

Brooklyn Center Community Schools Wellness Committee Meeting Minutes 12.21.23

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

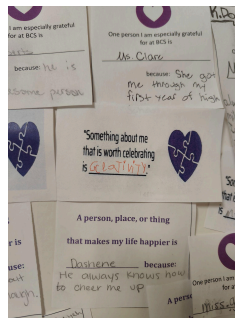
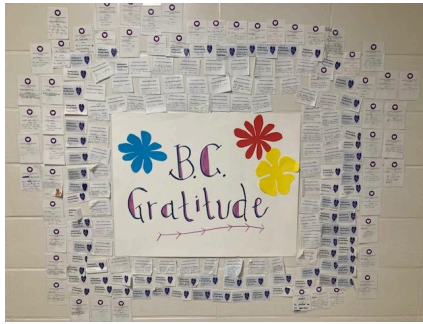
- Members in attendance: Megan G (staff), Jackie B (Henn Co partner), Shel A (staff), Kella A (community advisor)
- Partner Highlight: Hennepin County SHIP (Statewide Health Improvement Program) - Jackie
 - State legislature has been funding SHIP annually since 2008
 - Hennepin Co School Health has five focus areas: WSCC (whole school, whole child, whole community) model; mental wellbeing; nutrition; movement/physical activity; tobacco-free schools
 - BCCS 2024 projects:
 - i. Active Seating for middle school core curriculum class (grades 6 - 8 social studies)
 - 1. Project steps: student and staff pre-survey in Feb; implement equipment and furniture in Mar; post survey in May; final survey in Oct. (Data-driven advice: transparent; needed for decision-making process; stakeholder voices; align with administration goals; tracks impact)
 - ii. Safe Route To School
 - 1. Coordinator stipend, for focus on Walking School Bus initiative at BCE
 - 2. Instructor stipend for BCS Bike Club to set up area in garage, recruit students for program, secure bikes supply partnerships and create curriculum/program design: Jan - Mar, program kick off in Mar.
 - iii. Triennial Policy Review TA: completing the WellSAT assessment and reporting/advising on results
 - iv. Reminder about the MnDOT grant opportunity for a SRTS Coordinator. Shel, Jena and Renee are discussing the options.
 - SHIPMates: Kick off meeting at the beginning of Jan. Jackie, Kelly and Shel will meet after annual kick off to align the funding agreement.
- Grant/ Partner Projects
 - Action For Healthy Kids - Megan; Healthy Meals projects updates and next steps:
 - i. Has begun recruiting for the Health Meals Advisory(ies): student conversations in the cafeterias, at family/comm events, in classrooms. Plan to kick off in Feb.
 - 1. May create different opportunities to engage with the various stakeholder groups, such as focus groups, student interns, parent/staff meetings, etc.
 - ii. Has met with the Head Cooks in both kitchens to get everyone up to date about the grant projects, planning for an increase to two scratch-cooked lunches per week.
 - iii. Has scheduled kitchen staff trainings with the Good Acre through the school year, specifically on scratch cooking methods.
 - iv. Has already hosted three taste tests (in the first six weeks in the position): 3 Sister Stew at the Indigenous Peoples Month Celebration event; Tamales in the cafeteria during lunches; Blistered Green Beans for Hmong New Year (which was very popular, with students coming back for 5ths, and expressing that they have that recipe at home).
 - v. Has begun collecting meal suggestions, ideas from conversations with students.
 - vi. Submits monthly content to Communications to be added to staff and family newsletters.
 - vii. Next taste tests are scheduled for Jan. 23 - 25 in all three cafeterias: "speed scratch cooked" collard greens with local turkey
 - Medica - Shel

