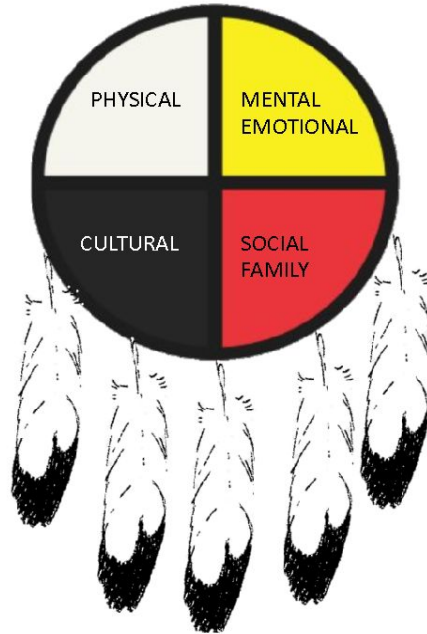


Cultural Healing & Wellness

#9 BPS Wellness Committee

FRAMEWORK - TWO PATH APPROACH STAFF AND STUDENTS



Wellness - THE JOURNEY



**Achievement ,Respect, Freedom, and Fun

The Wellness Journey

1. ROTATED TO SHOW DIRECTION
2. NO WORDS - INDIVIDUAL STORY
3. BLACKFEET - PHYSICAL
4. WOLF PACK - FAMILY
5. CEREMONIAL PIPE - CULTURAL/SPIRITUAL/PURPOSE
6. CHIEF MOUNTAIN -MENTAL / EMOTIONAL
7. CENTER - BUFFALO - LIFE
8. LODGE - HOME - MOUNTAINS / HILLS / SEVEN
BROTHERS / MORNING STAR

PROGRESSION IN ALIGNMENT WITH THE DISTRICT STRATEGIC PLAN

1. LOCATION EXERCISE MACHINES & MASSAGE CHAIRS
2. STAFF WELLNESS DAY / CULTURAL ACTIVITIES (CONTINUED PRACTICE)
3. EVALUATING DISTRICT WELLNESS POLICIES STAFF AND STUDENT
4. ESTABLISHED STAFF DISTRICT SURVEY - DATA (PLANNING - GUIDE)
5. STEP CHALLENGE - GET MOVING WITH INCENTIVES “NEED PARTICIPANT NUMBERS”
6. CORNHOLE TOURNAMENT “MARCH MADNESS”
7. #9 MELTDOWN
8. 3-30-22 DISTRICT HEALING GATHERING 1:30 - 5:00 P.M.
9. STAFF OPEN GYM
10. SMUDGE BOX DISTRIBUTION

IN PROGRESS: STAFF AND STUDENT

RESOURCES FOR MENTAL HEALTH

DISTRICT HEALING & WELLNESS WEBSITE

SUPPORT GROUPS

SOCIETIES - ARBORS - SWEAT LODGES

SUMMER ACTIVITIES

FRAMEWORK PRE-ASSESSMENT FOR 2022-2023

STAFF RETENTION

MORE TO COME.....

Short Term Goals-April / May

1. Staff Policy- 5310 (Update)
2. Platform-information, newsletter (Facebook, Email, Website)
3. Pamphlet/ Directory

Long Term Goals

1. Sustainability

- a. Strategic plan for 3-5 years
- b. Grants to help fund activities
- c. Update K-12 Curriculum
- d. 2022-2023 Planning Session
- e. Training

2. Membership & Participation