



## Brooklyn Center Community Schools Wellness Committee Meeting Minutes 10.26.23

Members in attendance: Josh S (staff), Debbie E (staff), Marsha J (parent), Kella A (community member), Christina J (staff), "iPhone", Shel A (staff)

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

- Highlight: BCCS Health Resource Center: See attached slide deck
- Grant/ Partner Projects
  - SHIP - Shel
    - i. 23-24 year funds/ plans (~ \$5000)
      1. Most of the funds will support an active seating pilot in three core curriculum classes in middle school (ex: all math, social studies, etc. classes), so all 6th, 7th and 8th graders have daily access to one class/day with active seating choices.
      2. Support funding to kick off the bike club reboot
      3. SRTS support funding for Walking School Bus pilot at BCE (or Walk & Roll to School Day events).
    - ii. SRTS project and steering committee: The committee met this week and decided to continue to meet quarterly for at least one more year in order to move forward with the full five-year District SRTS Strategic Plan development over the next year.
      1. In the January meeting the group will decide on the 2 - 5 priorities that meet the district's goals and capacity
      2. The April meeting will look at stakeholder data and feedback to better align the district's priorities with stakeholder's needs. Multiple spring events and activities have been identified to utilize for stakeholder engagement and feedback on SRTS surveys.
      3. The next October meeting will finalize the strategic plan, with a possible work session in the summer, as well
  - Action For Healthy Kids - Shel
    - i. Healthy Meals Specialist position, 2 years
      1. Three applicants, two are very strong, and interviews are scheduled for Oct. 30. As soon as the position is filled and on-boarded the first order of business will be to recruit and establish the Healthy Meals Advisory, with students, families and staff.
      2. Stacey is also looking at the items that are part of the capital equipment purchases.
  - Medica - Shel
    - i. Fall courses: attendance remains lower (than 2019), but is mostly consistent with the past two years
      1. Monday hybrid yoga (3:45 at BCE); Tuesday in-person Zumba (3:45 at BCE); Wednesday 10-min guided mindfulness (7:30 on <https://us02web.zoom.us/j/84164255726>); Thursday hybrid restorative yoga (3:45 at BCS). Drop-ins are welcome to all! Pass the word and bring a friend.
    - ii. Massages: Shel will confirm with accounting in order to fund school-day mini-massages for staff in December.
    - iii. Wellness center equipment: The remainder of the 2023 funds will be used to begin purchasing supplies for the District Wellness Center, which is part of the second phase of construction at the D.O. building. Input from staff, families and community members about what is wanted in the space is welcome. Please email [mauld@bccs286.org](mailto:mauld@bccs286.org).

- Outdoor spaces/movement updates
  - i. Garden Squad: Chloe is keeping the BCS gardens in great shape and continues to facilitate the Garden Squad for staff and parents/family members. Farmer Hanna from Gale Woods Farm is working with classes in the BCE gardens.
  - ii. Trust For Public Land: anniversary celebration was held at the BCE open house in August.
- District Collaboration and Programming
  - Staff Benefits updates - Shel
    - i. Staff Wellness Benefits Fair feedback
      - 1. All went well, and staff appreciated the variety. Flu shots were busy. The fresh produce options and vendors were popular. City of BC/LaToya with the med pods and health equity content were popular.
    - ii. EAP update: Sand Creek is the new vendor.
  - Campaigns Development
    - i. Fall: [Gratitude](#) Moments program is available for classrooms (on the intranet), staff, families and community members (on the district website)
    - ii. Winter: Equitable Wellness planning: Book group? (*American Detox?*); collaborate and plan with HRC Outreach Coordinators, Equity Team and C/E Team to bring in two presenters to support the content (Feb: Black History Month focus; Mar: Women's History Month focus). Other? (social media and/or newsletters content?)
  - District-level Wellness Tasks
    - i. Triennial policy review starting in Nov.: The group will have representation from multiple district departments, and partners (HRC, Wellness, etc.) and parents/family members are encouraged to participate.
- Community Opportunity with The Work Well Studio (see info at the bottom of page 2) - Kella
  - The Work Well Studio is launching its first workbook guide, *Your Journey to Fulfillment; A step-by-step Guide to Personal and Professional Wellbeing and Growth!*
    - i. **They are looking for testers.** Testers will receive the guide for free and are asked to work through the material, and complete a feedback form.
    - ii. This workbook is focused specifically on developing and sustaining individual professional well-being goals and priorities. Within this guide folks will receive practical, actionable tools to drive towards the goals and results that align best with the life folks want.
    - iii. Please note: The guide is targeted at individuals in the first 5-10 years of their career or any individual looking to grow or change their career, or their future! Even if this is not you, they would love for you to consider being a tester.
    - iv. This workbook is a fillable pdf tool that can be completed at the participants pace. For the sake of testing and timely feedback, testers are asked to provide feedback by December 15, 2023. It is estimated that this tool will take between 6-10 hours to complete, the feedback form will take an additional 15-45 minutes.
    - v. Email [theworkwellstudio@gmail.com](mailto:theworkwellstudio@gmail.com) to register by October 27.
- Closing: **Next meeting:** Thursday, **November 16**, 7:30 a.m., virtual: <https://us02web.zoom.us/j/81095627711>

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

- BCCS earned the Alliance For A Healthier Generation's "America's Healthiest Schools" award for the Employee Wellness module for ECA.
- The Bike Fleet trailer was used this fall in BCE and BCS PE classes, for middle school and 4th and 5th graders. Additional support staff and volunteers were requested to ensure students are able to experience trail rides safely.
- The Wellbeing Specialist has been invited to present Building A Community Care workshop to the CE team and is scheduled for the January PD day workshop. Has also been invited to present on self-care to the new staff

groups at both BCE and BCS. Schedules are in development to present wellness mini-workshops at staff meetings, specifically for ECA and Insight.

- The new district website is live. The [wellness pages](#) updates are still being added, but are mostly completed.
- The CDC School Health Index assessment is completed and the data will be used for the triennial wellness policy review.
- The Wellbeing Specialist was invited to present to, and prepared the slides, for the Henn Co Health @ Work workplaces on the BCCS iteration of the Take It Outside wellness campaign last fall.
- Most of the trauma-sensitive mindful movement video shorts are uploaded on the [YouTube channel](#). They are available for staff to use for personal practices and/or with students.