

Wellness & Prevention

The Wellness & Prevention has been busy with the Blackfeet Tribal Health collaboration for the community and student resources. I.e., healthy Relationships, drug and alcohol prevention, vaping prevention classes.

The High school clinic is up and running for the staff and students, the clinic takes walk-ins. Services that are provided is medical exams, Women's Health, Medication refills, labs and x-ray; a medical provider is available through telehealth.

I was able to work with Tribal Behavioral health and get students set up through telehealth, so far that has been successful, although we are looking for alternative ways to get the student to their telehealth appointment. I.e., absent councilor

The development assessment to track the wellness for school staff and students is complete, I also have been meeting with the tribal prevention programs to set up their availability for the upcoming Wellness Day. The wellness day will be different from the previous wellness days.

Continue Insight classes has stated at the high school and middle school students. I started beading classes with the BHA students, the beading class is also a way to teach coping skills, build relationships.

Heidi and I have meet with Kellen every Monday to offer support and provide resources for the sports season and concessions

Continue looking for grant for Prevention and Wellness

Wellness Day Report & Events 2024/2024

CONTINUED PRACTICES:

WELLNESS DAY

NOVEMBER

BPS STEP CHALLENGE

NOVEMBER - 88 PARTICIPANTS (28 HIT THE GOAL)

DECEMBER - 98 PARTICIPANTS (32 HIT THE GOAL)

JANUARY - 111 PARTICIPANTS (45 HIT THE GOAL)

12 MONTHLY PRIZES DRAWN FOR GOAL ACHIEVERS

BPS MELTDOWN

79 PARTICIPANTS

2ND WEIGH IN WILL BE END OF JANUARY

WEDNESDAY PD WELLNESS DAY

PER BUILDING

LOCATION WELLNESS ROOMS (INPROGRESS)

TREADMILLS - ELLIPTICALS - MASSAGE CHAIRS

TRIBAL HEALTH PARTNERSHIP

HEALTH EDUCATION

VACCINATIONS

SPONSORSHIPS

LOOKING AHEAD:

5 MORE MONTHS OF STEP CHALLENGE

MARCH MADNESS WELLNESS DAY

1/2 DAY WELLNESS DAY WITH STAFF APPRECIATION DAY

FINISH EVALUATION OF WELLNESS STAFF ROOMS

TRIBAL HEALTH PLANNING FOR SUMMER COMMUNITY ACTIVITIES

Requesting:

228 HOURS EACH / 2 STAFF / TO FINISH SCHOOL YEAR

Upcoming events:

Any school dances

Wresting Divisionals

Prom After Party

Wellness Day