critical thinking, problem solving and responsible decision-making
    - Self-awareness and self-management
    - Mentorship and citizenship
    - Honesty
  - Recognition of signs and symptoms of mental health concerns;
  - Promotion of resiliency to empower youth to preserve and reverse the harmful stigma of mental health by reframing the approach from mental health education to resiliency education;
  - Strategies to support a peer, friend, or family member through adversity;
  - Prevention of suicide
  - Prevention of the abuse of and addiction to alcohol, nicotine, and drugs; and
  - Awareness of local school and community resources and the process for accessing assistance.



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## Schools Requirements

### SY 24/25 FL DOE Resiliency Education Curriculum Guide

The Florida Department of Education established [FLS.001](https://fldoe.org/standards/health-education/) in 2010. This standard mandates instruction related to resiliency education, substance use and abuse, and mental health education. This resiliency education includes: character education, substance use and abuse, and mental health education. This resiliency education is designed to be implemented in a variety of ways across the state.

**Course Number:** This number may vary among different schools or districts. This number is used to identify the course in the state's course catalog. This number is also used to identify the course in the state's course catalog. This number is also used to identify the course in the state's course catalog.

Month	Character Trait	Resiliency Topic	Grade(s)
August	Responsible	Resiliency: Annual All-Subject Policy 2024 Update	All Grades
September	Cooperation	Lesson's Kids: Safety, Smarter Kids Lesson 1	All Grades
October	Responsibility	Substance Use and Abuse	All Grades
November	Citizenship	Lesson's Kids: Safety, Smarter Kids Lesson 2	All Grades
December	Kindness	Lesson's Kids: Safety, Smarter Kids Lesson 3	All Grades
January	Respect	Lesson's Kids: Safety, Smarter Kids Lesson 4	All Grades
February	Honesty	Lesson's Kids: Safety, Smarter Kids Lesson 5	All Grades
March	Self-Control	Lesson's Kids: Safety, Smarter Kids Lesson 6	Grades 6-8
April	Resilience	Lesson's Kids: Safety, Smarter Kids Lesson 8	Grades 1-8, 12



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Month	Character Trait	Resiliency Topic	Duration of Lesson
August	Responsible	Resiliency: Annual All-Subject Policy 2024 Update	1 Hour
September	Cooperation	Resiliency: Trauma, Resiliency	45 Minutes
October	Responsibility	Resiliency: Substance Use and Abuse	45 Minutes
November	Citizenship	Resiliency: Mental Health	45 Minutes
December	Kindness	Resiliency: Online Safety	45 Minutes
January	Respect	Resiliency: Human Trafficking	45 Minutes
February	Honesty	Resiliency: Support Systems	45 Minutes
March	Self-Control	Resiliency: Suicide	45 Minutes
April	Resilience	Resiliency: Peer Support	45 Minutes

## Parent Resources Elementary

**Mandated Resiliency Education-Family Connection (Elementary School)**

It takes a community to support mental well-being and build resilience. Families, we invite you to collaborate and access valuable information to support your child at home. Parents/Guardians, please click on the images or text to view the resources.

Month	9-10th GRADE	11th - 12th GRADE
SEPTEMBER	Resiliency: Trauma, Resiliency	Resiliency: Trauma, Resiliency
OCTOBER	Resiliency: Risk of Suicide	Resiliency: Risk of Suicide
NOVEMBER	Resiliency: Mental Health	Resiliency: Mental Health
DECEMBER	Resiliency: Substance Use and Abuse	Resiliency: Substance Use and Abuse
JANUARY	Resiliency: Online Safety	Resiliency: Online Safety
FEBRUARY	Resiliency: Human Trafficking	Resiliency: Human Trafficking
MARCH	Resiliency: Support Systems	Resiliency: Support Systems
APRIL	Resiliency: Suicide	Resiliency: Suicide
MAY	Resiliency: Peer Support	Resiliency: Peer Support

**Mandated Resiliency Education-Family Connection (High School)**

It takes a community to support mental well-being and build resilience. Families, we invite you to collaborate and access valuable information to support your child at home. Parents/Guardians, please click on the images or text to view the resources.

Month	9th GRADE	10th GRADE	11th GRADE	12th GRADE
SEPTEMBER	Resiliency: Trauma, Resiliency	Resiliency: Trauma, Resiliency	Resiliency: Trauma, Resiliency	Resiliency: Trauma, Resiliency
OCTOBER	Resiliency: Risk of Suicide	Resiliency: Risk of Suicide	Resiliency: Risk of Suicide	Resiliency: Risk of Suicide
NOVEMBER	Resiliency: Mental Health	Resiliency: Mental Health	Resiliency: Mental Health	Resiliency: Mental Health
DECEMBER	Resiliency: Substance Use and Abuse	Resiliency: Substance Use and Abuse	Resiliency: Substance Use and Abuse	Resiliency: Substance Use and Abuse
JANUARY	Resiliency: Online Safety	Resiliency: Online Safety	Resiliency: Online Safety	Resiliency: Online Safety
FEBRUARY	Resiliency: Human Trafficking	Resiliency: Human Trafficking	Resiliency: Human Trafficking	Resiliency: Human Trafficking
MARCH	Resiliency: Support Systems	Resiliency: Support Systems	Resiliency: Support Systems	Resiliency: Support Systems
APRIL	Resiliency: Suicide	Resiliency: Suicide	Resiliency: Suicide	Resiliency: Suicide
MAY	Resiliency: Peer Support	Resiliency: Peer Support	Resiliency: Peer Support	Resiliency: Peer Support



