Brooklyn Center Community Schools acknowledges that we occupy the unceded ancestral and contemporary lands of the Dakota people. We also recognize the Anishinaabeg/Ojibwe whose lands were colonized by the United States and are currently occupied by the State of Minnesota. Our community sits upriver from Bdoté, the place where two rivers meet and most importantly, the center of Dakota spirituality and history.

We commit to the work of being a justice-centered school community. Together, we will work to decolonize our minds and spaces, and to be good stewards to Mni Sota Makoce and good relatives to each other.
Mindfulness Practice

Students participated in Trauma-Sensitive Mindful Movement training with Jes Rosenberg of Adventures of Super Stretch in November and March, funded through the PrairieCare Fund grant.
Wellbeing Specialist

**EQUITY**
Social and environmental aspects integral to personal wellbeing and thriving communities

**PROGRAMMING**
Courses, campaigns, presentations (staff and students), community outreach

**PARTNERSHIPS/GRANTS**
State funders, private funders, insurance dollars
Local and community organizations and vendors

**COMMITTEE**
Shared decision-making, relationships, policy implementation
Financial Impact of the BCCS Wellbeing Program

Managed Grants:
1. MnDOT Boost Grant: $45,625
2. CDC1801: $13,500
3. PrairieCare Fund: $12,900
4. SHIP: $7,000

Coordinated Funding:
5. Medica/Preferred One Wellness Credits (HR/Benefits and Wellness Program): $6000 and about $30,000

FISCAL YEAR 22-23: $115,025
District Wellness Policy Implementation Across Sites

Areas of Success in 2022-2023:

- 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

Room For Growth In 2023-2024:

- 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

Staff received mini-massages during the workday from contracted therapists.
Early College Academy & Insight School

2023-24 Goals

1. Implement intentional physical activity opportunities for students regularly throughout the school day within systems and scheduling.
2. Work with District Food Services to implement a food services line during lunch, which will offer a fresh vegetables and fruits line during lunch.
3. Implement the data collection plan on student use, needs and interests of “restore and reset” opportunities.
4. Integrate wellness training and practice opportunities into staff meetings for personal wellbeing application and to triage out to students in curriculum.

Take it Outside
Social Justice 9/20/2022

Today during our walk outside I was very tired, but also relaxed. On our walk we walked part of the trail across the street. On the trail we saw lots of grasshoppers, ants and deer tracks. I also saw one caterpillar, a butterfly and lots of flowers and different plants. It was different for me because I do not usually walk nature trails and I also do not really like to be in areas where there are a lot of bugs or insects.

Overall the experience was good. I feel like I need to be more active and get outside more, especially before it gets cold outside.

ECA student reflection: Active Transportation/Take It Outside campaign.

Insight staff monthly wellness-focused mini-PD trainings.
2023-24 Goals:

1. Recess: inform staff of MN state mandates and district policy and provide resources for indoor recess, classroom movement

2. Wellness integrated within C&I and Equity, esp. using the agreements of love, joy, engage & justice (utilize Health Ed team to distribute and align wellness campaigns for curriculum)
Brooklyn Center Middle and High School STEAM School

2023-24 Goals:

1. Active Transportation safety lessons
2. Staff serenity space set up;
3. Staff lounge vending machine (1) stocked with more nutritious items and to profit school staff wellness needs

Middle school students in the Soup Group enrichment class, for mental health and emotional wellbeing skills, participated in a yoga session.
There are so many wellness opportunities that are offered to staff and they are very easy to access and utilize.

I really appreciated the community responsiveness that went into the decision to go with free or opt-in payments for the programs this year.

I learned that being self-aware and mindful as a teacher are very important because students will feel/know that I care and I want them to be themselves ... Also taking care myself will help me avoid being emotionally and mentally drained.

Wellness Programs Data

For the programs or activities you participated in, did you feel supported in any of the dimensions of wellness? Mark all that apply.

24 responses

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<th>Dimension</th>
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<tr>
<td>Social/Cultural</td>
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Wellness Program Highlights

- Completed procurement and set up of a new district bike fleet and initiated a Safe Routes To School district steering committee
- Continued parent engagement in the Wellness Committee meetings, and on the Safe Routes To School steering committee
- Piloted “Monthly Moments of Wellness” for staff mental health
- Increased staff PD training on wellness topics at monthly staff meetings, as well as during First Friday PD days
- Returned to free wellness courses for adult enrichment programming (with option to donate)
National and Local Recognition

BCCS highlight: CDC School Connectedness video (https://www.youtube.com/watch?v=rBhuuXvt6xQ)


Also available upon request: CDC grant storyboard; Adult Enrichment Wellness programs survey data; policy implementation evaluation rubrics; school sites Wellness Policy Action Plans.
Committee Goals

School Year 2023-2024 goals:

1. 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 classrooms curriculum and throughout the Grow BC initiative.
   a. Expand engagement of stakeholders in the wellness program and projects
2. Systemization of Monthly Moments of Wellness for staff across departments and schedules
3. Develop and present part three of the “Building A Community of Care” professional development workshop series for staff.

Presenting at the January P.D. day: “Building A Community of Care”
2023-24 Funding and Support

- **Action For Healthy Kids/USDA Healthy Meals Incentive grant (embargo on public announcements)**
  - $144,000

- **Hennepin County SHIP**
  - ~$7,000

- **Medica Wellness Credits**
  - ~$30,000 (+2024)

- **MDA Harvest of the Month**
  - technical support

BCCS staff and Hennepin County SHIP partners unpack and set the bikes for the new district bike fleet.
Program Plans For 2023-24

- Autumn: Gratitude Campaign
- Winter: Equitable Wellness (book club, resources)
- Spring: Financial Wellness Programs
- Incorporation of the District Bike Fleet and Walk, Bike, Fun curriculum
- Employee Wellness Benefits Fair
- Implementation of the District Nutrition Standards
- Yoga, Zumba, Mindfulness & Fitness Hybrid Sessions

BCCS WELLNESS
Promoting Personal and Community Wellbeing

2023-24 Wellness Programs

AUTUMN, 2023
- Employee Wellness & Benefits Fair Event
- Nutrition Services: Scratch cooking with care
- Walk to School Day

SPRING, 2024
BCCS Stakeholders Family Wellness 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

WINTER, 2024
Equitable Wellness: Book Group & Classroom Resources
- Nutrition Services: Culturally diverse school menus and nutrition education
- Winter Walk Day
WE STAND FRONT & CENTER.