



## Brooklyn Center Community Schools Wellness Committee Meeting Agenda 2.16.23

Members in attendance: Kathleen H. (staff), Josh S. (staff), Christina J. (staff), Michelle A. (staff), Kendrick D. (staff), Lydia S. (staff), Debbie E. (staff), Shel A. (staff), Marsha J. (parent), Mykella A. (community), Gail GT (community), Cathy R. (Henn Co SHIP), Jackie B. (Henn Co SHIP), Terri S. (MDE), Lisa B and Jen B (highlighted partner)

Please see page two for notes about program and content updates. [Email Shel: to register for the Rest & Restore campaign and to be eligible for prizes.](#)

**Note about the land acknowledgement:** After reading the district land acknowledgement for the first half of this year, how will the committee move into a more authentic practice? Perhaps we start with each individual including the indigenous lands that they are on or from in their introduction? We can discuss it at the next meeting.

- Community Partner Highlight
  - Gallagher: EAP information; Medica wellness credits; etc.
  - Jen Butz and Lisa Brown presented, highlighting many of the staff wellbeing opportunities through both VITAL WorkLife and the programs from Medica, including My Health Rewards, Able To, Omada, Fit Choices, Ovia, and more.  
The [slide deck is available as a PDF](#) for your review. It includes access instructions for the programs, so champions are encouraged to share the information with others in your buildings.
- Grant Projects
  - CDC1801 Grant, Year 5 action plan - Terri
    - i. Health Ed curriculum implementation and sustainability focus; continue Health Ed PD
    - ii. The Health Services team is creating multiple emergency response kits for each building
    - iii. Budget items and project work: wellness care kits (see below, SHIP); communications plan for the sustainable systems/schedule change for paid staff self-care time/month; staff chair massages
  - Harvest Of The Month: February taste tests highlight greens at each school. BCE taste test is 2/17; BCS and ECA will have theirs on the serving line next week.
  - SHIP - Cathy
    - i. SRTS project and steering committee meets again in March. Suggestion to work with a class or student group for student advocacy. Shel will reach out to targeted staff.
    - ii. There is interest in the temporary SRTS coordinator position! The position will be posted in the next couple of weeks.
    - iii. SHIPMates project: HRC team members and Shel will assemble the staff care kits next week.
    - iv. Henn Co is interested in supporting summer meal programs and planning
  - PrairieCare Fund - Shel
    - i. Staff trauma sensitive mindful movement training: Feb. feedback from staff was very positive and more are interested in completing the full training, including viewing the Oct & Dec trainings asynchronously. Apr & May scheduled during first Friday PD days.
    - ii. **Student cohort: March 3. Recruitment support needed;** [fliers](#) will be posted 2/16, and have been sent to targeted staff to promote to students.
    - iii. Soup Group: semester two group is underway.
  - Medica - Shel: [Spring and fall wellness courses](#); staff are expressing appreciation for the free, drop-in style this session. Attendance is much higher for yoga classes. Zumba is at a difficult time this session & has not had participation yet. Mindfulness sessions have consistent attendance, but are still small.

- i. Spring staff chair massages; possibly a spring wellness week and/or wellness benefits fair (fall)
- MNDOT Boost grant: Shel
  - i. Agreement is still in process
  - ii. District bike fleet implementation; survey on hold due to Rest & Restore campaign roll out, and will resume at the beginning of March
- Outdoor spaces/movement update
  - i. Trust For Public Lands visioning surveys were sent out to BCE stakeholders last week.
- District Collaboration and Programming
  - Health Services/ Health Resource Center - Debbie/HRC staff
    - i. Dental awareness month campaign with activities and toothbrush distribution at the schools
    - ii. Pediatric mobile clinic coming in early March
    - iii. Emergency response kits
    - iv. Accessible appointment scheduling shifts
    - v. Health On The Go at Huntington Place apartments and No Henn Comm College for Black History Month activities and food distribution
  - BCE School Wellness Committee - Kendrick
    - i. The site committee has not met recently, due to a school-wide focus on safety procedures
  - Campaigns and Courses
    - i. Spring: Add-A-Veggie campaign; gardening; Farm to School: Send suggestions of what you would like to have in the campaign, what you've experienced works well, or if you are interested in collaborating on the creation of the campaign.
  - District-level Wellness Tasks
    - i. Wellness Center sponsorship proposal: what is needed? The district offices begin moving into the building next month. Once build-outs start we will be able begin fundraising and purchasing the needed supplies and equipment.
    - ii. Test taking strategies doc: collaborators?
- Closing: **Next meeting:** Thursday, **March 16**, 7:30 a.m., virtual (<https://us02web.zoom.us/j/89046348747>)

### **Other Program Updates and Notes:**

- **The Rest & Restore campaign is completed and runs from Feb. 19 - March 18.** It rolls out to all stakeholders on 3/16 & 17. The campaign highlights the need to take breaks during the day and to get enough sleep at night so that bodies, brains, emotions and energy can all function optimally. The materials offer links to resources and suggestions to support your rest, and amplifies rest advocates like Tricia Hersey and Octavia Raheem. An instructional slide deck is included in the materials for classroom use. **Email Shel: register to be eligible for prizes.**
  - The decision-making process, staff promotions and implementation of the systems change for staff to receive paid monthly self-care time is happening. The schedule changes will be piloted in Mar., Apr. and May, then refined over the summer, to be sustainably implemented in 23-24 and ongoing school years, for all staff groups. Communications begin on 2/16.
- PrairieCare Fund 2023-24 application proposal is in the process of being written for mental health training for staff, preK-5th grades, along with a family cohort.
- Wellness winter courses run through March:
  - Yoga Mondays (BCE) and Thursdays (BCS), 3:45
  - Morning Mindfulness sessions on Tuesday, 7:20 & 7:50am
  - Zumba classes on Wednesdays at 5pm
- Mini-workshops on movement, nutrition and wellness overview, have been presented at Insight staff meetings. BCS & BCE SEAs will meet with the contractor for additional mindful movement training in March. Videos will be recorded for ECA, BCS and ECA all-staff meetings.
  - The next deck in development (for March) is on implementing wellness campaigns in the classroom.