

2021-2022 BPS DISTRICT CULTURAL HEALING AND WELLNESS COMMITTEE FRIDAY 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.

ALL BPS STAFF

PROCEDURES;

- 1) THIS IS OPTIONAL FOR STAFF
- 2) SOME BUILDING LOCATIONS WILL HAVE THE OPTION TO PARTICIPATE WITH OTHER BUILDINGS. IE. TRANSPORTATION WITH BMS
- 3) ONCE A QUARTER - POTENTIALLY MORE
- 4) ALL BUILDING COACHES WILL CREATE THEIR OWN FRAMEWORK PLAN / IDEAS
- 5) 1 HOUR FOR EACH QUADRANT
- 6) "THIS IS NOT WORK RELATED IT IS WELLNESS RELATED."

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 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.

**** MINIMUM OF ONE HOUR SCHEDULED BUT NOT LIMITED TO:**

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

BUILDING LOCATIONS:

ADMINISTRATION
TRANSPORTATION
MAINTENANCE
FOOD SERVICE
CHILDCARE
SPED
BHA
COLONY
BABB
BHS
BMS
NAPI
BES
KW
VC

DATA ANALYSIS/SUMMARY:

COMMUNICATION:

WEBSITE
NEWS LETTER
FB - SOCIAL MEDIA

POLICY:

STAFF WELLNESS POLICY
STUDENT WELLNESS POLICY

MISSION:

SURVEY RESULTS:

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

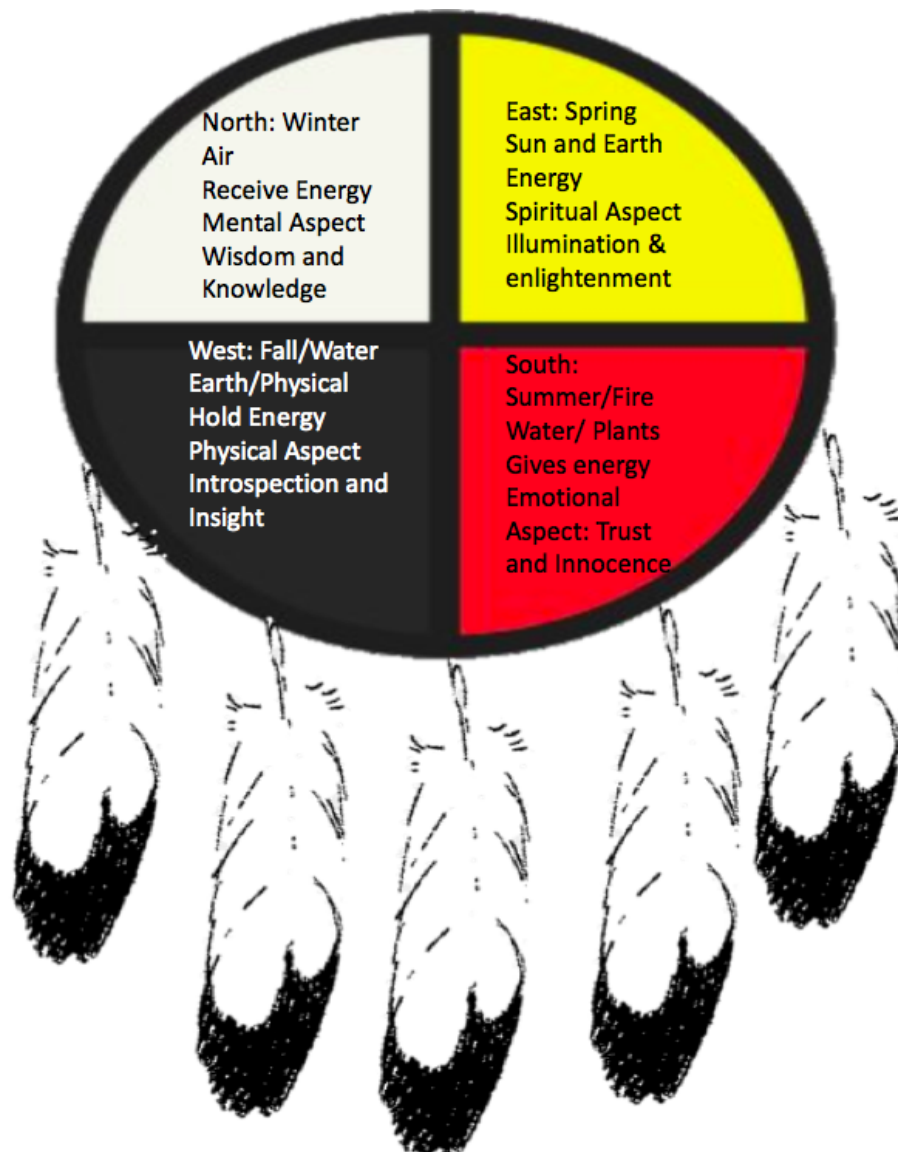
Balance-To emotionally feel and participate within this system we strive to achieve life in a balanced and harmonious way. The interconnectedness lies within ourselves; there is where we must look, at our center. The Center is the seventh direction; found within ourselves; the center of the medicine 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

