



Brooklyn Center Community Schools Wellness Committee Meeting Minutes 6.20.24

In attendance: Madeline Anderson-Sarno (staff), Anas Hassan (staff), Ben Hanson (staff), Renee Starr (staff), Mykella Auld (community), Toni Edwards (staff), Yazmin Guzman Gonzales (staff), Jackie Billhymer (partner), Shel Auld (staff)

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

- Grant Projects
 - Action For Healthy Kids Healthy Meals Incentives update - Shel, Ben
 - i. Capital equipment purchases are done and the new tilt skillet at BCE is installed. Ben is getting trained next week. The new combi oven for BCS will be installed following some electrical updates.
 - ii. Ben is working on completing all of the menus for the 24-25 school year over the summer. Megan, Ben and Shel will meet in July to determine areas for more culturally diverse meals and scratch- or speed-scratch cooked meals may be added, and to align cafeteria taste test schedules, as well as incorporating the nutrition education lessons in the cafeterias and classrooms.
 - iii. BCCS earned and received the Innovation in Culturally Diverse Menu Items USDA Recognition Award and the district communications department has begun promotions through social media posts. We will do a more complete announcement at the beginning of the school year.
 - iv. Shel is working on the workshop presentation proposal for the fall grant conference.
 - SHIP - Jackie, Shel
 - i. SRTS coordinator project: Lala did outreach at three BCE spring events and has a starter list of families who are interested in either participating or receiving more information about Walking School Buses and/or other Safe Routes to School (SRTS) program opportunities. Once the grant-funded SRTS Coordinator is hired in August (below), Lala and Shel will collaborate with the new hire to continue the outreach, promotion and initial programs at the start of the school year..
 - ii. BCS Bike Club: Toni reported that the space, equipment and tools are currently being set up and organized for the program to begin at the end of the summer.
 - iii. Active Seating (middle school math classrooms): The three teachers chose a selection of adjustable stand-up workstations, wobble stools, under-desk cyclers and kick bands. Pre-surveys were completed by most of the eighth graders, and a few seventh and sixth graders. Only a few post surveys were received, mostly from eighth graders, at the end of the school year. The teachers plan to continue the use of the equipment next school year.
 - iv. Additional SHIPMates and School Health funded projects: Using the two funding streams to offer comprehensive staff PD training on trauma throughout the school year, in staff meetings and first Friday PD days. The first half of the year will utilize the SHIPMates (employee wellness) grant to focus the training on personal/adult/staff recognition of trauma and triggers, with skill building and tools for personal care. The second half of the year will utilize the school health funding to train in recognition of student trauma needs, supports and referral processes.
- Others
 - i. MnDOT SRTS Coordinator grant: The agreement has been completed and signed by the district, and is in the completion process with MnDOT now. Grant training will happen in July and we can begin using the funds (hiring the position) in August. Dean and Shel met last week to create a list of position duties and responsibilities and have sent the suggestions to HR for the position description development. The position will be posted at the end of July or early August.
 - ii. Medica: The budget has been reviewed and updated for 2024. The final amount of funding remaining has been allocated to to update the serenity spaces at all three buildings.

- iii. TPL partnership / outdoor spaces update: Renee reported work has started and/or continued on the Lawns to Legumes grant, the pollinator spaces, the playground updates and the outdoor mural at BCE. The nature-based prairie restoration work is starting. Rep. Omar and Senators Smith and Kolbachar are supporting the community-center funding application, for the possibility of million + in funds.
- District Collaboration and Programming
 - Health Services/ Health Resource Center - Madeline and Anas
 - i. Summer hours: Thursdays
 - ii. Have identified approximately 50 students per grade who need vaccinations and phone calls are in process to connect with those families.
 - iii. Both have capacity to support projects with others and/or do outreach at events over the summer.
 - iv. August 10, noon - 4pm: BC Health and Wellness Fair at BCS:
 - 1. Volunteers, including students, will be needed and more recruitment info will be available soon.
 - 2. C.S./C.E. vendor table? Include wellness? Or separate? Engagement activity(s)?
 - 3. A 5k run is being planned. Shel will share info with Toni and Yazmin to make available to families and students.
 - District-level Wellness Tasks
 - i. [Annual](#) policy and program evaluation [report](#) was presented to the Leads and school board on June 10. The information will be posted on the website over the summer.
 - ii. Wellness [Policy](#) revision update; process document in development and Shel meets with the policy committee on June 24. From there it will move to the first and second read with the school board, and hopefully pass for adoption in August to be implemented from the start of the school year. Links to the external and internal resources for implementation will continue to be added.
 - iii. Wellbeing framework , branding update: Renee explained the process and proposal being brought to the Lead team next week. The plan is to use the [RECOVER framework](#), and integrate the BCCS Eight Dimensions of Wellness to create a comprehensive model reflecting the needs and interests of the BCCS community.
 - iv. 24-25 planning (BC Well: Belonging and Connection Wellness)
 - 1. Site/programs wellness action plans will be developed with the three school administration teams, the Early Learning management team and D.O. administration in June and July, to align with the wellness strategic priorities and implementation of the updated wellness policy. Action plans will be available for the public on the website by the end of the summer.
 - 2. Wellness strategic priorities action plan is completed and the summer items in progress.
 - 3. Staff wellness services appointments; group nutrition sessions; group yoga class will all continue through the start of next school year.
- Closing: **Next meeting: Thursday, July 18, TIME: 8:30 a.m.**, virtual (Zoom link: <https://us02web.zoom.us/j/83425660857>)

Other Program Updates and Notes:

- Participated as a panelist at the NAMI / msp Wellness annual networking event in Minneapolis
- Wrote and submitted a magazine article highlighting the BCCS staff mindfulness program for a regional publication; collaborated with Communications for photos and article editing
- Ongoing collaboration with the Community Engagement and Curriculum & Instruction teams for further integration of wellness content throughout all district planning and activities, including the updated wellness framework development
- Completed and submitted the application for the Increasing Culturally Diverse Menu Items USDA Recognition Award and received notification BCCS received the award!
- 2024 Employee Wellness Benefits Fair planning has started with HR team members and partners, for October 4
- Planning with Nutrition Services for options for the 24-25 school year (school meals, BCE snacks, etc.)
- Continuing research and creation for PD workshops:
 - New Staff Orientation presentation/slides
 - Welcome back wellness presentation/slides
 - (+) “School Nutrition Education for Staff” (especially around snacks, meals, etc.) for all three school sites and multiple departments/teams during workshop week/ early September
 - Phase three of the Community of Care PD training for BCS during workshop week.
 - Collaborating with HR 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.
 - Coordination of scheduling and content conversation for the grant funded, contractor-led trauma training series; half focusing on staff/personal trauma, half on student/family trauma support/skills development
 - Conversations on the Healing Organization workshop(s) with a team
 - 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), as part of the Healing Organization initiative.
 - Additional mini-workshops and dialogue spaces are being planned for a variety of staff groups for the 24-25 school year, to enhance wellness messaging, build collective healing and wellbeing, strengthen relationships and support employees
- Supported the C&I request for wellness resources, campaigns and content for the new Habits of Mind curriculum lessons for BCS advisories.
- Staff Wellness Services Appointments will continue through the summer and into the 24-25 school year. Now averaging three appointments per week, averaged over the past six months. Facilitating Yoga Nidra sessions are now added as another option.
- The Step To It Challenge team finished with 18 participants receiving a wellness prize of their choice, priced \$25 - 40.