



Brooklyn Center Community Schools Wellness Committee Meeting Agenda 11.19.25

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

In attendance: Mary E (staff), Mykella A (community member), Toni E (staff), Renee S (staff), Jackie B (Henn Co partner), Anthony T (staff), Shel A (staff)

- Land acknowledgement, mindfulness grounding, introductions
- Grant Projects
 - MnDOT SRTS Coordinator grant - Mary
 - i. 1. Safe Routes strategic planning: contract is completed now and kickoff meeting is Nov 25 at 3:15
 - 1. Jackie asked to be invited to the meeting
 - ii. 2. Fall programs recap: Walk to School day event at BCE in Oct. with student greeters; Remote Bus Drop and Walk at BCS in Oct.; Ruby Bridges story walk at BCE in Nov.
 - iii. Free Bikes For Kids program: giveaway for families and community will be in Dec, possibly aligned with the Toys for Tots event
 - 1. Shel will support the communications, especially the staff recruitment to support the community give away event
 - iv. 3. Walk, Bike, Fun training upcoming: first of three sessions on Dec 5 at the 10am opt-in PD session
 - 1. All supervisors are encouraged to invite their team members to participate and get certified to be able to use the district bikes with students
 - v. 4. Save the date - Winter Walk day Feb 4
 - SHIP - Jackie
 - i. SY2526 funding
 - 1. Student wellness plan: Playworks contract is complete to continue recess access at BCE!
 - 2. Staff wellness funding in conversation: Cathy Rude retiring Dec 1 after 15 years with the county (and over 13 years partnering with BCCS); Kelly H will continue to support BCCS with Health@Work (employee wellbeing) programming and will also transition into more support with school health for BCCS, along with Jackie
 - a. Jackie, Kelly and Shel will be meeting in the next month or so to continue the staff and student wellbeing funding and project alignment; Kelly will be invited to the every other month BCCS wellbeing committee meetings
 - b. Jackie and Shel are interested in exploring support for Nutrition Services and nutrition access for students
 - 3. Fresh Fruits and Vegetables Program USDA grant - Shel: Menu is done through Jan, and the BCE and Early Learning administration has collaborated with Nutrition Services for classroom distribution implementation and it continues to be tweaked to accommodate classroom needs; The Feb - May menu will be done by the new Nutrition Services manager, once they are established; Shel and the new manager will collaborate on the next application process when it opens in April
 - a. Staff have shared stories of student's appreciation for the fresh fruits and vegetable snacks
 - 4. Full Tray MDE grant - Shel: Angie applied for a second, concurrent grant, waiting for response (attempting to use the funds from the first round to supplement the school lunch produce needs for 25-26

- Medica - Shel
 - i. Appointment-based wellness services: find the start of SY25-26 data at the top of the Program Updates and Notes below (the program is thriving)
 - ii. Dec chair massages: scheduling is happening with the contractors and the school sites for the week before winter break
- Classroom mindfulness with Inner Explorer - Anthony: classroom access to mindfulness “curriculum” in the form of videos; more convenient staff sign in now through Clever and BCE is assigning one classroom teacher per grade to initiate engagement; a re-rollout happening on 12/5, during the 10am PD opt-in session; considering the opportunity to incorporate the program in the Panorama SEL data collection
- Grow BCCS / outdoor spaces - Renee:
 - i. The micro forest at BCE is planted! Family/community event, as well as 5th grade classes, through Renewing The Countryside partner
 - 1. 5th grade classes also received a eco-system classroom lesson with the partner
 - ii. Four 2nd grade classes participated in the third annual planting along the Excel corridor (in collaboration with the city) this year; plans for them to return in the spring and explore the growing process
 - iii. Carolyn F. has been facilitating the scope, sequence and implementation process at BCE and enhancing the growth
- District Collaboration and Programming (9:15 - 9:30)
 - Health Services/ Health Resource Center - Renee: Tobacco Free Alliance vaping and tobacco PD during the 12/5 opt-in session
 - Healing Centered Steering Committee - Shel and Anthony: Overview of the shift from “Becoming A Healing Organization” to this year’s “Healing Centered” work; explained the three sub-groups:
 - i. Clear and Care Protocol (Josh) - staff and stakeholder communication / interaction
 - ii. Fueling Genius quadrant framework (High Warmth / High Structure & Demand) (Shel) - incorporating research and links within the quadrants for resources and tools to move/maintain in the HW/HS quadrant more consistently
 - iii. Data (Anthony) - meaning-making and action steps per existing data collection and groups
 - 1. Mykella offered an equitable data toolkit and resources to Anthony
 - Community Schools / OST - Shel and Renee
 - i. Wellbeing campaigns updates and implementation: Shel updated the Code Green environmental wellbeing content for implementation in classroom lessons and for OST student groups; a BCS OST student group will be utilizing the program in the next session beginning on 12/1
 - 1. Shel will be updating the Screen Skills campaign next for similar implementation
 - ii. Renee introduced the Magpie reading pilot program plans: evidence-based reading program app on iPads for k-3 OST at BCE, in collaboration with C&I
 - PD training schedules and topics - Shel: Update on the trauma training series with Anthony and Shel, explaining the “boundaries” topic connection, as well as the nature/environment connection for the last two sessions in the second half of the school year
 - i. Shel will be presenting the Mindfulness and SEL for Anti-racist Practices workshop at the 10am opt-in session 12/5 and Anthony will facilitate the online platform for the hybrid version
 - ii. Discussed the eight dimensions of wellbeing workshops coming up for the RP, AP and possibly clerical groups
- Closing: **Next meeting: Thursday, January 15 Time: 8:30 a.m.**, virtual (Zoom link: <https://us02web.zoom.us/j/83425660857>)

