Who We Are

Brooklyn Center Community Schools (BCCS) is a small suburban school district located near Minneapolis. As a Community Schools district, we value our tight-knit community and all that it offers. A full-service community school is both a place and a set of partnerships between the school and other community resources. Our integrated focus on academics, health and social services, youth development, and family and community engagement leads to improved student learning, stronger families, and healthier communities.

Formed in 2008, the BCCS Wellness Committee has shifted its focus over the years to align student and staff wellness initiatives as a means to create a healthier school community for all.

Our Plan

The BCCS Wellness Committee completed the School Health Index, and identified several action items to improve student and staff wellness during the 2019-2020 school year. Brooklyn Center made progress on the following priorities this year:

- Implement professional development for classroom teachers
- Increase availability of physical activity breaks in classrooms
- Increase availability of before and after school nutrition opportunities
- Offer Out of School programming
- Offer disease specific education to all students with identified chronic health conditions

See the highlighted accomplishments to learn more about how the BCCS expanded on these priorities, and what’s on the horizon for next year.

What We’ve Accomplished: Farm to School Activities

As a way to increase student involvement in school meal programs, diversify foods and beverages served and offered on school grounds, and provide additional out of school programming, BCCS implemented after school cooking classes during the spring semester of the 2019-2020 school year. Beginning in January 2020, students involved in the “Our Whole Table” program were asked to bring in recipes from home to try and to develop their own recipes with a range or produce items.

BCCS also partners with Gale Woods Farm in Minnetrista, MN to provide food and nutrition education in both classrooms and school gardens. These lessons allow students to observe the growing process firsthand and further prepare fresh fruits and vegetables for consumption in school cafeterias. In doing so, Farm to School empowers students to make informed food choices and encourages healthy eating throughout the life cycle.

Wellness Committee Members

Michelle Auld, Terry Bollin, Jennifer Cardinal, Kendrick Davies, Carrie Donovan, Kendall Doom, Deborah Erickson, Megan Grubb, Julie Gilasevitch, Gail GT, Maimuna Iman, Hannak Mikhelson, Michael Miller, Miamon Queeglay, Seth Ryan, & Dorene Thomas
What We’ve Accomplished:  
Expressing Gratitude

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. As a way to facilitate this process, BCCS staff started a BC Gratitude Campaign during the 2019-2020 school year. With the tag line, “We are grateful for you. Who are you grateful for?” the campaign encouraged students to use a “gratitude card” to write about someone or something they are grateful for. The cards were compiled for staff and used to create a “gratitude banner” located near the front office. Cards were also read on the daily announcements so that all students, faculty, and staff could enjoy the feelings of expressing gratitude and being appreciated together.

What We’ve Accomplished:  
Practicing Mindfulness during a Crisis

In the midst of school closures in response to COVID-19, Brooklyn Center wellness committee members have continued to provide Wellness/Adult Enrichment courses for staff, parents, and community members. Where yoga, Zumba, and other fitness courses were previously held in-person, courses have been shifted to an online platform that is free and open to all who are interested in attending. In May 2020, for example, BCCS Wellness Coordinator Michelle Auld facilitated virtual guided mindfulness practices intended to clam the body and mind, help create better focus for the workday, and support overall wellbeing. Michelle also recorded videos to aid in distance learning physical education lessons to help keep middle and high school students moving throughout the day.