

## Board Report

### Wellness /Prevention

Here is the plan that is in the HS and Middle School policy:

Offense #1 Everfi Modules

Offense #2: 4-hour Insight Class

Offense #3: Assessment done by LAC and treatment with consent from parents

Offense #4: suspension?

The all-night New Year's Eve trip to Great Falls included 61 students, 8 chaperones, and 2 buses. The students and chaperones attended the Avatar Movie and bowling afterwards. The students ate pizza and Jimmy John's subs at the bowling alley. BPS Food Service provided snacks for the students. Parents were encouraged to drop off their students at the Middle School at 4 pm. Parents were asked to sign them in, provide an emergency contact phone number, and help with the search for any substances. We did have one parent find their student's vape on them. The student was able to come as long as the parent took the vape. I have been doing these types of activities for 13+ years, and I am requesting help with planning and implementing them. My physical and mental health cannot take on these kinds of activities. This is the first year the planning and implementation of the activity were left to one person; there have always been 2 people for these big activities. Our next big event will be an all-night prom. I will need assistance with planning and shopping for incentives. Tribal Behavioral Health will be assisting with the Safe Ride Home, which has been successful.

Wellness Day is set for March. Bobby, Leo, and I have reached out to the principals for recommendations for wellness coaches in each building. The Wellness meeting will take place at the end of the month to review the guidelines for becoming a Wellness coach. The Wellness day will include a free pool day, an open gym, and access to the weight room at the High School, as well as a weigh-in and BMI. For the staff who choose not to attend any of the events, they can have a self-care day

Charlie Speicher and I are co-chairs of the counseling departments. Since returning from the break, we will hold our next departmental meeting in February. Each councilor is offered online PD training. The hush pods are being used for telehealth, medical follow-up, and a quiet space for students. Current activities: I started the community education classes. Next class will be on substance use in February, and I will continue the courses throughout the year. I will continue meeting with tribal programs to provide services to students and staff and to follow up on the citation for vape use. I meet with the Blackfeet Suicide Prevention Coalition every other Tuesday. I keep in contact with students currently in insight, sending behavioral health referrals to Tribal Behavioral Health and Sukupi Lodge. Continue work on the Browning Public School Wellness Model & Standard of Operation for wellness.



						Water bottles	\$1,050.00
						Prizes	\$1,500.00
Total							\$5,290.00