



## Brooklyn Center Community Schools Wellness Committee Meeting Minutes 4.18.24

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

Attendance: Christina J (partner), Mykella A (comm member), Madeline A-S (staff), Jackie B (partner), Megan G (staff), Julie M (comm member), Shel A (staff)

- BCCS Wellness Strategic Plan Report Overview:
  - **See the report draft attached to the email.** In order for us to complete the final report and have the implementation timeline prepared by the May meeting, and begin the work as needed, we need input on the attached draft from all. **Please print a paper copy, make your notes in writing on the document and then scan it to [mauld@bccs.286.org](mailto:mauld@bccs.286.org) by April 25.** Shel will send the notes to Mykella for the final report to be prepared by the May committee meeting.
  - Note that there are two areas in blue that are comments added during the brainstorming sessions that were not adopted directly into the report. The first one is unclear of the exact meaning and we are looking for any additional information that will help to get it in the correct place in the plan. The second one is an implementation step, which is explained in the red font below it.
  
- Grant Projects
  - Action For Healthy Kids Healthy Meals Incentives
    - i. Spring Summit, workshop presentation: The conference was a great experience and well organized. The BCCS workshop had about 40 participants, with very robust engagement. It was great to hear from the USDA on some of the changes at the Federal level that they are working on, specifically for additional support (funding??) for school meals.
    - ii. First quarter project implementation: Megan reported that the capital equipment purchases have been made, with a new combi oven to be installed at BCS and a new tilt skillet at BCE. Significant menu changes have happened between January - April. More savory and protein-dense breakfast items are replacing the sugary and sweeter items. More global cuisine-inspired recipes are being added to the lunch menus, especially menu items requested by students. Megan continues to offer monthly taste tests in the cafeterias and meets with student groups frequently, as well as families at events, to expand stakeholder input. Once the input is received, students can see the changes on the menus within one to two months. In addition, Megan and Ben, the new Food Services Manager, scheduled training with The Good Acre and Chef Lachelle in the April PD session for all BCCS food service workers.
  - Hennepin County SHIP
    - i. Safe Routes To School project:
      1. Steering committee: spring meeting is April 18, with the main agenda items being to create the outline for the stakeholder spring/summer SRTS surveys and information for the accompanying flier.
      2. Lala is filling the temporary SRTS Coordinator role and will lead the survey and flier distribution process in May, gather survey responses, and create a list of families interested in Walking School Bus opportunities at BCE.
      3. Bike To School Day: no formal plans at any of the sites yet
      4. Bike fleet: The bike fleet schedule for spring 2024 is set with the Operations team for transporting the trailer, and with teachers/site leads at each building.
        - a. ECA: Every Wednesday, April 3 - May 22

- b. BCE: April 29 - May 10 (except Wednesdays)
        - c. BCS: May 13 - May 24 (except Wednesdays)
      - 5. Walk, Bike, Fun! training: With the final drills and bike ride session in the April PD workshop, four additional BCCS staff completed the training in 23 - 24, and another seven staff have at least one portion completed.
        - a. MN Bike Alliance is working with BCCS to create a “rolling” training schedule to accommodate all of the Walk, Bike, Fun training modules within the first Friday PD schedules so staff are able to attend during their regularly scheduled workdays and complete the training in-house. We are working on a schedule for 24 - 25.
      - ii. BCS Bike Club: An instructor has been hired and BCS out-of-school-time staff plan to have the program running with students before the end of the school year. The program will also run through summer programming, and then in full during the 24-25 school year. Bikes have been secured through BCPD and twenty are delivered and ready for students to begin work.
      - iii. Active Seating: The three middle school math classrooms have all received \$1200 worth of furniture, equipment and active seating classroom implements. Pre-surveys have been received from over 35 eighth grade students and about a half-dozen of sixth grade students. After the two months of classroom use, students and the three teachers will be surveyed at the end of May to determine project impact. The implementation will continue through 24-25 and beyond.
      - iv. SHIPMates grant + Additional School Health funds received: SHIPMates \$5000 through the Health @ Work department and an additional \$5000 from the School Health team were received to fund trauma training for all staff. The layering of the funds will allow for comprehensive training sessions, starting with staff/adult personal trauma education and tools, funded through SHIPMates, and then training on student and community trauma. The training sessions will be implemented during the first Friday PD schedules in 24 - 25, as well as in monthly staff meetings at each site.
    - Other grant updates Shel
      - i. MnDOT SRTS Coordinator grant: BCCS received this grant for \$220,000 over three years to hire a full time SRTS Coordinator! The position will be within the Transportation Department, with Dean L as the supervisor. The Wellbeing Specialist will manage the grant and serve as a project advisor and the SRTS Coordinator will implement the grant project deliverables. The funding begins in July, 2024.
      - ii. Medica: The HR team and accounting are meeting to update the budget and finalize projections for 24 - 25
        - 1. The possible district wellness center that was originally considered for the 5910 building will not be added. Instead, additional supplies for the Staff Serenity Spaces and other employee wellbeing needs and interests, specific to each building, will be purchased and installed for greater accessibility.
      - iii. PrairieCare Fund: BCCS submitted a grant proposal for additional scaling of trauma and mental health supports; notice will be received at the end of May.
      - iv. TPL grant / BCE outdoor spaces update: Trust for Public Land is in the process of writing a large grant application through the state and BCCS is providing letters of support from numerous partners.
  - District Collaboration and Programming
    - Health Services/ Health Resource Center:
      - i. Very busy with vaccinations, especially for new students, with more new-to-the-country students
      - ii. Eye exams happened!
      - iii. A new Outreach Coordinator was hired and began in March: Welcome, Anas!
      - iv. City of BC/HOTG: Community Wellness Fair:
        - 1. August 15, noon - 4, BCS
        - 2. vendor fair
          - a. classes/break out sessions
        - 3. children's area/activities
        - 4. community 5k run in the morning
    - Annual policy and program evaluation update: The process used the past four years will not be in place this year. We are moving to a policy and program survey for staff on Qualtrax. Student, families and community

