

**2019-2023**  
**BPS DISTRICT CULTURAL HEALING AND WELLNESS COMMITTEE**  
**“EVOLUTION”**

- In alignment with Browning Public Schools Strategic Plan: Strategic pillar 3 formalizes the district’s cultural healing and wellness program, and its outcomes to increase the district staff and students’ access to opportunities that will help them balance their health and well-being.

**Vision**

**Browning Public Schools (BPS) empowers employees to “choose the best you” through health education and cultural activities that sustain healthy lifestyles resulting in improved productivity and morale.**

**Mission**

**Our mission is to provide diverse and verifiable staff wellness opportunities, empower individuals to make healthy choices, and develop a positive culture that is focused on celebrating and improving the quality of life for all employees.**

**OBJECTIVE / GOALS: WHY WELLNESS**

**Why this is important:** Schools can provide an employee wellness program for staff that includes **healthy eating and both mental and physical** wellness services and/or activities. When staff model these healthy behaviors, they can reinforce them with students. Improve staff retention and productivity. Decrease employee absenteeism.

Staff and Students who are healthy(body/mind) are better able to learn and attend school than those who are not. Students with high levels of such "developmental assets" as family support, relationships with caring non-family adults, an ethos that promotes service to others, and safe environments are more likely to engage in positive social interactions and exhibit respect, tolerance, and self-discipline. Families that are knowledgeable about health and wellness activities are able to encourage their students to make healthy decisions and pursue active lifestyles.

**FOCUS GROUPS**

1. STAFF (ALL BPS EMPLOYEES)
2. STUDENTS (PREK-12)

**STRATEGIC PLAN ACHIEVEMENTS:**

- 1) ESTABLISHED WELLNESS COMMITTEE (BUILDING REPS)
- 2) DISTRICT POLICY #2510 #5310
- 3) STAFF WELLNESS POLICY
- 4) COMMITTEE - MEMBERS - PLANNING SESSION - MEETINGS ESTABLISHED
- 5) MASSAGE CHAIRS - STAFF WELLNESS ROOMS (12 LOCATIONS)
- 6) LOCATION COACHES
- 7) LOGO-FRAMEWORK-PROGRAM
- 8) EVENTS AND ACTIVITIES
  - a) STEP CHALLENGE-INCENTIVES (2021-2022)
  - b) CULTURAL ACTIVITIES-WELLNESS DAY #1 (2022)
  - c) MARCH MADNESS (WELLNESS DAY #2) (2022)

- d) STAFF OPEN GYM-WEIGHT ROOM (2022)
  - e) COMMUNITY - FUN RUN - TRIBAL HEALTH
  - f) OCTOBER 2022 - DISTRICT TAILGATE COOKOUT
  - g) SEPTEMBER 2022 - DISTRICT WELLNESS DAY 10-28-22
  - h) FIRST EVER BLACKFEET SWEAT LODGE ON SCHOOL PROPERTY 10-28-22
  - i) DISTRICT MELT DOWN WITH NUTRITIONIST CONSULTANT
  - j) STEP CHALLENGE 2022-2023
- 9) IN-PROGRESS
- a) MISSION AND VISION
  - b) ONLINE COMMUNICATIONS-WEBSITE-MONTHLY NEWSLETTER
  - c) END OF YEAR PROCEDURES - SUMMARY (DATA) - ANALYSIS
  - d) BUDGET - NOT YET ESTABLISHED
  - e) WELLNESS CALENDAR - NOT YET ESTABLISHED
  - f) MONTHLY WELLNESS DISTRICT NEWSLETTER - INPROGRESS
- 10) WHAT IS NEXT
- a) WELLNESS COMMITTEE MODEL - WHAT DOES IT LOOK LIKE
  - b) 2023 SUMMER PLANNING - EQUIPMENT - EVALUATION OF 2022
  - c) BUDGET ?
  - d) LOCATION WISH LIST
  - e) SCHOOL YEAR 2023-2024 (STAFF-PRE ASSESSMENT)
  - f) CULTURE - ARBOR
  - g) EXPAND ON MENTAL HEALTH
  - h) INSURANCE - WHAT IS COVERED?
- 11) SCHOOL YEAR MODEL? THE ROLE OF WELLNESS
- a) 4-DAY SCHOOL DAY
  - b) ROTATE FRIDAYS FROM STAFF WELLNESS TO STUDENT WELLNESS
  - c) SEATED STUDENT HOURS - TEACHING HOURS
- 12) IDEAS....

