



Brooklyn Center Community Schools Wellness Committee Meeting Minutes 1.15.26

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

In attendance: Jess Pena (staff), Madeline Anderson-Sarno (staff), Kella Auld (community member), Debbie Erickson (staff), Shel Auld (staff)

- Names and position with pronouns option (shared space personal information agreement)
 - [Land acknowledgement](#) practice; collective mindful moment (heart-centered lock-in)
- Grant Projects
 - MnDOT SRTS Coordinator grant - Mary
 - i. Safe Routes strategic planning process: adjusting timeline due to the need to support and protect families and staff during the ICE invasion in the Twin Cities area; next step of the process is engagement (surveying families and staff about the opportunities to use Active Transportation in the community)
 - ii. Walk, Bike, Fun training updates: two staff engaged so far (h.s. PE and EL elementary teachers)
 - iii. Winter Walk day plans: Walk AT School day event during the school day, focusing on physical activity benefits
 - iv. Renewed partnership with No Memorial Safety and Prevention unit: SRTS connections, as well as helmet give-away and fittings and car seat fitting
 1. They also want to bring Stop The Bleed training to the district: Debbie will take lead and Shel will support
 - SHIP - Shel (for Jackie and Kelly)
 - i. SY2526 funding
 1. Student wellness project: Playworks, Henn Co and BCCS met yesterday; project kicked off yesterday with 17 BCE students registered for the OST junior recess coach program and will receive the training, then be assigned to support younger grades at recess as ready
 2. Staff wellness funding in conversation: Jackie, Kelly and Shel are scheduled to meet the first week of Feb to discuss project options; Henn Co assessments show employee nutrition could be a focus (internal options are likely limited); discussed nutrition guidelines, along with other possible staff wellbeing needs
 3. Hennepin County interests and plan (tabled until next meeting, for Jackie to share)
 - Medica - Shel
 - i. Appointment-based wellness services data update (see data below under “program updates”)
 - ii. Promote Good Human Work and AllOne Health: Shel is pushing out in newsletters and staff weekly emails; requesting support to spread the messaging
 - Nutrition Services grants / projects - Jess or Shel
 - i. Introduce Jess, Nutrition Services Manager, and updates
 - ii. Fresh Fruits and Vegetables Program USDA grant + nutrition ed classroom lessons: BCE; received additional funding in the past month for this school year; Jess and Shel will collaborate with next year’s programming plan, as she applies this spring
 - iii. Full Tray MDE grant; received the second round of concurrent funding (Angie applied in the fall)
 - iv. National School Breakfast, Lunch and OST programs: possibility of more BCE grades receiving breakfast in the cafeteria next year, with further movement of menus and recipes to more nutrient dense foods and meals

- Grow BCCS / outdoor spaces - Shel (for Renee): Shared the FRR Needs flier, per Renee's request; Reminder for all staff to use the Community Connection form for
- District Collaboration and Programming
 - Health Services/ Health Resource Center - Debbie and Madeline
 - i. Odom going from two days per week to one day week in mid Nov.: HRC open days T, W, Th (T & Th at BCS, W at BCE)
 - ii. 600 BCE students through vision screening
 - iii. Lion's support for auditory screening
 - iv. Vaccinations report has been submitted
 - v. Health Services staffing capacity and concerns (lost 3 positions), making the scope of phone calls difficult
 - Healing Centered Steering Committee - Shel: The co-facilitators pivoted this month's meeting yesterday afternoon to a dialogue and gathering data around the rhythms and responses already embedded in the district crisis response (specifically the ICE invasion and murders and harm in the past month in Mpls), as well as gaps and specific planning suggestions for filling the gaps
 - i. The next meeting will be in March, as a work session
 - PD training schedules and topics - Shel: See list in "program updates" below
 - i. Community Schools / Wellbeing updates (OST campaigns, implementation, etc.): tabled
- Closing: **Next meeting: Thursday, March 19 Time: 8:30 a.m.**, virtual (Zoom link: <https://us02web.zoom.us/j/83425660857>)

Other Program Updates and Notes:

- Staff wellbeing appointments: Total of 318 appointments during Q 1 and 2 of FY2526 (Jul 1 - Dec. 31), on 95 dates, for an average of 3.35 appointments per workday. To date, there are 21 "new" staff participating in 25-26, for a current total of 53 unique staff. First-time staff have been added every month, September - January. Jul - Dec of 2024 = 119 total appointments, for an increase of 267% year to date.
- Compiled the above data into a spreadsheet report and submitted it with a completed data artifacts form for the continuous improvement actions with the Educational Equity team.
- Coordinated workday chair massages with two therapists, for two - four hour sessions at each of the three district buildings. Over 100 staff received a short massage, with all of the available times filled except for 17 (all of the times filled at BCE).
- The mindfulness and group yoga sessions will pause until the beginning of March, to allow staff to navigate the semester break. The spring sessions will be 10 weeks, from March 3 through May 12 (no sessions during spring break). The mindfulness practices will only be available as on-demand videos, recorded in batches in advance and then sent out one per week to all staff groups.
 - The weekly online mindfulness sessions ended before winter break; the video recordings of all twelve sessions are posted on YouTube and continue to get views. To date, the views range from 5 - 23, with all videos having multiple views; the weekly attendance ranged from 1 - 8
 - The weekly group yoga sessions ended on January 13. Attendance ranged from 1 - 8, with a blend of in person and online. The video views range from 1 - 13, with all videos having at least one view.
- Taught four yoga movement sessions for high school PE classes, one per week from the end of November through winter break
- Facilitated four staff PD training workshops:
 - Mindfulness and SEL for Anti-racist Practices for the December first Friday PD training opt-in session.
 - Trauma series session #2 for all Alternative Programs staff, the D.O. staff and all BCE staff;
 - Nutrition Justice in Education workshop for all BCE staff and again for the January first Friday PD training opt-in session
 - Eight Dimensions of Wellbeing for School Culture session #1 in December and session #2 in January for all district RP staff and all Alternative Programs staff; each session was recorded and made available for all BCE hourly staff asynchronous training sessions

- New Hire wellbeing PD was pivoted to asynchronous materials and activities (due to the ICE murder, disruptions and harm)
- Clerical group Fueling Genius quadrants input
- PD workshops in research and development, final creation, or revision stages:
 - i. Eight Dimensions of Wellbeing for School Culture session #3 for RP and AP (and BCE hourly asynchronous);
 - ii. Trauma training session #4, Environments and Nature
 - iii. February opt-in session, "Wellbeing: A Culture of Safety, Belonging and Care"
- Continued the exploration and planning of BCE nutrient-dense breakfasts scheduling with the C&I team, admin and Nutrition Services, with moving more grades into a cafeteria breakfast
- Participated in the state-level Children's Outdoor Bill of Rights Nature for Mental Health resources development and the MDE Global Flavors Handbook development
- Began a Sound Healing certification training (certified levels 1 and 2 practitioner); the education, resources and skills will be integrated into the employee wellbeing services, the group yoga classes and community wellbeing events.