2023 Wellness Policy Implementation Final Report

Introduction:
The Brooklyn Center Community Schools Wellness Committee is committed to, and embraces, the various approaches to thriving health and wellness across cultures and communities. This committee is driven by expansive stakeholder investment including federal, state, county, and local representation. In addition, program and policy decision-making is informed by staff, families, students and community members. This necessary and unique collection of members allows for innovative and groundbreaking approaches to individual and collective well-being to be created, implemented, and evaluated in impactful and proactive ways.

General Summary Across District Sites:

Highlights
- Larger number of staff trained in and resourced to implement trauma-sensitive mindful movement practices with students
- State legislation that limits the withholding of physical activity during recess for students, and increases access to Safe Routes To School lessons
- Intentional implementation of monthly taste tests, highlighting locally-sourced produce, in all three cafeterias

Growth Opportunities
- Only non-edible items for incentives and classroom celebrations; if food is included ensure it meets Smart Snack Guidelines
- Implementation of the District Nutrition Standards, as well as student engagement in menu planning
- Active Transportation and Safe Routes To School promotion and implementation

District Office:
Due to the move to new District Office space, as well as some staff working partially remote, a full evaluation of the policy implementation was not completed. As the space becomes more fully-functional, it is advised to consider annual goal setting, for the District Offices, in order to continue to lead wellness implementation for the district.

Brooklyn Center Early College Academy:
This school year, ECA staff intentionally integrated movement opportunities throughout the school day, including utilizing outdoor spaces. Students had access to utilize the Purple Room and the school is developing data collection practices to ensure that the space meets the emotional wellbeing, mental health and mindfulness needs of the students. Removing student names with protected information from emails needs to be fully implemented. Student access to fresh foods and meals during the school day is a concern.

Brooklyn Center Elementary STEAM School:
Cross-department collaboration and engagement with wellness-related topics continued to expand, increasing the number of classrooms that participated in wellness campaigns throughout the school year. While families were advised and supported to provide items that meet the policy language, items not meeting Smart Snack Standards were provided by staff for incentives and celebrations. While withholding recess as a negative consequence continues to be a practice, the new state legislation will support the district policy.

Brooklyn Center STEAM Middle and High School:
Staff engagement in P.D. workshops, and continued cross-department collaboration, created greater classroom implementation of campaigns and curriculum that supports student and communal wellness. There was a prevalence of incentive, snack and classroom celebration foods provided by staff and families that did not meet Smart Snack Standards. Physical activity as a consequence (withholding and/or adding) was utilized by staff. Fragrance-friendly spaces were not consistently honored.

Concluding Remarks:
Prioritizing stakeholder wellness, including full implementation of the District Wellness Policy, is to the benefit of staff, and most importantly, better creates school cultures that allow students to thrive. Staff may access resources and training to support personal, classroom and community wellness practices through our district's wellness program, multiple partner relationships and our employee benefits program.

Projects and Goals for 2022-23:
- Collaboration with the Curriculum & Instruction, Family and Community Engagement, Restorative Practices, and HR/Payroll teams to intentionally integrate wellbeing campaigns and content that meets state standards into classroom curriculum and throughout the Grow BC initiative.
  - Expand engagement of stakeholders in the wellness program and projects
- Systematization of Monthly Moments of Wellness for staff across departments and schedules
- Develop and present part three of the “Building A Community of Care” professional development workshop series for staff: “Awareness, Appreciation and Abundance for Action”
General Summary:
- Unique wellness opportunities in 2022-23
  - 4 campaigns: Active Transportation, Rest & Restore, Add-A-Veggie, Hennepin County Step To It
  - Wellness courses through Adult Enrichment: Yoga practices, Restorative movement, Zumba classes, At the Core workouts, Morning Mindfulness sessions
  - Pilot initiatives & ongoing programs: Building A Community of Care PD workshop series, Monthly Moments of Wellness, Trauma-Sensitive Mindful Movement training, middle school Soup Group mental health enrichment class, district bike fleet, NeoPath, EAP
  - Wellness On Your Term employee benefits fair; collaboration with the Family and Community Engagement, Curriculum and Instruction, Health Services/HRC and HR/Payroll teams
- Participation numbers (attendance programs only)
  - 573 total attendance markers across programs, excluding campaigns (21-22 = 531)
  - 10 classrooms registered and participated in at least one of the seasonal campaigns
  - 50 non-duplicated course participants (21-22 = 38)

Student Reach and Impact:
- Yoga sessions for the middle school Soup Group mental health enrichment classes
- Return of the Walk to School and Bike to School day events at BCS (paused since quarantine)
- Trauma-Sensitive Mindful Movement training available to students
- Coordinated the "Health-Powered Kids" and "Change to Chill" initiatives for classroom resources
- Rest and Restore campaign adaptation for pre-k classroom
- Yoga sessions for high school P.E. classes and athletic teams
- Classroom participation in the Add-A-Veggie campaign and school kitchen tours with the Nutrition Services Manager
- Locally-sourced and culturally diverse taste tests at BCE, BCS and ECA
- Collaboration and alignment of student and community wellness initiatives with the HRC and Health Services team
- Procurement of a district bike fleet

Highlights:
- Overwhelmingly positive feedback on multiple wellness programs and offerings over the course of the year.
- Returned to free wellness courses for adult enrichment programming, with options for registrants to donate.
- The hybrid model of wellness courses was embraced, and viewing of the on-demand videos increased.
- Presented the first two workshops in the "Building A Community of Care" training to staff, to all EAs and as opt-in sessions.
- Wellness On Your Terms employee benefits fair collaboration with the HR/Payroll team.
- Continued parent engagement in the Wellness Committee meetings, and on the Safe Routes To School steering committee.
- Monthly mini-PD sessions prepared and presented to Insight staff (netting an increase in Insight staff engagement in the wellness campaigns).
- Collaborated with district personnel and the temporary Safe Routes To School Coordinator, Carolyn Holmes, as she created the district bike fleet Standard Operating Processes guide for the new bike fleet.
- Staff mental health and emotional wellbeing focus included: four sessions of work-day mini-massages with therapists; Rest & Restore campaign; procurement and distribution of Wellness Care Kits; piloting of the Monthly Moments of Wellness paid-time staff self-care.
- Managed four, and collaborated on a fifth grant/external funding budget, in excess of $115,000 for the fiscal year.

Also available upon request: 22-23 CDC grant storyboard; 22-23 policy implementation evaluation rubrics; 23-24 annual report slide deck; 23-24 school sites Wellness Policy Action Plans; 23-24 Program Calendar.

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