

## Brooklyn Center Community Schools Wellness Committee Meeting Minutes 8.17.23

Members in attendance: Debbie E (staff), Christina J (staff), Lydia S (staff), Kella A (community member), Latisha W (staff), Kathleen H (staff), Julie M (community member), Shel A (staff)

Please see page two for notes about program and content updates.

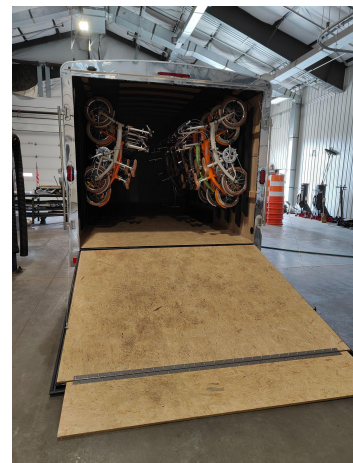
- Grant/ Partner Projects
  - SHIP - Shel
    - i. Shel and Jackie loaded all of the bikes into the bike trailer. Ready for student use, fall of 23!
    - ii. 23-24 year planning: Rolling over the funds for the bike club from 22-23 to use for program set up in 23-24; 23-24 funds for middle school classes active seating options (pending approval)
    - iii. SRTS project and steering committee: Trying to schedule one more meeting before the end of August, then will reconvene in Oct to determine if there is a need and interest to continue.
  - Action For Healthy Kids - Shel
    - i. Healthy Meals Incentive project, 2 years, \$144,000. The project includes hiring a part-time Healthy Meals Specialist to facilitate a Healthy Meals Advisory (students, families, staff, community) to identify recipes that meet cultural preferences and will scale up the scratch cooking and increase nutrition for students. The position will also prepare nutrition lessons for cafeteria events and lessons, and will train Nutrition staff in both cooking skills and nutrition education for students and families. The funding includes allocation for capital equipment and small equipment purchases.
  - Medica - Kathleen
    - i. fall: Wellness Benefits Fair + courses (yoga, Zumba and gratitude mindfulness sessions are scheduled)
    - ii. Broader promotion of the Virgin Pulse app for eligible employees to earn up to \$220 in rewards annually. (Both at the Fair, and through LEADs.)
    - iii. Shel and Kat meet today to discuss the updates on the vendor invites and decide on next steps.
    - iv. The vendor list will be shared to Lydia and Christina to determine local vendors that apply and were missed in the first rounds of invitations. Shel will extend the city invitation to include public works to showcase SRTS plans, in order to encourage staff who are able to walk or bike to work to participate.
    - v. Shel will work with Leah B to decide on the foods that will be served at the Fair.
    - vi. Lydia and Christina will help to post the promo fliers by next week.
    - vii. The Wellness committee/program and HRC team will host a side-by-side table station, with Shel, Lydia and Christina and Josh splitting the coverage over the event time.
      - 1. The Wellness committee activity will be a "Gratitude Moments" kick off for the fall program, beginning the end of Oct. (Banner on the wall, with sticky notes for "self", "others" and "global" notes of gratitude.)
      - 2. The HRC activity will be the spin-the-wheel questions with prizes.
  - Outdoor spaces/movement update - Shel
    - i. Garden Club: Chloe C is hosting monthly meetings for staff to collaborate on the school gardens and outdoor spaces.
      - 1. The Guardians of the Garden student interns are hosting a Garden Party today (8/17/23) to showcase the projects and work they've completed over the summer.
    - ii. Trust For Public Land will be hosting their 50th anniversary celebration at the BCE Open House on 8/28/23 and will have partners, activities and gather input from families on the campus updates that are being planned.

