Introduction:
The Brooklyn Center Community Schools Wellness Committee (WC) strives to support the District Mission Statement and Core Values. Through focus on personal wellbeing, the WC considers knowledge, life-skills, and global perspectives for individuals to contribute to society and respond to the needs of an ever-changing world. Policies and programs are created to build mutually respectful relationships, honor the intrinsic value of individuals and our community’s diversity. The WC supports the concepts that the goal of high expectations for reaching one’s highest potential, and collective strengths leads to personal fulfillment, opportunity and success. Equity is at the core of the WC’s work, and partnerships are vital to benefit all. The WC works towards a holistic balance for individuals to thrive.

General Summary Across Multiple District Sites:

Highlights
- Despite distance learning due to COVID19, program and activity offerings continued for students, staff and community
- Multiple staff-suggested activities were implemented to meet specific needs, resulting in strong participation
- Virtual programming resulted in long-term electronic resources that have had local and national participation

Room for growth
- Withholding physical activity as a consequence needs to be addressed
- Noncompliant foods or beverages continues to be offered to students from staff, families and community
- Overall awareness District Wellness Policy #533 components by all staff members

District Office:
The District Superintendent and the Human Resources department have been instrumental in the support of the District Wellness Policy and programs across all sites. This site was continually on the forefront of modeling the use of Smart Snack compliant foods and beverages. There is a mindset that food and beverages are necessary for meetings and gatherings regardless of duration.

Brooklyn Center Elementary STEAM School:
All site administration attended mindful movement trainings. A majority of the classrooms utilized physical activity breaks. Inconsistencies continue with the withholding of physical activity as consequence, staff gathering food options, and distribution of noncompliant food for celebrations.

Brooklyn Center STEAM Middle and High School:
The mindful movement program developed peer mentors in the seventh grade. Student mental health needs were addressed, following proper procedure, including during distance learning. Noncompliant food distribution continues through incentives, celebrations and food sharing. Part of this is due to a convenience store in close proximity.

Brooklyn Center Early College Academy:
There was a concerted effort to promote Farm to School and nutrition education for students. There was an expansion of the mindful movement program. Specific nutritional education for students and staff may benefit overall perceptions regarding meals, snacks and portion sizes.

Concluding Remarks:
The work of the WC continues to show growth in dispersing wellbeing knowledge and resources. Staff at all sites need the mindset that food does not need to be included at all meetings or events. Equity across student, staff, family and community engagement will be a focus for the WC in the coming year. Whether in person or virtual, the WC’s work will build a community of wellbeing through the dimensions of wellness (emotional/mental, intellectual/creativity, social/cultural, physical, environmental, mindfulness/inner self, occupational/career and financial).

Projects and Goals for 2020-21:
- Federally-mandated triennial Wellness Policy revisions
- Resource to support alignment of Social Emotional Learning, antiracism practices and mindfulness
- Inclusivity and equity policy development
- Completion of professional development certification program, Holistic Health Coach by March, 2021
- Grow engagement of students, family and community members on the Wellness Committee or in programs
**General Summary:**
- Total number of unique wellness opportunities in 2019-20
  - 4 events (Wellness Benefits Fair, Fall Festival/Hispanic Heritage, Dig Pink, Walk to School Day)
  - 5 challenges/campaigns (Hello Hallways, Gratitude, Self-care/Stress Management, Step To It, Consumerism)
  - 15 courses (in-person and virtual mindfulness programs, physical activity classes, nutrition ed, etc.)
  - 4 on-going initiatives (NeoPath screenings, weight room access, YouTube video library of wellbeing resources, etc.)
- Participation numbers (attendance programs only)
  - 965 total attendance markers across programs (compared to 466 in 2018-19)
  - 201 total attendees across all programs
  - 121 non-duplicated participants

**Student Reach:**
- Walk to School Day (BCS)
- Dig Pink event collaboration with Centaur Volleyball
- Fall Festival/Hispanic Heritage event collaboration with Family and Community Engagement
- Gratitude Campaign
- Mindful movement breaks in class
- Yoga and mindful movement videos during distance learning (all wellbeing videos and tutorials on YouTube channel)
- Bike fleet in middle school Phy Ed classes
- LifeTime Foundation/Chef Ann Foundation Harmful 7 project

**Highlights:**
- Created virtual and video programs for students, staff and community members during COVID19 quarantine
- Feedback from staff and family/community members on the year-end survey:
  - So grateful for the wellness program that offers a variety of programs for staff, students, and families!
  - The instructors are great!
- Recognition on the Action For Healthy Kids national website for the distance learning mindful movement resources
- Presented virtually on the Coalition for Community Schools National Summit, “Building a Community of Wellness”, as well as at two state-wide conferences and on a national webinar.
- Growth of mindful movement programming in all schools, particularly EBES. Evaluation data:
  - 90% of staff and students surveyed report a greater sense of calm when they participate in mindful movement practices. 86% are aware of decreased stress in their body and 77% responded that they “recognize more empathy for those around them”.
- Additional collaborators and Wellness Champions within the district, beyond the Wellness Committee members
- Combining the Wellness Day and the Benefits Fair events, and inviting families and community members

Also available upon request: Wilder data analysis for the Healthy Neighborhood Connection; mindful movement staff and student survey data; CDC grant storyboard; Adult Enrichment Wellness programs survey data; policy implementation evaluation rubrics; 20-21 school sites Wellness Policy Action Plans. Brooklyn Center Community Schools does not discriminate on the basis of race, color, creed, religion, national origin, sex, marital status, gender identity and expression, disability, age or status in regards to public assistance in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.