

# BCCS WELLNESS



Promoting Personal and  
Community Wellbeing

## 2023-24 Wellness Programs

### **AUTUMN, 2023**

District-wide Gratitude  
Campaign, Oct. - Dec.

- Employee Wellness & Benefits Fair Event
- Nutrition Services: Scratch cooking with care
- Walk to School Day

### **WINTER, 2024**

Equitable Wellness: Book  
Group & Classroom Resources

- Nutrition Services: Culturally diverse school menus and nutrition education
- Winter Walk Day

### **ALL SCHOOL YEAR**

- Monthly Moments of Wellness for staff
- Mindfulness opportunities
- Yoga, fitness and zumba classes
- Staff Serenity Spaces & student sensory and mental health areas
- Planet Fitness Corp Membership (staff)
- Culturally diverse and local foods nutrition education and taste tests
- District Bike Fleet
- Weight room
- School site wellness goals
- Student Health Resource Center
- Employee wellbeing: Vital WorkLife, NeoPath

Find more information at:

[www.bccs286.org/wellness](http://www.bccs286.org/wellness)

Brooklyn Center Schools does not discriminate on the basis of race, color, creed, religion, national origin, sex, marital status, gender identity and expression, disability, age or status in regards to public assistance in its programs and activities.

### **SPRING, 2024**

BCCS Stakeholders Financial  
Wellbeing Campaign

- Nutrition Services: Reducing Food Waste
- Community Seedling Swap
- Bike to School Day and Hennepin County Step To It Challenge

Annual Wellness Policy &  
Program Evaluation