



Brooklyn Center Community Schools Wellness Committee Meeting Minutes 5.8.25

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

- Introductions; Land acknowledgement practice; Collective mindful moment
- Grant Projects
 - Action For Healthy Kids Healthy Meals Incentives update - Megan, Ben
 - i. Spend-down and projects wrap up
 1. Monthly menu cycling system is mostly in place; still doing some tweaking and allowing for a couple of new items each month to add variety, especially exploring options for different protein options besides chicken and hamburger, such as turkey, fish, vegetable, bison, etc.
 2. Grant funding received earlier this spring is allowing for more local and seasonal foods procurement
 3. Taste tests this month featured a Syrian recipe with lamb meatballs in a cherry sauce (the visual of the sauce was perceived as looking “bloody” and many students were not interested or were hesitant to try it), and lake trout, which was well received
 4. The spend down plan includes more equipment purchases, which Ben will process in the next couple of weeks, including a flat-top skillet, a stock of reusable trays and some small equipment items
 5. A grant application has been submitted, proposing funding for a couple of enrichment classes at BCS next school year focusing on environmental and nutritional projects
 - MnDOT SRTS Coordinator grant - Mary, Dean
 - i. Walk & Roll to School Day event 5/9: volunteers are still welcome
 - ii. W, B, F training: Nine new BCCS staff members completed the training in SY 2425 and are ready to use the bike fleet with students! Planning and scheduling for SY 2526 is in progress
 - iii. Steering committee updates: Ulta consulting met with the BCCS group in April to show the active transportation lessons created for classroom instruction at the start of the school year
 - iv. The Strategic Planning grant, which we received a couple of months ago will kick off in August, and our assigned consultant is Ulta.
 - v. City event collaboration: May 26, 10am Bike Bash; BCCS bike fleet will be onsite and bikes will be available for residents to use for the ride, if needed
 - vi. Summer plans: the bike fleet is scheduled for use at both BCE and BCS throughout the summer during programming
 - SHIP - Jackie, Shel
 - i. SY2425 funding:
 1. Staff trauma training series wraps up in two weeks, with the final session for BCE staff
 2. Reallocation staff cohort for additional training in May - June: \$400 stipends for up to six staff to complete additional asynchronous training were offered in the last district staff newsletter; all six were claimed within one hour of the newsletter being released and we have a waitlist of eleven; three on the waitlist have opted to complete one of the trainings, even without the stipend
 - a. The trainings need to be completed by June 15 and include two options through Lucy (Supporting Students Exposed to Trauma or Trauma Informed Skills for Educators) or one through Shel (Trauma Sensitive Mindful Movement); as well as licensed-therapist specific training for the social workers at BCS and BCE

3. Video project with SHIPMates additional funding: Olivia is coordinating Lucy and Shel to do video recordings of Lucy's training content and Shel's demos of practices which align with the training concepts; the recording content will be edited (by Olivia) and prepared into four or five 12 - 15 minute videos, which will be added to the mandatory online training for all staff to complete at the beginning of the school year
 4. SY2526 funding conversation: SHIP6 is beginning this legislative year and Hennepin County is moving to a "bigger picture", longer-running projects funding approach; rather than funding projects for 12 - 18 months each they expect to take the first year or so to complete comprehensive assessments and evaluations, which likely will not include funding, and then fund projects for three to four years from there
- Others
 - i. Medica - Shel
 1. Appointment / small group wellness services: now up to an average of 15 appointments scheduled at the beginning of each week (with about a 15% cancellation rate still - unchanged since last spring) through the end of May
 2. Midweek Morning Mindfulness series: attendance lower in May than in the previous months, as expected, but a few people still show up each week for the live session and the videos continue to get views
 3. A few serenity space and services needs (equipment, furniture, supplies, etc.) have been purchased for staff wellness and are installed across the sites
 - ii. MDE/CDC - youth wellness opportunity - Renee
 1. The timeline and implementation of the intended scope has been different in BCCS than the funder originally intended, but the funder has been gracious with allowances and this pilot year has offered some implementation lessons for both MDE and BCCS
 2. Students are still participating and conducting wellness-related research; hoping a project plan will be developed for next school year
 - iii. TPL partnership / outdoor spaces update (if available) - Renee
 1. \$165,000 in grant funding was received and is being used to install a micro forest (along the freeway wall near BCE campus to alleviate traffic noise and support cleaner air) and a nature exploration area; the timeline is escalated (this summer), in order to not lose any of the funds if Federal mandates change
 2. Community planting opportunity on June 15 (or 18, if rain), 4 - 6pm
 - iv. Centaur Foundation middle school active seating project - Shel
 1. Purchasing delay due to the spring testing; Shel will reconnect with the BCS EL team in the next couple of weeks, if there is no communication, to get the purchases made before the end of the fiscal year
 - District Collaboration and Programming
 - Health Services/ Health Resource Center - HRC staff
 - i. The BCE HRC site opened on April 7, with two days of services per week: 57 students received services in April and 47 students were vaccinated
 - ii. The HRC staff will be tabling at upcoming STEAM family night events at both sites.
 - Conferences:
 - i. A group of BCCS staff involved in the Grow BC initiative will be attending the Nature Everywhere conference next week
 - ii. A group of BCCS staff and administrators will be attending the Institute for Educational Leadership Community Schools and Family Engagement Conference in Minneapolis at the end of May; a few committee members and other BCCS staff will be presenting at the conference
 1. District administrators and staff (Carly, Deirdra, Josh and Renee, with Shel offering a mindfulness practice) have a workshop scheduled on "living the Community Schools model"
 2. Mykella and Renee are collaborating on a workshop about data and community needs
 3. Shel is presenting a workshop about staff wellness for student wellness
 - Wellness program strategic plan review and update - Mykella