## **THOUGHTS**

**\*\* MINIMUM OF ONE HOUR SCHEDULED BUT NOT LIMITED TO: PER BUILDING**

### PHYSICAL WELLNESS ACTIVITIES:

One hour "Step Challenge" with prizes  
 Field Trip  
 Exercise Machines  
 Team Sport Activity (volleyball, basketball, badminton, etc.)  
 Snowshoe/ Skiing/Sledding or other seasonal outdoor activities  
 Hiking  
 Bike Riding  
 Horseback Riding  
 Native Games (double ball, shiny ball, stick game, etc)  
 Obstacle Courses  
 Staff Dances (could offer dance lessons: jitterbug, waltz, 2 step, etc)  
 Yoga  
 Aerobics

### MENTAL EMOTIONAL ACTIVITIES:

Talking Circle  
Team Building  
Drawing/ Painting  
Making Healing bags with Tribal Prevention program  
Adult Coloring Books  
Meditation/Mindfulness  
Volunteer Projects  
Stress Reduction Workshop  
Hydration Station with Fruit-infused Water  
Massage Chairs  
Wellness Gift Exchange  
DIY Workshops as a stress reducer

**FAMILY SOCIAL ACTIVITIES:**

Food/Potluck/Luncheon/BBQ  
Color Me Rad Run  
Street Dance  
Board games (chess, checkers, bingo, etc)  
Talent Shows  
Bowling, horseshoes, etc  
Book Clubs  
Escape Room  
Bake-Offs  
Scavenger Hunts  
Birthday of the month Celebrations  
Biking  
Hiking  
Walking  
Winter activities: skiing, sliding, skating, ice fishing

**CULTURAL SPIRITUAL ACTIVITIES:**

Smudge Box Build  
Elders  
Sweat Lodge  
Beading  
Ribbon Skirt/Shirt/Moccasin Making  
Making Healing bags with Tribal Prevention program  
Picking plants (sweetgrass, sage, other traditional plants) and berries  
Traditional Singing/Drumming/Dance/Round Dance  
Learning about native plants and their traditional uses  
Historic site field trips  
Traditional Naming/Face Painting Ceremonies  
Cooking traditional foods  
Dry Meat Cutting

**DATA ANALYSIS/SUMMARY: IN-PROGRESS**

**COMMUNICATION: IN-PROGRESS**

**WEBSITE  
NEWS LETTER  
FB - SOCIAL MEDIA**

**POLICY:  
STAFF WELLNESS POLICY  
STUDENT WELLNESS POLICY**

**SURVEY RESULTS: IN-PROGRESS**

## **WELLNESS FRAMEWORK**

**Teachings of the Medicine Wheel: Principles, Laws and Values.** Each includes natural consequences and or universal laws. People have the choice to live in harmony with these principles, laws and values. The key is finding the will and being willing to choose.

**Circles-** Natural order is built around systems: circles, cycles, and seasons. All life, human, plant, animal, grows in a system of circles. Principles of repetition and cycles are the basis of Medicine Wheel teachings. The principles of nature and life are never incomplete.

**Four Directions-**East, South, West, and North, Spring, Summer, Fall, Winter, Baby, Youth, Adult, Elder, Individual, Family, Community, nation, Recognize, Acknowledge, Forgive, Change In," order to heal, we must follow the natural order of healing"

**Polarity-**The Medicine Wheel shows us that all parts of life are interconnected; we live in a polarity based system. There are always pairs: man/woman east/west north/south. When one polarity is activated the other always becomes activated. Polarity is not visible. Balance is achieved when both polarities are honored; not just one side but two sides always

