



Brooklyn Center Community Schools Wellness Committee Meeting Minutes 9.17.26

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

- In attendance: Mykella A (community member), Madeline A-S (staff), Kelly H (community partner), Mary E (staff), Yazmin GG (staff), Jackie B (community member), Josh F (staff), Debbie E (staff), Shel A (staff)
 - [Land acknowledgement](#) practice
 - Collective mindful moment
- Grant Projects
 - MnDOT SRTS Coordinator grant - Mary
 - i. On My Way curriculum will be offered as a staff professional development workshop by Bike MN at the October 2 PD day
 - ii. October 7 Walk To School Day events: BCE, 7:15-7:45, morning greeting at the campus entry points (volunteers welcome!); BCS, 8:15-8:45, Remote Bus Drop and Walk along Dupont (volunteers needed!); ECA, mid-day, student surveys and promotional and educational resources
 - iii. October National SRTS Conference in Mpls: 5 BCCS staff attending; BCCS is hosting a mobile workshop at BCS in the morning; engaged staff or partners available to support the gallery walk are welcome
 - iv. SRTS site annual focus areas: BCE implementing a Walking School Bus program on Friday afternoons, utilizing staff leads through the fall; BCS continuing promotional events in the fall and spring; ECA exploring bike storage options, and Mary offering presentations for students, and Yazmin planning on the bike fleet use at least twice in the spring
 - v. District SRTS strategic plan update
 - SHIP - Jackie and Kelly
 - i. SY2526 funding: proposing Nutrition Services events, school health + employee wellbeing combined project; Shel to submit written proposal in Oct, for up to \$5000, and including supplies, promotion, and nutrition education (output: increased student AND staff engagement in District Nutrition and school meals, with increased staff promotion of school meals to students)
 - 1. Jackie attending the Oct. 2 employee wellbeing and benefits event: will promote the nutrition-focused project, utilizing an engagement activity with few staff feedback questions (Shel and Jess will draft a couple of questions, send to Josh for editing and then to Jackie for use)
 - ii. Community Schools grant proposal for \$20,000 accepted for Youth Wellbeing Leadership; Goal to move student research into action, promote wellbeing-related work opportunities, and includes stipends for student workers
 - 1. Debbie and Shel interested in supporting and collaborating with the staff and student project leads
 - iii. Invoice due to Henn Co at the beginning of October: Shel reminded Jess to complete the food orders the week of Sept 21 for the staff event so Shel and Brittany can generate the invoice the week of Sept 28
 - Medica - Shel
 - i. Schedule adjustment in place for SY2627: Mondays at BCE; Tuesdays at BCS; Wednesdays and Thursdays at 5910
 - ii. Wellbeing Benefits Fair planning (vaccinations, local business donations, bloodmobile, vendor fair)

- iii. Group yoga sessions begin in September; on-demand guided mindfulness videos series will kick off the end of Oct for a 8-week series
- Nutrition Services grants / projects - Shel (for Jess)
 - i. Events planning: Jess and Shel are collaborating on a schedule of monthly taste tests for students, Oct - May, and for staff, Jan - May (and also Sept, Oct)
 - 1. Jess is also requesting family recipes to compile into a collection to be available for district stakeholders distribution, as well as utilizing any possible options for school meals; idea offered to have classes submit designs for a project cover
 - 2. Shel will continue to provide monthly nutrition ed activities and lessons for all BCE classes to implement with the Wednesday weekly veggie and fruit snacks: Harvest of the Month free resources to utilize with the taste tests and the nutrition education in the classrooms
 - ii. Grants: Full Tray MDE; strategic funding plans (Not covered)
- Grow BCCS; Wellbeing & Community Schools/Engagement collaboration - Not covered
 - i. School year events: Centaur Block Party, student wellbeing programs
- Health Services/ Health Resource Center - Debbie and Madeline
 - i. HRC updates, start of school year plans: medical doctors. school year schedule is T - TH at BCS and W at BCE, as well as regularly scheduled dental and vision doctors, and 4 - 6 mental health providers in the HRC; BCE vision screening on 9/23 for 700 students; district enrollment team added dental services to promotions in the community and Madeline is processing 400 new forms
 - 1. This is the last year of the Park Nicollet partnership (~20 years) and the district is searching for funding for a continuation or new partner to sustain the HRC; Odum may be an option; Debbie and Jackie B will meet to discuss other possible options
- District Collaboration and Programming
 - Triennial Local Wellness Policy review process - Shel will send communications at the end of October for stakeholders to opt into the process and the group will initiate the policy review and possible updates process; likely 3 meetings, Nov - Apr, updates submitted to the board by May for approval and implementation over the summer of 2027
 - SY2627 PD "course" training + specific wellbeing topics invitations - Not covered
 - Continued program [strategic plan action steps](#) implementation, year two - Kella
 - i. Plan to continue building on collaborations and increase the de-siloing work of wellbeing initiative and programming implementation across all district departments
 - ii. Reminder stated that tweaking the actions steps and overall plan by year three is expected, and a positive sign of acknowledging the natural changes of organizations over a few years time, and the adaptability to accommodate the updated needs and interests
- Closing: **Next meeting: Thursday, November 19 Time: 8:30 a.m.**, virtual (Zoom link: <https://us02web.zoom.us/j/83425660857>)