- i. 2025-26: employee wellness programming and PD trainings (including district leadership)
 - 1. Language clarifications: particularly distinguish between “wellness” vs “wellbeing”
- ii. Synergy and collaboration: Healing Organization steering committee
 - 1. Community Schools/ Engagement; C&I; Employee Exp team; Health Services; Wellness program
 - 2. Targeted interviews are being conducted; if interested let Shel know and Mykella may schedule with you
- iii. Complete the form: [Strategy, program and policy evaluation](#)

- Closing: **Next meeting: Thursday, July 17 TIME: 8:30 a.m.**, virtual (Zoom link: <https://us02web.zoom.us/j/83425660857>)

Other Program Updates and Notes:

- Wellness program strategic plan review initiated with a collection of and review of multiple data sources and then analysis of impact, both on the 3 - 5 year strategy plan, and of the SY25-26 program approach and work.
 - Completed a position time study, with results showing a few opportunities to adjust work time:
 - i. Discuss with Olivia options for more efficiency in comms and visibility (newsletters, weekly staff emails content, screens, webpages updates, etc.)
 - ii. Process for SOAP notes per staff sessions more efficient?
 - iii. Projection that the healing org category will increase over the next quarter and year
 - The report also showed an increase in the wellness services appointments time from first quarter to third quarter of 38%, with the fourth quarter indicating a continued increase
- Midweek morning mindfulness sessions continue, with attendance at the live sessions decreasing over the weeks, as is typical towards the end of the school year, but people still showing up, and video views still happening
- Staff Appreciation week support: coordinated the staff chair massages for all three sites, as well as an informal staff seedling/seeds swap meet-up
- The Healing Organization Steering Committee initial meeting was held the first Monday in April, with 15 staff attending. Introductions, an overview of what Becoming A Healing Organization work models are, a couple of mindfulness practices, and a plan for the next month: the group was asked to read the shared resources in Lucy's folder. The second meeting was May 5, with people selecting a “working group” they felt was a fit at this time and then discussion of a plan of action for next school year.
- Presented the Mindfulness & SEL for Antiracist Practices workshop at the first Friday opt-in session in April, with multiple extremely positive reviews. Co-presented the; Nutrition Justice workshop again with student wellness partners at the April Health Resource Center partner meeting.
- Began the preparation for the National Community Schools conference workshop presentation: Caring for Staff = Caring for Students, scheduled for the last Thursday of May; also invited to join the district leadership team workshop presentation to guide a grounding mindfulness practice at the beginning of their workshop.
- Policy implementation: food in buildings and nutrition services systems conversations with district and site administrators
- Facilitation a yoga session for the high school track student athletes.



- Continued alignment and collaboration between departments and programs is happening and growing:
 - Prep for summer and SY2526 PD training for the June Leads Retreat, the new hire orientations, the all-staff mandatory video trauma training project (with Shel, Olivia and Lucy), the potential for continued

and scaled trauma training sessions in 25-26, as well as the group planning the first Friday PD sessions for 25-26

- City collaboration: Bike Bash; Health Fair; potential grant project for outdoor access