- i. Wellness center equipment list: Shel creating the list of suggested equipment and supplies for staff spaces and the center and will discuss with Tammy and Kathleen, and then finalize purchases in Jan.
 - ii. Winter program plans changing from group class format to private or semi-private instruction and coaching. Shel has created an appointment calendar for staff to book 1:1 or small group appointments in 10 - 60 minute increments and receive mindfulness, breathing, yoga movement, Reiki and/or personal wellness coaching.
- Outdoor spaces/movement update
 - i. Grow BC initiative: The group met at the beginning of December and aligned projects from SRTS, school gardens, outdoor learning, experiential/field trip learning, etc.
- District Collaboration and Programming
 - Campaigns Development - Shel
 - i. Winter: Equitable Wellness plans
 1. expert panelists events in Feb and Mar x 3: first Fri PD workshop for staff; NAAPID lunch event for families; Mar. school day assembly for high school students
 2. book group? (may get sidelined or down played)
 3. Wellness On Your Terms content? Promote again? Any additions, updates?
 - HRC updates - Shel: Josh's replacement starts the first week of Jan.
 - District-level Wellness Tasks
 - i. Triennial policy review: covered in Jackie's highlight
 - ii. PD workshops: BCS, ECA, First Fridays (covered in notes below)
 - Safe Routes To School quarterly meeting - Jan. meeting is scheduled
- Closing: **Next meeting:** Thursday, **January 18***, 7:30 a.m., virtual: <https://us02web.zoom.us/j/81095627711>

Other Program Updates and Notes:

- Gratitude program review: Three teachers at BCS engaged students with the content. One was a SPED classroom, one was an EL class, and one was the high school civics teacher, who comprehensively covered the materials with all of her 11th grade students. The numbers from those three classes were: 6, 33 and 111 for a total of 150 students. In addition, the HRC November partner meeting offered break-out sessions for the members to engage with the content together; the BCS Nov and Dec staff meetings also focused on the gratitude content; and the HR/Payroll team used the content for the Nov and Dec weekly team meetings as part of the team building

resources.



- December staff massages were available at all three locations. Two therapists were available and staff signed up for 10 - 20 minute chair massages. ECA/DO had two hours; BCE and BCS each had four hours.
- Monthly Moments of Wellness: Leads and supervisors received additional support to get the times scheduled for their staff groups each month through the end of this school year, as well as getting that communicated to their staff and to other managers so that the time is not co-opted by other assignments. An additional "30 Ways to Use Your Monthly Moment of Wellness" resource for the promotions was provided.
- The BCE staff wellness committee met in December for the first meeting of the year. Of the seven staff who had signed up for the group two were in attendance. A new-to-BCCS teacher has taken the lead on scheduling and the communications for the group. The two staff decided that they were most interested in promoting staff breaks and self-care, pairing with the Monthly Moments of Wellness and "30 Ways" content. A possible "checkbox" format and incentives program may launch, either for BCE or all district staff, after winter break, if the group has capacity.
- BCE staff trauma professional development: Scheduled two expert contractors to offer trauma sensitive training to all BCE staff at the Jan, Feb and Mar staff meetings. Contracts are updated for the presenters.
- A staff immediate care resources document and webpage has been created. The document is with the district communications coordinator for branding. As soon as it is prepared it will be posted in staff areas in all three buildings. In the meantime, staff have been accessing the links and numbers [on the website](#). This was created as per staff requests for more and easier information access, especially when they are feeling overwhelmed. The plan is to also add a link to the district bookmarks tab.
- Began preparation on Jan - May staff PD workshops for district, BCS and ECA/Insight meetings and trainings. Jan = presenting the Community of Care workshop during the First Friday PD training (refreshing the deck, as needed), as well as co-presenting a Community of Care sequel with the BCS administration at the morning staff meeting (creating a new deck). Feb = possible Equitable Wellness presentation and/or panel discussion, co-presenting with the Equity team, as well as creating a deck for the ECA/Insight morning staff meeting on BHM Equitable Wellness content. Mar = Create a deck for the ECA/Insight Justice 45 meeting on WHM Equitable Wellness content. Apr = Coordinate with MN Bike Alliance for the second part of the W, B, F training at the first Friday PD day, as well as creating a deck and content on Financial Wellness (spring theme) for the ECA/Insight morning staff meeting. May = Creating a deck and content on Emotional Intelligence language and Restorative Practices for the ECA/Insight Justice 45 meeting. Another suggested workshop for the spring was "School Nutrition Education for Staff" (especially around snacks, meals, etc.). In addition, Equity and Wellness team members are discussing the development of a Wellbeing for Equity workshop (using awareness and appreciation for accountability and allyship or activism).