



## School Wellness Committee Meeting Minutes

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**Date:** Monday November 26th, 2018  
**Time:** 3:30 p.m. – 4:30 p.m.  
**Location:** Marshfield High School Library  
**Attendees:** Kendra Ferreyra, Melanie Jaecks, Lea Hanke, Karen Mengel, Tammy Voss, Nicole Laber

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### 1) Welcome and Introductions

- It was mentioned that a Tuesday/Thursday meeting in the future would be nice for staff that can't make it on Mondays. Will look at having a Tuesday/Thursday meeting in Jan/Feb

### 2) 18/19 Goals and Objectives

- Went over goals 1-3 from previous meetings and discussed putting goals 1-6 on hold for now.
  1. Increase physical activity opportunities for students in the Marshfield School District
  2. Increase nutrition education for students in the USDM
    - Look into when health curriculum or health education is being revised/find out what it includes currently
  3. Increase wellness opportunities for USDM staff
    - Discussed how team bonding and competition have been ranked highly for staff when it comes to initiatives to get them involved
    - Talked about designating wellness captain at each school
    - Idea came up about creating "Wellness Corner" section of staff newsletter to communicate current wellness offerings throughout district and community
    - Nicole mentioned that all community offerings or discounts will likely need to be approved by Pat Saucerman for distribution to staff
    - Also discussed School Wellness website (located under Administrative Departments/Food and Nutrition/School Wellness) potential for putting school and community wellness updates here as well.

### 3) Recruitment

- Want to find ways to communicate with staff about wellness committee/increase awareness
- One way would be to have principals mention wellness committee or offerings at staff meetings
  - Melanie brought out old staff wellness survey that members liked and that we could revise and have staff take. The survey would help guide ideas for what USDM staff are interested in
  - Committee decided to move forward with survey – Melanie will revise and send out for approval
  - Would like to have survey sent out and completed by January 31<sup>st</sup>, 2019
  - Committee will turn survey into Doodle Poll or Survey Monkey to have staff complete online

### 4) Cooking Cart – develop contacts



- 5) Fuel Up to Play 60 – no updates
- 6) Farm to School Updates – ran out of time for Farm to School updates
- 7) Screen Free Week in Spring/Local Food Expo – still interested in correlating efforts on screen free week. Also discussed how committee likely won't have
- 8) All Schools Wellness Updates
  - a. Attendees share any wellness-related activities happening at your school
- 9) Set Meeting Dates
- 10) Meeting close

**Future Meetings**

Monday January 21<sup>st</sup>