



## Brooklyn Center Community Schools Wellness Committee Meeting Minutes 1.18.24

Members in attendance: Madeline Anderson-Sarno (staff), Mykella Auld (community member), Jackie Billhymer (Henn Co SHIP partner), Christine Jones (staff), Kathleen Heider (staff), Debbie Erickson (staff), Shel Auld (staff), + "iPhone" (parent?)

- Community Partner Highlight
  - Postponed: Nuhu Sims, BCCS Equity Director, was unavailable and will be rescheduled for a future meeting
- Grant Projects
  - Healthy Meals Incentive/Action For Healthy Kids grant
    - i. Projects and purchases update: progress has been made on both capital and small equipment purchases, needed for scratch cooking and for taste test events. Megan has been offering taste tests and soliciting student and family input on recipes and a Healthy Meals Advisory.
    - ii. Spring summit: presentation proposal: Megan and Shel are creating a proposal for the April conference. Shel will present it, if selected. Two district staff are able to attend and Shel will take Megan's place, as she will be on leave, and hopefully the new Food Services Manager will attend.
  - SHIP - Jackie
    - i. Agreement process, projects: The agreement is making its way through the county processes and should be fully executed by the end of this month. The projects include: SRTS coordination, specifically targeting Walking School Bus promotion for BCE; BCS Bike Club pre work coordination, starting in Feb.; Active Classroom furniture and tools for the 3 middle school math classrooms, kicking off in Feb with a student pre-survey and instruction/training for use of the resources, and then a follow up survey in May, after using the resources for 3 months.
    - ii. SHIPMates project + additional funding opportunity: \$1000 - 5000 each available for employee and for student wellness supplemental funding. Shel is working with Tammy and Renee/Jena to determine projects and then will submit the proposals.
    - iii. SRTS steering committee meets again next week to begin the draft of the 5-year strategic plan.
  - Medica - Shel
    - i. 1:1 coaching & instruction services pilot: 5 appointments were scheduled the first 6 six days the link was live, and additional appointments have been coming in, about one/week. People seem to like scheduling out a couple of weeks in advance.
- District Collaboration and Programming
  - Health Services/ Health Resource Center - Debbie/HRC staff
    - i. Welcome, Madeline!
    - ii. Madeline is working with families to navigate the tricky vision care system; ~100 students were identified through screening as needing vision prescriptions
    - iii. The BCS school nurse is due to return from leave next week, which will free up some of Debbie's capacity again
    - iv. The two Community Outreach positions left open by Lydia and Christina's departures will be combined into one; the job description is being updated before the job is posted.
      - 1. Christina will be staying with the district in the Building Supervisor position, will continue to grow the partnership between the district and the city in her new position with the City of Brooklyn Center, and is invited and welcome to continue on the BCCS Wellness Committee as a community member.

- v. There will possibly be dental education in classrooms offered through a partner in Feb.
- Seasonal wellness program + services update - Shel
  - i. Equitable Wellness event series: discussed promotions to stakeholders through offering the district branding package to the panelists for them to promote on their social media platforms, along with the social media promotions the district will be doing; create a flier to post in all of the buildings by end of next week
  - ii. Wellness On Your Terms reboot: Shel will update some of the content for cling posters to be reprinted and hung in buildings when the printer is ready in Feb.
- Employee benefits update - Kat
  - i. Promoting the Virgin Pulse and LifeTime Fitness apps, both through Medica health plans, for employees
  - ii. HR/Payroll exploring methods of promoting resources and connecting with staff off of the intranet
  - iii. Spring wellness program: Financial wellness resources for staff through Gallagher and for students/families through Wings Financial; Shel and Kat will work together to create a plan for content for each stakeholder group and delivery
- District-level Wellness Tasks - Shel
  - i. Triennial policy review: the group will meet next in Feb. Shel is slowing trying to update language as suggested
- Closing: **Next meeting:** Thursday, **February 15**, 7:30 a.m., virtual (<https://us02web.zoom.us/j/89046348747>)

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

- A winter break pop-up session was offered for staff and partners to experience REstorative and Reiki movement and mindfulness.
- Coordinating an internal team to work on the MnDOT SRTS Coordinator grant application, due in early Feb.
- Monthly Moments of Wellness: More team leads and supervisors have worked to get the times scheduled for their staff groups each month through the end of this school year. Tools are available for those times to be 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 is available on the intranet, and for supervisors to use as a flier for their staff.
- Dianne Bari presented a short PD for BCE staff on trauma and impact on students and in schools. Sessions are scheduled with Jes R on trauma sensitive movement/somatic practices for BCE Feb & Mar staff meetings.
- [The Community of Care workshop](#) was presented again at the Jan. staff PD day. Feedback was very positive, with staff expressing interest in additional tools to recognize and manage their personal stressors, as well as increase personal wellbeing practices and habits. The BCS staff group (licensed and hourly) engaged in a follow-up workshop (they participated in the Community of Care workshop in August), earlier that morning, deepening commitments to the implementation of the Front & Center Agreements of joy, engage, justice and love, as well as their personal wellbeing practices.
- Continuing research and creation for Feb - May staff PD workshops for district, BCS and ECA/Insight meetings and trainings. Feb/Mar = a series of three Equitable Wellness panel discussions, co-presenting with the Equity team. And, creating a deck for the ECA/Insight morning staff meeting on BHM Equitable Wellness content and 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 outdoor access importance and opportunities (or 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).
- Test taking strategies doc: this is still on hold, as testing situations have shifted since covid. However, once protocols are reset, collaborators will be needed to create content that can support stakeholder wellbeing, prioritizing students.