



Brooklyn Center Community Schools Wellness Committee Meeting Minutes 3.19.26

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

- Present: Yazmin Guzman Gonzalez (staff) , Mykella Auld (community member), Kelly Harjes (partner), Shel Auld (staff), Renee Starr (staff), Toni Edwards (staff), Jackie Billhymer (partner), Mary Edmunds (staff), Jess Pena (staff), Madeline Anderson-Sarno (staff)
- Grant Projects
 - Grow BCCS - Renee
 - i. Announced the Sen Klobuchar and Rep Omar proposal for 1.5 million in funding for BCE community schoolyard project has been approved
 - 1. Celebration kick off scheduled for May 28, 3:00 - 5:00; expecting construction summer 2027
 - ii. Every Kid Healthy Week / Earth day
 - 1. Micro forest community event on April 25 at BCE
 - 2. Hennepin Co Green Partner grant (middle and high school enrichment classes) event at BCS, focusing on sustainable agriculture, climate justice, nutrition justice, etc.
 - 3. BCE 5th graders worm project with partners, including Renewing the Countryside
 - 4. Jess and Shel will coordinate an Earth day menu for all schools, highlighted during Every Kid Healthy Week
 - a. ECA hydroponics program through the U of M grant is “growing salads” (Wednesdays, 11 - 12:30)
 - MnDOT SRTS Coordinator grant - Mary
 - i. Safe Routes strategic planning process; grant timeline update; focus group
 - 1. Request for all to use [the online map and take the survey](#)
 - 2. [Complete the form to indicate availability to participate in the focus group](#)
 - a. Suggestions to coordinate with Toni and Yazmin for student engagement in the focus group and the survey (if paper is available) opportunities
 - 3. Save the date: May 1, 12 - 4:00, Strategic planning meeting in the D.O board room: email medmunds@bccs286.org to join (in person)
 - 4. MnDOT has approved the continuation of the BCCS SRTS Coordinator grant for a fourth year (due to programming disruption in Jan and Feb due to ICE presence); BCCS will be moving to a part-time position, but year round to allow for complete project implementation and sustained internalization within district systems
 - ii. Walk, Bike, Fun training updates
 - 1. The final training for SY2526 is April 3, including skills and drills, and the group bike ride; there are a few staff again who will complete the full training this year and receive the certificate of completion, to be able to use the bike fleet with students
 - 2. More training happening again next year
 - iii. Bike to School Day plans; spring projects update
 - 1. Anything outdoors? Focus on on-campus options only?
 - 2. Yazmin suggested a No Miss Gateway ride for ECA students during enrichment
 - 3. Toni suggested a “wheel event” at BCS (receiving more bikes from the PD in May); Shel mentioned another Remote Bus Drop and Walk, allowing for more adult/staff presence along the route with students

- a. suggestion to check the city ordinances regarding median crossings (student presence/standing)
 - 4. All BCE grades participating in a bike curriculum unit through the month of May
 - Nutrition Services grants / projects - Jess
 - i. Fresh Fruits and Vegetables Program USDA grant + nutrition ed classroom lessons
 - 1. Current budget projections indicate continuing the program through the end of the school year, for snacks on T, W, Th
 - a. Jess indicated videos may be a match for some of the nutrition ed activities content prepared for teachers (Shel requested access)
 - 2. Snacks during the school day conversations for SY2627: Shel, Jess, Debbie and Tammy continuing to work with site administrators, specifically with staff, teachers education around nutrition justice and food service
 - a. Shel and Tammy are working with administrators to ensure staff PD is scheduled and prioritized for the start of SY2627 (full training for BCS; review for BCE)
 - b. Additionally, school cultures, especially staff modeling need narrative changes to encourage students to eat school lunch (“united front”)
 - i. Madeline offers students the perspective: “Lunch will not be free for you when you graduate.”
 - ii. Full Tray MDE grant: 26-28 application has been approved, allowing for \$25,000 (with district match) for Farm to School procured menu items
 - iii. SY2627 updates; Nutrition Standards updates meeting on April 13, 3:45: [Complete the form to indicate availability to participate](#)
 - 1. Jess is interested in student input on the menus: Madeline mentioned a possible group with which to connect
 - a. Planning an one-day menu in April of all “student favorites” (need a process to collect student votes); and another in May of “cooks choice”, based on what students usually request from cooks.
- Health Services/ Health Resource Center - Madeline
 - i. BCS clinic has been busy with sports physicals, as well as sexual health visits, both with Park Nicollet and with Annex
 - ii. Hearing tests happening at BCE, sometimes with two, or even three tests for some students to confirm results
 - iii. Debbie and Madeline working on both tobacco and vaping awareness and prevention campaigns throughout BCS and with fifth grade at BCE
- Medica - Shel
 - i. Appointment-based wellness services data and group sessions update
 - 1. Sustainability: scheduling adjustments for SY2627
 - 2. Current participation data in program updates below
 - ii. Staff appreciation week
 - 1. Scheduling chair massages again for all three sites
 - 2. Brainstorming other staff-supportive options for no-cost
 - 3. Presentation, meal and mini-vendor fair on May 1
- SHIP - Jackie, Kelly
 - i. SY2526 funding
 - 1. Student wellness project: Playworks project and contractors in implementation
 - 2. Staff wellness funding in conversation: discussions so far have focused on nutrition and food (education, access, culture narratives - the power of staff modeling and influence, etc.); and on menopause
 - a. Update after meeting: Tammy and Shel agree menopause is top of list currently and are connecting with the Employee Experience team to discuss options
 - b. Also discussed in meeting: a staff hands-on experience in the kitchens with nutrition services staff to learn about the process and to create relationship-building opportunities