surveys will be available per program/activity (probably google forms), as well, and Shel will compile the data for the annual report creation.

- 24-25 Program Calendar update: Shel is collaborating with the HR, Community Engagement and Curriculum & Instruction teams to develop the plan for PD sessions (content R & D, presentations, etc.), family and community event and activities alignment, as well as any overarching programming plan on the theme of Connection and Belonging to Alleviate Loneliness and Isolation. Feedback from the wellness committee will be gathered in May and June.
- District-level Wellness Tasks
  - i. Wellness Policy revision process: A complete re-work of the policy is underway, taking the actual policy content separate from process and procedural information. The processes will be linked and/or attached to the policy for reference.
  - ii. Test taking strategies doc: N/A for April
- Closing: **Next meeting:** Thursday, **May 16**, 7:30 a.m., virtual (<https://us02web.zoom.us/j/89046348747>)

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

- The BCCS spring wellness program, [Financial Wellbeing](#), has launched. Employees and specific student groups are receiving resources (through emails, on the website, etc.), and access to brief workshops, through the middle of May
- Sign up for the Hennepin Co. Step-To-It Challenge: [www.steptoit.org](http://www.steptoit.org), beginning May 1. Set up your account, click “join a group”, find the “BCCS Wellbeing” team and click to join. The platform allows you to enter the type of activity and the number of minutes and converts to steps for you. Those who join the team and enter their activity for each week by May 28 will be eligible for prizes!
- Strategic planning timeline:
  - Share the updated strategy at the 4/18 wellness committee meeting
  - Staff have until 4/25 to provide feedback on the document
  - Facilitator finalizes the strategy plan, 4/30
  - Wellbeing specialist approves final strategy plan, 5/3
  - Facilitator creates the proposed plan report, 5/10
  - Facilitator and wellbeing specialist meet on 5/13 to review the proposed plan
  - Final report presentation created, 5/13 - 5/16
  - Present final report on 5/16 to the wellness committee at the monthly meeting
- The HR team is coordinating with wellness and communications to create a Mental Health awareness promotions timeline for May.
- The BCCS winter wellness program, Equitable Wellbeing, included three workshop events, for specific stakeholder groups (staff, parents/families, and high school students), with panelists that discussed various aspects of equitable wellbeing. Over 60 staff, a dozen families and a half dozen students participated, with the staff having access to an additional independent book study program for CEUs. [The Wellbeing on Y\(our\) Terms](#) content was also updated and reposted in the buildings.
- Continuing research and creation for PD workshops:
  - MN Bike Alliance presented the second part of the W, B, F training at the first Friday PD day, and we now have an additional four staff that have completed the full training and are ready to use the bike fleet with students! The staff feedback on the training was overwhelmingly positive!
    - i. The organization is willing to collaborate with BCCS to create a “rolling training” schedule to cover the full training over the 24- 25 school year again.
  - Created Financial Wellbeing content and slide deck that was presented to the ECA/Insight morning April 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.
  - The suggested (from the C & I team) workshop for “School Nutrition Education for Staff” (especially around snacks, meals, etc.) is started and will be ready to present to staff at all three school sites during

workshop week at the end of August. Series development for student facing integrated wellness will also include mindfulness and SEL, the importance of intentional movement, etc.

- Collaborating with Mr. Fraser on a phase three of the Community of Care PD training for all BCS staff during workshop week.
- Collaborating with team mates to create a series of two workshops covering employee benefits and staff wellbeing resources, with the what, who, how to access, etc. information. They will be presented in 24-25, one in the fall and one in the spring.
- Grant funded, contractor-led trauma training series; half focusing on staff/personal trauma, half on student/family trauma support/skills development
- 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).
- One more round of staff massages with therapists are scheduled for Staff Appreciation Week, April 29 - May 3, at each of the three buildings (funded through the Medica credits).
- Youth Leadership Council: presenting three wellness sessions to the group in April and May, including mindful movement, nutrition and food justice, yoga movement and breathing.
- Student yoga classes: middle school boys basketball team and high school track and field team (in March and April)
- Communications updated the BCCS District Nutrition Standards content and the posters have been hung in the buildings.