



Cass Lake-Bena Wellness Committee 2019-2020 Highlights



Who We Are

Located on the Leech Lake Indian Reservation in northern Minnesota, Cass Lake-Bena Schools serves 1,211 students from kindergarten through high school.

Comprised of district administrators, educators, food services staff, licensed medical professionals, and community partners, the Cass Lake-Bena Wellness Committee has continued to implement policy, systems, and environmental changes in order to promote student and staff wellness throughout the district.



Wellness Committee Members

Briana Angstman, Deb Brodeur, Kelsey Engel, Josh Grover, Missy Freeman, Becky Gustafson, Bryan Hackbarth, Lisa Jensen, Melissa Jensen, Rochelle Johnson, Kevin Neal, Karolyn Roebuck, Henry Rudd, Kathy Wittner

Our Plan

The Cass Lake-Bena Wellness Committee completed the School Health Index, and identified the following priorities to improve student and staff wellness during the 2019-2020 school year:

- Increase availability of physical activity breaks in classrooms
- Provide adequate physical activity facilities
- **Improve access to free drinking water**
- Implement Farm to School Activities
- Create health emergency response plans
- **Provide professional development for classroom teachers**
- Develop and implement local wellness policies

This year Cass Lake-Bena has made progress on many of these priorities. See how the highlighted accomplishments build on the **priorities in bold above.**

What We've Accomplished: *Healthy Food & Beverage Options*

This year, Cass Lake-Bena food service staff began providing more healthy lunch options for students and staff. These include “to go” salads, like the Chef Salad pictured below. Flavor stations have also been set up in school cafeterias as a way to **increase student vegetable consumption** by allowing students to season their own food using low-sodium herb and spice blends. Additionally, there has been an increase in access to free drinking water through the implementation of hydration stations. These stations help to ensure that students and staff meet daily water intake recommendations.



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What We've Accomplished: *Kinesthetic Classroom Training*

The Kinesthetic Classroom: Teaching and Learning Through Movement training was conducted for Cass Lake-Bena high school staff in February 2020. The purpose of this training was to educate staff on how movement enhances the student learning process and contributes to improvements in overall health and wellbeing. Furthermore, participants were equipped with the skills to incorporate opportunities for movement during the school day as a way to teach and review course content, provide needed "brain breaks," and develop class cohesion. Both classroom teachers and counseling staff plan to incorporate more movement into their work with students.

What We've Accomplished: *Sharing Success Stories Statewide*



Professional development for school staff is a pillar of the CDC 1801 Healthy Schools Grant in order to equip staff with the knowledge and skills to improve the health and wellbeing of students, faculty, and staff. As such, three Cass Lake-Bena staff members attended the statewide Every Kid Healthy Conference in Brooklyn Park, MN in November of 2019. Deb Brodeur, Food Service Director, presented at this conference, highlighting some of the wellness initiatives being implemented within the district.

What We've Accomplished: *Responding during a Crisis*

According to the 2019 Minnesota Student Survey (MSS), 80% of CLB students qualify for free or reduced-price lunch. In response to COVID-19, Cass Lake-Bena food service staff have been preparing and helping to deliver much needed meals to students who may not be receiving them otherwise.

Cass Lake-Bena has also partnered with The Boys & Girls Club to provide childcare to essential workers during this time. Health office staff provide screening checks for children in attendance each morning. Cloth face masks were also provided by a community member to help reduce the spread of disease and keep student safe.



Cass Lake-Bena food service staff gearing up for meal delivery in the wake of COVID-19.