Other Program Updates and Notes:

- Completed the transition to the new appointments schedule and process: one site per day; appointments scheduled per email communications; generally one appointment per month per person
 - Appointments per week average initially dropped through August and began increasing again from the start of the school year; average per week currently at 12 sessions, with the projection to continue to increase into October
- Engaged in two half-day Restorative Justice Council planning sessions, supporting the processes development for the school year
- Updated all of the employee wellbeing promotional fliers and reposted throughout all of the buildings prior to the school year start; Prepared all relevant wellbeing fliers (6) for back to school and open houses, both for staff and for families, including the new district nutrition services snacks order list and the Spanish translation; collaborated with Health Services to have the content available at the school site open house table stations

- Managed the BCS serenity space location move, including moving the majority of the furniture, as well as set up and rearrangement of both BCS spaces. Collaborated with the Operations department to complete inaccessible tasks; Completed the supplies orders, created written and posted informational content and managed and communicated the set up of the new Nurture Nook rooms in each building; Ordered supplies, rearranged furniture and supplies and set up the two new “services spaces” at BCE and BCS for staff wellbeing appointments
- Continued planning the October Employee Wellbeing and Benefits Fair event, including partner invitations and coordination, blood drive coordination and communications, procurement of door prize donations; creation of promotional fliers for staff, collaboration with Nutrition Services for the breakfast foods
- Requested time from site and department administrators (4) and received invitations (6) to present workshops and/or staff development at all four school sites and multiple staff groups. Collaborated with site admin teams, district directors and staff groups to schedule all ten presentations; created all 10 slide decks, curated all activities and prepared all supplies.
 - BCE (2): Co-facilitated school culture workshop with A.T + Program Review and Updates
 - ECA (1, +): Program Review and Updates + invited to support the community agreements process
 - BCS (3): Nutrition Justice in Ed with D.E. and J.P. + Warm Demanders with A.T. + Program Review and Updates
 - Ops (2): Appreciation and Coherence for Collaboration + Program Review and Updates
 - ISMN (1): Review and Updates, with online-specific resources / activities
 - Support Professionals Union Group (1, two hours): Building a Culture of Care course, session one
 - Supported the communications process for the course schedule for this pilot group, across the district:
 - Session two on Oct 2, 12:30 - 2:30: development and creation in process
 - Session three on Feb 5, 12:30 - 2:30
 - Session four (final) on May 7, 12:30 - 2:30
 - Collaborated with J.F. on necessary district assessments to include in the first session, as well as the associated assessments for the next three sessions
- Continued updating the Screen Skills wellbeing programming, intending to be used throughout BCS this school year as a support for student cell phone use reduction
- Returned to weekly and monthly communications processes for school site all-staff emails and district newsletters, including drafting the “From the Desk” articles (continuing the body image theme series)
- Completed the third and final module of the “Healing Solutions” level one of training, including the test, and began the first of the five modules for level two.