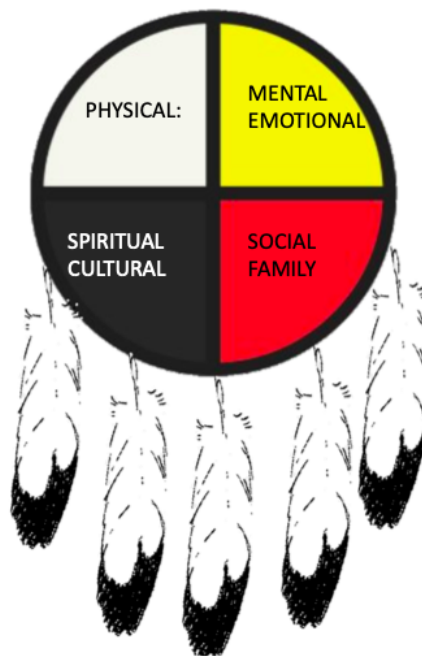
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

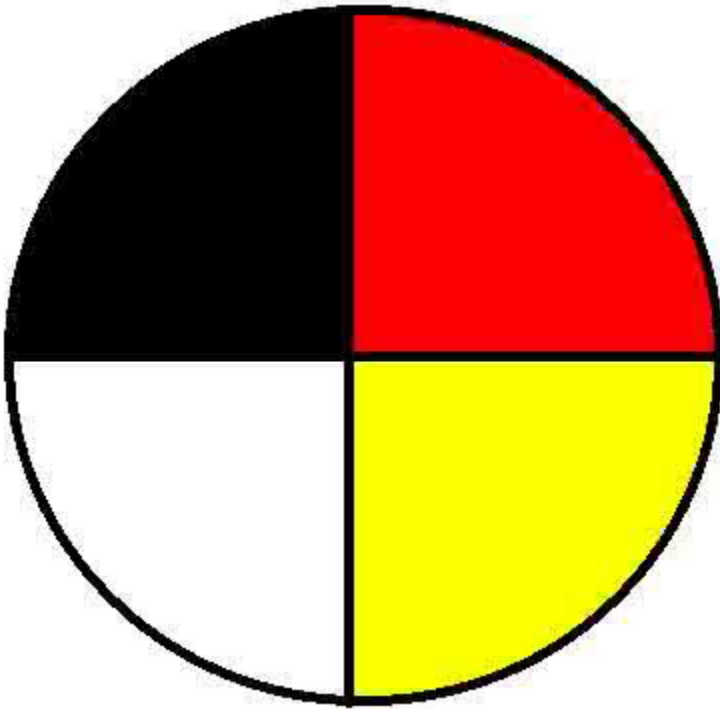
SPIRITUAL CULTURAL HEALTH

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.





BPS WELLNESS COMMITTEE MEMBERS AND COACHES:

**ROBERT MILLER CHAIRMAN (SPED-CHILDCARE-TRANSPORTATION-FOOD
SERVICE-BABB-ADMINISTRATION-COLONY-MAINTENCE)**

CINNAMON CRAWFORD	MEMBER
ROSS DEROCHE	MEMBER
LEA WHITFORD	MEMBER
CHERIE SHOW	MEMBER

KEVIN KICKING WOMAN	COACH	(BHS)
----------------------------	--------------	--------------

MELANIE MAGEE	COACH	(BMS)
----------------------	--------------	--------------

JASON ANDREAS	COACH	(NAPI)
----------------------	--------------	---------------

CALVIN LANG	COACH	(BES)
--------------------	--------------	--------------

CHERIE SHOW	COACH	(KW/VINA)
--------------------	--------------	------------------