Other Program Updates and Notes:

- Seven additional staff had first-time wellbeing sessions in the month of October; all seven have or are creating recurring scheduled appointments; 64 total appointments, over 18 days in the month of October, for an average of 3.5 appointments per day; 238 total appointments FY to date
- Facilitated the weekly online Midweek Morning Mindfulness sessions and the weekly afternoon hybrid group yoga classes on Tuesdays; recorded and provided the video links for asynchronous participation for all of the sessions; live attendance ranged from 1 - 6 for the mindfulness sessions and from 1 - 7 for the group yoga classes in October
- All of the wellbeing focus action plans per department/site/team across the district are completed with the admin teams and are posted on the website (CE, BCE, BCS, ECA/ISMN, Ops); all include wellbeing staff PD schedules and employee wellbeing resources and supports communications
- Both the in person and the online Employee Wellbeing Benefits Fair events were implemented; the Memorial Blood Centers blood drive exceeded the minimum number of donors for the event (and the organization has asked to return next year); the photo booth was popular and exceeded the number of expected participants; the vaccination appointments exceeded the minimum number of appointments; the chair massages were constantly filled; the online staff were engaged and participated throughout the event
- Wellbeing programming supported the planning and implementation of the BCS Student Wellness Takeover Day event, including facilitating two breakout sessions on School Culture: Self Care vs. Collective Care, with over 90% thorough participation from the middle school and the high school students and supervising staff
- Wellbeing professional development training and workshops:
 - Co-presented the Employee Wellbeing and Benefits workshop PD with other Employee Experience Team members for the first Friday PD day opt-in session in October.
 - Continued to prepare the second Trauma Training session, scheduled to begin being presented in Dec.; attended the first Trauma Training session, presented by the Behavior and Mental Health Supervisor
 - i. Continued to collaborate with department and team leads to get schedules completed for all staff groups to attend all four training sessions during SY2526
 - Coordinated with the ECA/ISMN AP to create the schedule and topics outline for four “mini staff wellness workshops” throughout the school year
 - Coordinated with the Director of Ed Equity and the RP Coordinator to create the schedule and topics outline for four staff wellness PD trainings throughout the school year
 - i. Completed the content research and creation for the first session, to be presented on 11/21 for ECA/ISMN and on 12/5 for RP
 - The Mindfulness and SEL for Antiracist Practices (first Friday Dec opt-in session) workshop has been reviewed and updated, and is ready to present, along with the companion handbook
 - The Nutrition Justice in Education workshops (all BCE staff), is being updated to be presented in Dec. with Debbie and possibly Megan (and again during the Jan first Friday opt-in PD session)
- Presented at the Hennepin County Health@Work quarterly session on the BCCS workplace Rest Campaign, to local workplace wellness coordinators
- Co-facilitated the first of the SY2526 Healing Centered steering committee meetings in Oct and Nov: co-created the agenda and committee action plans for the year
- Completed and submitted the Healthy Meals Incentives final grant report and attended the grant-end online celebration; collaborating with the finance department to get the final budget report and reimbursement request completed and submitted
- Created and distributed the FFVP nutrition education content for all BCE and Early Learning classrooms; collaborated with BCE and Early Learning admin teams and Nutrition Services on the snacks distribution plan
- Collaborating with C&I to explore BCE meal schedules for 2026-27: hot breakfasts? some classes breakfast in the cafeteria?
- Completed the HeartMath Experience for Professional Implementation online training course
- Collaborated with school site admin teams to schedule staff outreach time for Good Human Work and BCCS Wellbeing internal services meet and greet / presentation and mini-practice session
 - BCE is scheduled for next week; ECA/ISMN will be added to the Jan mini wellbeing PD session; working on adding to BCS and 5910 staff PD (possibly at the end of a trauma training session?)