



School Wellness Committee Meeting Minutes

Date: Monday November 18th, 2019
Time: 3:30 p.m. – 4:30 p.m.
Location: Washington Elementary Art Room
Attendees: Shelly Schneider, Tammy Voss, Nicole Laber, Melanie Hanneman

- 1) Welcome and Introductions
- 2) Go over minutes from Oct meeting
- 3) Smoothie Bike

District will have access to smoothie bike between middle of February through March. It is a stationary bike with blender attached to front. Students or staff can add whichever fruits, juices, yogurt, etc that they chose. The faster whoever is on the bike pedals, the faster the blender mixes the smoothie. Pictures below. Going to discuss more about activities surround the bike after wellness challenge has been established.



- 4) Go over responses from Fall Wellness Corner (21 responses total – pick winners)

The following are the responses from the Fall Wellness Corner sent out in the staff newsletter on Friday Nov 1st.

1. Would you participate in a staff wellness challenge? 71.4% Yes 28.6% Unsure/Possibly



2. What specific kind of wellness challenge would you be most interested in? 61.9% Physical Wellness Challenge (walking, exercising, etc) 23.8% Mental Health/Emotional Wellness Challenge, 9.6% Both, 4.8% possibly either, depending on what they are,

Out of the 21 responses we randomly selected two individuals to win 2 free day passes to the YMCA (including 2 free group fitness class tickets with these passes). The lucky winners are Sommer Schreiner and Linda Lewer!

5) Employee Wellness Initiative

Ideas were discussed on possible employee wellness challenges we can offer staff. Based on results of wellness corner staff would like to see physical challenge, so leaning towards a walking or challenge based on "movement". Discussed mapping out areas in schools for staff to walk on breaks and marking how long they are. "Movement Minutes" was mentioned as one potential name for challenge.

Looking for partnerships to help with funds surrounding challenge and incentives to get staff to participate. Melanie is going to look for contact through Marshfield Healthy Lifestyles. Nicole is going to reach out to Amber Corcoran with Security Health Plan to discuss meeting in December and inquiring about any staff incentives through Security.

If challenge is district wide it was brought up that representatives at each school would be helpful to assist with questions staff may have. The following were recommended as potential representatives. Only staff that sign up to participate in challenge would be eligible for reward or incentives.

*Shelly Schneider – Washington
Tammy Voss – Madison
Brynne Wahlstrom – Nasonville
Tami Wolff – High School
Central Office – Hope Flink
Lea Hanke – Middle School
Stacie Lecker - Grant
??? - Lincoln*

6) Update Wellness Website

Melanie going to email Jenni to see if there is way to out request in for wellness to have their own tab on school staff website. Want to find way for staff to easily locate wellness information.

7) Winter Wellness Corner



Next Wellness Corner will go out February 7th – it will highlight employee wellness challenge and give updates on where each school is at.

8) 19/20 School Year Objectives

1. Increase physical activity opportunities for students in the USDM
2. Increase nutrition education for students in the USDM
3. Increase wellness opportunities for USDM staff

9) Farm to School Updates/Community Wellness Updates

10) All Schools Wellness Updates

- a. Attendees share any wellness-related activities happening at your school
Grant school considering using sunshine funds to hire masseuse to give massages. Would cost them around \$125 for 4 hours and would divide into increments for all who are interested.

11) Meeting close

Future Meetings

December ??