3. Hennepin County interests and plan: continuing to work through the process to convert to five-year funding cycles

- District Collaboration and Programming - All of the following tabled until the May meeting:
 - Healing Centered Steering Committee - Josh and Anthony or Shel
 - i. Trauma / mental health training, resources
 - Community Schools / Wellbeing updates - Renee and Shel
 - PD training schedules and topics - Mykella and Shel
- Closing: **Next meeting: Thursday, May 21 Time: 8:30 a.m.**, virtual (Zoom link: <https://us02web.zoom.us/j/83425660857>)

Other Program Updates and Notes:

- 56 unique individuals so far (including small amount of staff turnover from SY2425); 427 total number of sessions through Feb (SY2425 = 397 for the full year); 3.9 average sessions per appointment days (3.35 per date for Jul - Dec & 4.5 per date for Jan - Feb)
- Co-presented updates on district strategic goal #3 to the School Board with the other two co-facilitators of the Healing Centered work in March
- Collaborated with a high school teacher and the Mental Health and Behavior Supervisor to co-present in all five classes on mental health, emotional wellbeing and impacts between brain and nervous system; created content and implemented nervous system coherence practices for students to experience
- Continued updates on previous wellbeing campaigns for implementation through OST, and in classrooms
- Coordinating the schedules for workday chair massages with two therapists, for two - four hour sessions at each of the three district buildings during staff appreciation week at the end of April
- Adult group yoga sessions began again in March. The spring sessions will be 10 weeks, through May 12 (no sessions during spring break).
- Mindfulness practices will only be available as on-demand videos through the spring. Videos will be recorded during spring break and then made available to all staff groups through April and May.
- Taught a yoga movement session for student athletes in spring sports
- Supported staff immediate-care needs and services for grief support, following the loss of a colleague
 - Continued communications for and encouraged use of the employee wellbeing services: EAP, GHW, internal appointments through group communications, individual, and encouraging administration support
- Facilitated four staff PD training workshops:
 - Nutrition Justice for January and Culture of Safety, Belonging and Care for February first Friday PD training opt-in session.
 - Co-presented trauma series sessions #1 and 2 combined, for all Operations department teams and all BCS staff and admin;
 - Eight Dimensions of Wellbeing for School Culture session #3 in February for all district RP staff and all Alternative Programs staff
 - PD workshops in research and development, final creation, or revision stages:
 - i. Eight Dimensions of Wellbeing for School Culture session #4 for RP and AP
 - ii. Combined trauma training session #3 and 4, Environments and Nature
 - iii. April opt-in session, Arts Integration with Wellbeing, co-creating and co-presenting with C & I
 - Began initial collaboration with a community partner (and wellbeing committee member) for a four-part staff PD training series for SY2627: Community of Care, which will include coaching options between the training sessions
- Continued the planning of BCE nutrient-dense breakfasts scheduling with the C&I team, admin and Nutrition Services, with moving more grades into a cafeteria breakfast
- Facilitated the conversations with instructions for school administration teams around food service during the school day: breakfasts in the cafeteria for BCE students in SY2627 and elimination of snack selling at BCS, as well as non-Smart Snacks foods during the school day

- Continued participation in the state-level Children's Outdoor Bill of Rights Nature for Mental Health resources development
- Completed 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.