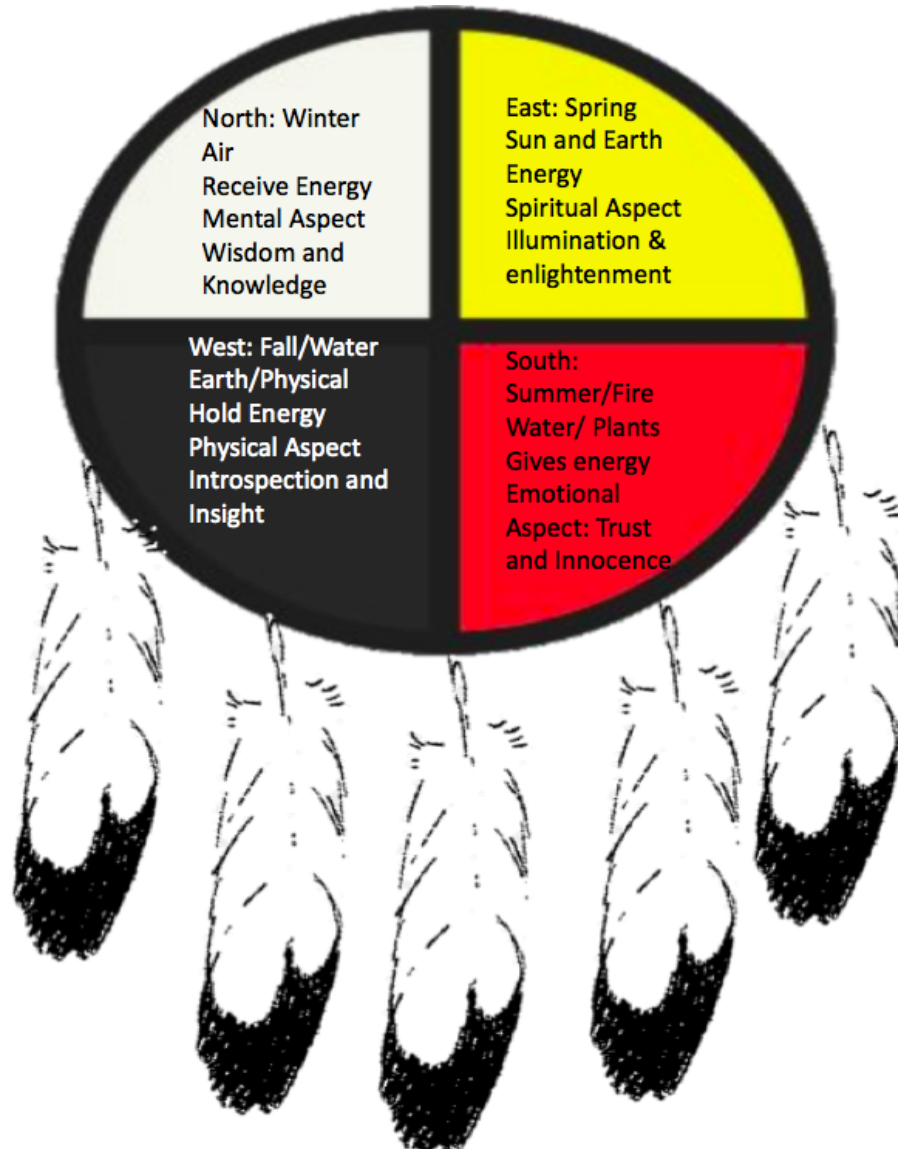
**Balance-**To emotionally feel and participate within this system we strive to achieve life in a balanced and harmonious way. The interconnectedness lies within ourselves; there is where we must look, at our center. The Center is the seventh direction; found within ourselves; the center of the medicine wheel. Harmony lies within ourselves in the four inner directions: emotional, mental, physical, spiritual. A reciprocal effect will occur if anything goes out of balance or repercussions to imbalance, usually in a form of tension, stress or anxiety

**Seen / Unseen-**The Medicine Wheel teaches that there are two worlds within our reality. One is seen; the physical world and material world. And the other is unseen; related to the spirituality world.

**Separate / Interconnectedness-**In the unseen world there is a level at which we are all connected to one another. The Medicine Wheel teachings, such as the seasons, the directions, the cycle of life, are connected by the center; the center is the meeting place. Interconnectedness means that parts cannot be separated. There is a Holism connecting all aspects of life. That interconnectedness means that the good of one or the single achievement of one is never attained in isolation. "The honor of one is honor of all, the pain of one is the pain of all"

**Spirit and Intent-**Spirit and Intent is the real meaning behind our words. Natural order / conflict: The Universe is run by an orderly system. When disorder occurs, a conflict will occur. Conflict is a feedback system to let us know a correction is in order. If the conflict is not corrected, we will experience anxiety, tension, or stress. The tension system continues until the harmony is restored.

