



## Brooklyn Center Community Schools Wellness Committee Meeting Minutes 11.16.23

Members in attendance: Tammy A (staff), Kella A (community), Latisha W (staff), Christina J (staff), Megan G (staff), Lydia S (staff), Debbie E (staff), Jackie B (Henn Co partner), Wendi K (Sand Creek partner)

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

- [Land acknowledgement](#); intros with pronouns; [gratitude practice](#): “I am grateful for learning about the indigenous or ancestral practice (from any culture) of \_\_\_, because \_\_\_.”
- Highlight: [Sand Creek Employee Assistance Program](#)
  - **Call 888-243-5744** (questions, receive assistance, etc.)
    - i. email Shel to contact Wendi directly
    - ii. Get set up on the [member portal](#) for quick access to the resources.
  - FREE, confidential, short-term (six sessions per incident per year), in-the-moment needs
  - Mental health services, life coaching, financial assistance, legal consultation (30 min), medical advocacy, personal assistance
    - i. The portal holds templates and forms, resources, webinars, etc.
    - ii. The personal assistant supports research, resources and referrals for multiple life needs and experiences
  - Services and resources are available in multiple languages
- Grant/ Partner Projects
  - SHIP - Jackie
    - i. 23-24 year planning
      1. The agreement is working its way through the finance department
      2. Funding will cover:
        - a. Stipend for Walking School Bus coordination/SRTS coordination: Feb - Oct.
        - b. Stipend for Bike Club coordination, set up, and recruitment of students: Feb - Mar.
        - c. The bulk of the grant money will be used for active seating equipment and furniture for a middle school core curriculum class. The C&I coordinators will identify the class, using the same curriculum class for all three 6th, 7th and 8th grades so all middle school students will have access to the active seating options in at least one class period, every day. Feb - Oct.
          - i. Partners will assist to gather the necessary data prior to and during the pilot in order to determine the effectiveness of the project.
    - ii. SRTS project and steering committee: Met in Oct and decided to continue to meet for one more year and then re-evaluate the need for the committee beyond that.
    - iii. The committee will meet in Jan, Apr & Oct, 2024 (and possibly one meeting in Jun or Aug, if needed), and will work to create and complete a BCCS Five-Year Safe Routes To School strategic plan.
  - Action For Healthy Kids
    - i. Healthy Meals Specialist position: Introduction of Megan Grubb.
      1. Megan shared that she’s familiarizing herself with the grant and our proposal
      2. First action will be attending the Indigenous People’s Month event at the end of November to promote the grant, recruit for the Healthy Meals Advisory and will offer a taste test.
    - ii. Next steps: Shel and Megan will meet in a week to develop an internal action plan and timeline,

focusing on getting the Healthy Meals Advisory members and meeting schedule; scheduling taste tests in the three cafeterias; and identifying internal training needs.

- Medica
  - i. Shel is coordinating with the schools and the therapists to schedule 10-minute massages for staff
  - ii. Shel is working to get the total amount remaining from the 2023 budget. Remaining amounts will use wellness center equipment,
  - iii. 2024 funding:
    - 1. Due to continued low attendance (avg. 2 - 3/class) at the community small group wellness courses after school (yoga, zumba, etc.), we are exploring a different approach to try in the winter. Shel will offer appointments for private or semi-private instruction and coaching, in person or virtual for yoga, guided mindfulness, guided breathing, gentle movement/mobility/fascial release, Reiki and/or Holistic Health coaching.
      - a. Staff will have 10, 20, 30, 40 or 60 -minute appointment options, before or after the school day, or for during their prep times, breaks or lunch periods.
    - 2. Possible additional staff mental health resource
    - 3. Winter wellness theme: Equitable Wellness Campaign -
      - a. Books for a study group?
      - b. Payments for wellness/health panelists events (x 3?)
      - c. Incentives?
- District Collaboration and Programming
  - HRC update (Debbie): Josh has left and the hiring process is in action.
  - Campaigns Development
    - i. Winter: Equitable Wellness plans
      - 1. Expert panelists events
        - a. Feb - Black History Month Comm Engagement event collaboration
          - i. Add a 1st Fri PD day workshop for staff?
        - b. Mar - Women's History Month Comm Engagement event collaboration
          - i. Expand to include those who do not identify with "women", but still require similar wellness and health resources and care
      - 2. Book group
        - a. Possibly/probably American Detox: The Myth of Wellness and How We Can Truly Heal, Kerry Kelly
        - b. Identify a team that will participate as part of their team meetings/internal PD, and invite others to engage.
        - c. Keep it concise: Books out in Jan, meet once each in Feb and Mar to discuss a small section, with guiding questions
        - d. Create a "points collection" option, both for those who are not able to participate with the group and those in the study group, with incentives at the end.
      - 3. Possibly reboot Wellness On Your Terms? What? (Promo campaign, sending people to the full web page content?)
    - i. District-level Wellness Tasks
      - i. Triennial policy review
        - 1. The group met in Nov and laid the foundation of what is needed for the process and each person has a section/topic to review before the Dec. meeting.
      - ii. Wellness topic workshops
        - 1. First Friday PD days: Dec = Walk, Bike, Fun (MN Bike Alliance); Jan = Building A Community Care (Shel); Feb = possibly Equitable Wellness panel discussion (Shel & Nuhu); Apr = 2nd half Walk, Bike, Fun (MN Bike Alliance); May = Nutrition/policy (Shel)
        - 2. Shel and Nuhu are in discussion about a workshop about self-care/awareness for allyship/activism to research and develop for next school year.
- Closing: **Next meeting:** Thursday, **December 21\***, 7:30 a.m., virtual: <https://us02web.zoom.us/j/81095627711>

## Other Program Updates and Notes:

- The Wellbeing Specialist presented at the regional mspWellness Champion awards event, as one of three staff wellness expert panelists.
- Workshop topics for staff PD have been suggested and/or are in development: BCS Community of Care sequel with Front & Center Agreements; Nutrition Education (especially around snacks, meals, etc.); Wellbeing for Equity (using awareness and appreciation for accountability and allyship or activism).
- The Wellbeing Specialist presented Building A Community Care workshop to the CE team and is scheduled for the January PD day workshop (especially for new hires and anyone who has not yet attended the training).
- The Wellbeing Specialist will present self-care practices to the new staff groups at both BCE and BCS at the end of November.
- Schedules are still in development to present wellness mini-workshops at staff meetings, specifically for ECA and Insight.
- Scheduled two expert contractors to offer trauma sensitive training to all BCE staff at the Dec., Jan and Feb staff meetings. Collaborated with Principal Davis to prepare the needs and interests information from the staff group.
- The new district website is live. The [wellness pages](#) are almost complete except for the policy, action plans and annual reports on the internet. The staff intranet still has a lot of updates to complete.
- Wrote and submitted the letter of support for the City of BC's MetCouncil pedestrian grant, to help increase walking and biking safety infrastructure near the campuses.
- Initiated the planning for staff massages in December.
- Began creating a staff internal and external wellness health resources document for better access to the mental health and emotional wellbeing supports available, as well as self care, medical and more.