

# BROWNING PUBLIC SCHOOLS



## WELLNESS UPDATE REPORT

12-11-23

## BPS DISTRICT CULTURAL HEALING AND WELLNESS COMMITTEE FRAMEWORK DOCUMENT

- 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.**

TWO PATH APPROACH - STAFF AND STUDENTS

PURPOSE - PROVIDE AWARENESS TO PERSONAL WELLNESS - FOCUS ON THE INDIVIDUALS BALANCE FOR OPTIMAL HEALTH (WELLNESS CONTINUUM)

### **OBJECTIVE / GOALS:**

**Why this is important:** Schools can provide an employee wellness program for staff that includes healthy eating and both **mental** and **physical** wellness services, creating a **family** concept with staff and developing a purpose with **culture**. 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. Staff that are knowledgeable about health and wellness activities are able to encourage their students to make healthy decisions and pursue active healthy lifestyles.

### **ESTABLISHED PRACTICES: FOR SCHOOL YEAR 2023-2024**

- 1 - BI-WEEKLY MEETINGS FOR 23-24 SCHOOL YEAR
- 2 - STEP CHALLENGE - MONTHLY GOAL / MILESTONE ACHIEVEMENTS
- 3 - BPS #9 MELTDOWN - BASED OFF A PRE-BODY ANALYSIS BODY FAT %
- 4 - WEDNESDAY PD ROTATION - WELLNESS
- 5 - BUILDING WELLNESS ROOMS - TREADMILL / ELLIPTICAL / MASSAGE CHAIR

**\*\* CONTINUED PROGRESS AND DEVELOPMENT \*\***

- 6 - OCTOBER TAILGATE (2ND YEAR "196 ATTENDED")
- 7 - NOVEMBER DISTRICT WELLNESS DAY (3RD YEAR)
- 8 - MARCH MADNESS WELLNESS DAY PLANNING IN PROGRESS (BOARD APPROVAL)
- 9 - ½ day STAFF APPRECIATION DAY PLANNING IN PROGRESS
- 10 - BPS WELLNESS NEWSLETTER BI-WEEKLY (12-14-23)
- 11 - DISTRICT WELLNESS SURVEY - DATA RESULTS (IN-PROGRESS)
- 12 - ASSISTED WITH CAT GRIZ DAY

**LOOKING BACK - SUMMER WORK: COLLABORATION WORK**

- 1 - COLLABORATION WITH TRIBAL HEALTH (COMMUNITY FUN RUN SERIES)
  - 2 - ESTABLISHED 1ST-EVER EARL OLD PERSON COMMUNITY RUN. ARROWHEAD STADIUM JULY 2024
  - 3 - STARTED PARTNERSHIP WITH BCC WELLNESS.
  - 4 - INVITED TO SERVE ON TRIBAL WELLNESS CENTER ADVISORY COMMITTEE.
  - 5 - ORGANIZE SCHOOL PHYSICALS FOR STUDENTS
- \*\* POTENTIAL NIKE (G7 PROGRAM) FUNDING PRESENTATION**

**23-24 SCHOOL YEAR "IN THE WORKS" PLAN:**

- 1 - TWO FULL WELLNESS DAYS (OCTOBER 27TH AND MARCH 15TH)
- \*\* STAFF APPRECIATION ½ DAY 5-6-24**
- 2 - WEDNESDAY PD WELLNESS ROTATION (DEVELOPMENT)
  - 3 - BPS ICEBREAKER RUN/WALK (ARROWHEAD STADIUM) (TBA)
  - 4 - BUILDING WELLNESS ROOMS UPDATED.
  - 5 - CONTINUING GRANT APPLICATIONS
  - 6 - INSURANCE PREVENTION PROGRAM EDUCATION
  - 7 - MENTAL & EMOTIONAL SUPPORT ACTIVITIES:  
GRIEF COUNSELING (COHORT OR INDIVIDUAL) - SIENNA SPEICHER  
SPIRITUAL WELLNESS ONLINE MEETINGS - EARL TAIL