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## Parent Resources Secondary

**Mandated Resiliency Education-Family Connection (High School)**

It takes a community to support mental well-being and build resilience. Families, we invite you to collaborate and access valuable information to support your child at home. Parents/Guardians, please click on the images or text to view the resources.

Month	9th GRADE	10th GRADE	11th GRADE	12th GRADE
SEPTEMBER	Resiliency: Trauma, Resiliency	Resiliency: Trauma, Resiliency	Resiliency: Trauma, Resiliency	Resiliency: Trauma, Resiliency
OCTOBER	Resiliency: Risk of Suicide	Resiliency: Risk of Suicide	Resiliency: Risk of Suicide	Resiliency: Risk of Suicide
NOVEMBER	Resiliency: Mental Health	Resiliency: Mental Health	Resiliency: Mental Health	Resiliency: Mental Health
DECEMBER	Resiliency: Substance Use and Abuse	Resiliency: Substance Use and Abuse	Resiliency: Substance Use and Abuse	Resiliency: Substance Use and Abuse
JANUARY	Resiliency: Online Safety	Resiliency: Online Safety	Resiliency: Online Safety	Resiliency: Online Safety
FEBRUARY	Resiliency: Human Trafficking	Resiliency: Human Trafficking	Resiliency: Human Trafficking	Resiliency: Human Trafficking
MARCH	Resiliency: Support Systems	Resiliency: Support Systems	Resiliency: Support Systems	Resiliency: Support Systems
APRIL	Resiliency: Suicide	Resiliency: Suicide	Resiliency: Suicide	Resiliency: Suicide
MAY	Resiliency: Peer Support	Resiliency: Peer Support	Resiliency: Peer Support	Resiliency: Peer Support



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### Updates:

**Pamela Taylor, Superintendent Review Committee (SRC) Report**

### November:

CRANK by Ellen Hopkins - voted to limit book to High Schools only

### December:

A COURT OF MIST AND FURY by Sarah J. Maas - voted to limit to high schools

BEAUTIFUL by Amy Reed - voted to remove based on state-mandated criteria for acceptance

### January:

ANATOMY OF A BOYFRIEND by Daria Snadowsky - voted to remove based on state-mandated criteria for acceptance

BURNED by Ellen Hopkins - voted to allow books to keep books in the current locations (4 middle schools, 23 high schools, and 1 combination school (Dillard 6-12).

**Adrienne Dixon-Paul providing Central Area Superintendent Report**

Browardschool.com "Choose the Best, Choose BCPS"

Successful BCPS Showcase, over 7000 attendees.

Schools are wrapping up PM2 testing and will be conducting second round of data dives and strategies for the remainder of the year.

There are several finalists for Caliber Awards are within the Central Region.

Communicating to parents that the Central Area Regional office is the first point of contact to voice concerns and solve problems.

**Dee Defoe, Central Area Advisory Chair**

School Choice window closes Jan 21.

SAF Chairs should have received an invitation from the School Improvement Department to attend the 3<sup>rd</sup> quarter SIP training for SAC and SAF chairs. They will review what needs to be done for the 3<sup>rd</sup> quarter reports.

Dr. Lynch-Walsh - suggests creating a playground subcommittee where volunteers attend site visits and make playground assessments.

Title I is having annual seminar. Saturday Jan 25. Your Title I liaison will assist you in registering for the event. Each school is supposed to have at least one person attend.

STEM Fest - March 1, 10-2 at Ft. Lauderdale Executive Airport.

**Announcements and Open Discussion:**

Suggestion to listen in at this month's SAF meetings and bring idea/concerns back to CAAC during open discussion time.

**Adjourn: Motion to Adjourn at 11:40 am.**

**Steering Committee**

Call to order 11:50 am

Dee Defoe

February - Ms. Blackburn and School Improvement Office. Answer any additional questions about School Improvement Plans and the responsibility of the SAF/SAC chairs.

March - ESE department to discuss 504 and IEP plans. Explanation of how to start a plan.

April - Ernie Lozano, Safety and Security. Question: Spreadsheet of number of security/law enforcement personnel at each school.

Food and Nutrition - piggyback onto February and March. Parents are coming to discuss vegetarian options. Also the menu online is inaccurate.

Policy Issue: Problem with homework over any break. Needs to be better communicated to principals, teachers, and parents.

Parent University for Resiliency Curriculum. Concerns about parents not knowing about the administration or contents of Resiliency lessons.

Adjourn: 12:20 pm