



# BCCS WELLNESS

## 2024-25 Wellness Programs

### Promoting Personal and Community Wellbeing

- Employee Wellness & Benefits Fair Event
- Yoga and fitness classes
- Healthy Meals and District Nutrition Standards Implementation
- Safe Routes To School Coordination: Walk & Roll to School Day events; Bike Fleet; Walk, Bike, Fun training
- student sensory and mental wellbeing areas
- School gardens and Community Seedling Swap
- Hennepin County Step To It Challenge
- Student Health Resource Center

- Staff Wellness Services Appointments
- Monthly Moments of Wellness
- Collective Healing PD series
- Trauma training series for all staff
- Staff Serenity Spaces
- Weight room
- Employee wellbeing: Sand Creek EAP and NeoPath medical services
- Annual Wellness Policy & Program Evaluation

Find more information at:  
[www.bccs286.org/wellness](http://www.bccs286.org/wellness)