- District Collaboration and Programming
  - Health Services/ Health Resource Center - Debbie/HRC staff
    - i. Hiring a licensed nurse for BCS.
    - ii. Preparing for back to school, including an immunization clinic on 8/28.
    - iii. BC Health Fair (8/12/23) had 78 vendors and good community attendance. The event prep was a lot, and looking forward to next year. Appreciated the collaboration with the City of BC staff.
    - iv. Christina and Lydia are being trained on Med Pods to have available for screenings at community events. Considering showcases the opportunity to staff at the Wellness Benefits Fair.
    - v. Back to School collaboration: Shel will send the Wellness fliers for Open Houses (families + staff) to the HRC team to add to the Health Services tables/content at the Open Houses.
  - Staff Benefits updates, changes - Kathleen
    - i. Looking into adding a Pet Insurance option to the suite of services available for employees. No minimum enrollment and no real cons to implementing at this point, even if only for a few staff.
  - Gratitude Campaign input - Shel
    - i. Change the title from “Gratitude Campaign” to “Gratitude Moments”
    - ii. Kerry G provided the classroom resources she used last year, to help guide the creation of the program content.
    - iii. Shel meets with the BCS PLC leads next week to discuss broad implementation in m.s. and h.s. classes.
    - iv. Shel and Jena have met and Jena will be adding the grade-band state standards to the program content at the beginning of Oct.
    - v. Shel discussed the program with Principal Davis and the BCE content (probably the full content) will include the alignment to the agreements of Joy, Love, Engage and Justice.
  - District-level Wellness Tasks - Shel
    - i. Annual school board report was presented on 8/14/23 and received positive feedback.
      - 1. LEADs team workshop: Presented the “Building A Community of Care” at the beginning of August. From that, school site wellness PD workshops have been scheduled. BCS staff will receive the full workshop on 8/24 before leading into their Agreements work, and ECA/Insight staff will receive portions of the workshop/practices the week of 8/21 and 8/28.
    - ii. Triennial policy review starts in Nov. The SHI assessment modules 1 - 9 are completed and #10 & 11 will be done next week.
    - iii. BCCS received the mspWellness Champion 5-star award for employee wellness policies and programming. ECA received the Alliance for A Healthier Generation Healthiest Schools Award for the Employee Wellbeing module.
    - iv. Olivia and Shel are creating the staff and public announcements for the Bike Fleet roll out, the Action For Healthy Kids grant, and the two above awards.
- Closing: **Next meeting:** Thursday, **October 26\***, 7:30 a.m., virtual (<https://us02web.zoom.us/j/89046348747>)

**\* Please note: There will not be a September, 2023, BCCS District Wellness Committee meeting; following August, the next meeting will be on October 26. (The fourth Thursday of the month, due to MEA.)**

## Other Program Updates and Notes:

- We were granted \$144,000 over two years through Action For Healthy Kids from the USDA, Chef Ann Foundation and HMC Health for the Healthy Meals Incentive. Wellness and Nutrition Services will be collaborating to increase scratch-cooked meals, increase student and family decision-making on culturally diverse recipes (Healthy Meals Advisory), and increase staff kitchen skills and nutrition education through training with the new Healthy Meals Specialist position.
- BCCS earned the mspWellness Champion award for the second year in a row, with a five-star distinction this year. The award recognizes employers in Hennepin Co. that are increasing and/or improving employee wellbeing initiatives.
- The Bike Fleet trailer is onsite, the graphics were installed and it is loaded with bikes and (mostly) ready to go! The smaller supplies will be installed in bins with straps to avoid movement during transport. The operations department will be assembling the adaptive bikes for the fleet.
  - Shel and Jakarta have a schedule and plan for the three campuses to access the bikes this fall and then the reservation system will be moved to the updated Eleyo site in the winter.
  - An additional W, B, F training is scheduled for 23-24 to ensure more staff are able to use the bikes with students. Staff will have access to the classroom portion of the training at the Dec PD day, and then the practical application on the bikes at the Apr PD day.
  - Implementation of the full bike fleet with students will be available by the start of the school year (due to parking lot construction).
  - Wellness and Communications and Engagement are working to determine options for a community announcement and rollout at the annual block party during Homecoming week.



- The new district website is live. The wellness pages updates will happen after the training offered at the end of August.
- Three outdoor, free community yoga classes were offered in partnership with the BC Farmer's Market this summer. Low attendance, but a couple new participants joined.
- The Guardians of the Garden student interns participated in mindfulness in the garden and explored health and wellness impacts of gardening with the Wellbeing Specialist. They also tabled at the BC Farmer's Market (one date), along with HRC staff (two dates)
- Nine of the eleven modules of the CDC School Health Index assessment are completed. The last two will be done before the end of August and a sub-committee will initiate the district wellness policy review in November.
- Set up of the BCS Staff Serenity Space is in process! The room has been allocated and the administration is working with staff to complete the set up.
- All Back To School wellness fliers for families and staff are updated and ready to go. The slide decks for orientations and staff PD workshops are updated and implemented.