**Conflict precedes** Clarity-Struggle is part of growth. Tension experienced in conflict is a means for realignment. Two ways to approach conflict either through our: Ego; characterized by protectiveness, dominance, attack, fault-finding and denial. Another way is to approach conflict is through reliance on a higher power such as the Great Spirit (which is a loved based – system). When we approach conflict from this perspective, our responses are characterized by acceptance, trust, sharing, grace, and solution finding



### PHYSICAL HEALTH

**Physical health** consists of how well your body functions: **Physical activity** - includes strength, flexibility, and endurance **Nutrition and diet** - includes nutrient intake, fluid intake, and healthy digestion **Alcohol, drugs & tobacco** - includes the abstinence from or reduced consumption of these substances **Medical self-care** - includes addressing minor ailments or injuries and seeking emergency care as necessary **Rest and sleep** - includes periodic rest and relaxation, along with high quality sleep

### MENTAL EMOTIONAL HEALTH

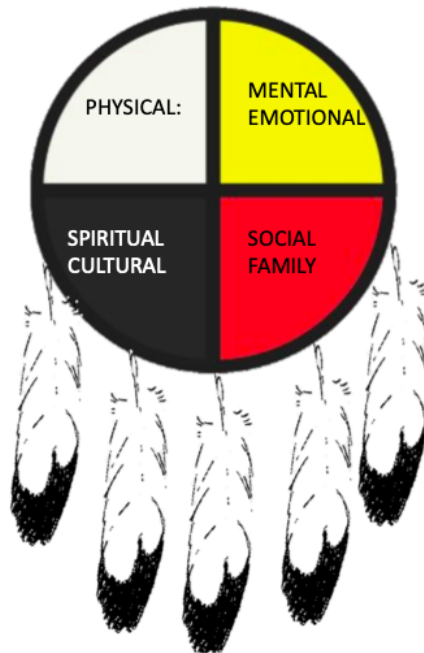
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

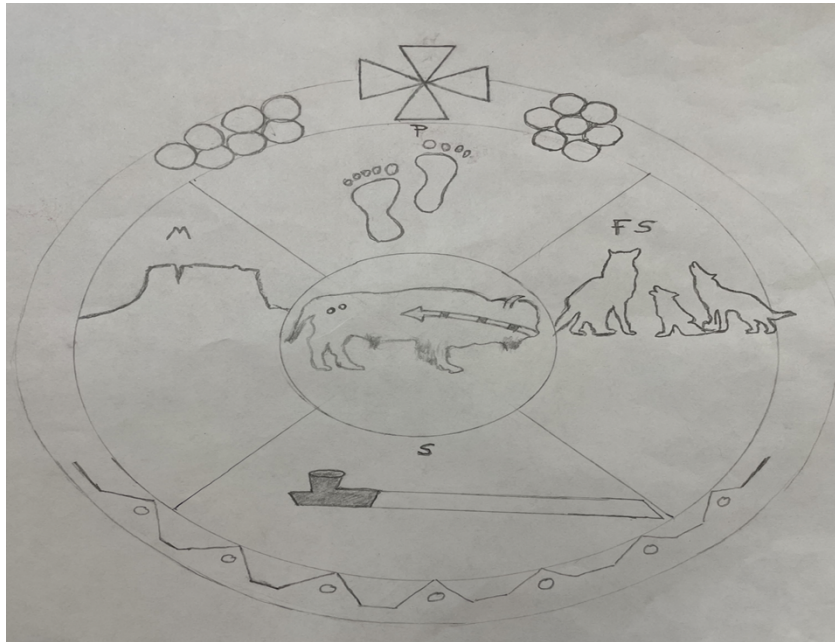
### SPIRITUAL CULTURAL HEALTH

**Spiritual health is achieved when you feel at peace with life. It is when you are able to find comfort in even the hardest of times. The collective beliefs and customs and behaviors of the Blackfeet people. (ie.. ceremonies, sweats, pow-wow's...)**

### SOCIAL HEALTH

**Social health is the way you get along with others. It includes the ability to make and keep friends and to work and play in cooperative ways, seeking and lending support when necessary. It involves communicating well and showing respect and care for yourself and others. Important aspect of social health is family. Family relationships solidify social health.**









<b>MELANIE MAGEE</b>	<b>COACH</b>	<b>(BMS)</b>
<b>MILYN LAZYBOY</b>	<b>COACH</b>	<b>(NAPI)</b>
<b>CALVIN LANG</b>	<b>COACH</b>	<b>(BES)</b>
<b>CHERIE SHOW</b>	<b>COACH</b>	<b>(KW/VINA/BHA)</b>
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