



## School Wellness Committee Meeting Minutes

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**Date:** Tuesday February 19<sup>th</sup>, 2019  
**Time:** 3:30 p.m. – 4:30 p.m.  
**Location:** Marshfield High School Library  
**Attendees:** Sam Steiner, Tammy Voss, Shelly Schneider, Kendra Ferreyra, Stacey Weichelt, and Melanie Jaecks

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- 1) Welcome and Introductions
- 2) Go over minutes from November meeting  
Decided to wait until next Fall to develop survey to send out to staff.
- 3) Recruitment
- 4) Cooking Cart – develop contacts  
Sam Steiner will take lead on this at Lincoln Elementary. Discuss more at next meeting about initiating contact at Lincoln and moving to other Elementary schools.
- 5) Wellness Corner in staff newsletter– must have information sent to Jenni Heeg by first Wednesday of every month. Newsletters sent out to staff on first Friday of every month.
  - Decide on idea for March Wellness Corner
  - 1. Decided that March Wellness Corner will include homemade peanut butter recipe and honey artisan wheat bread recipe. Going to include short one or two question google survey in first couple to increase participation/knowledge of wellness corner. For March's Wellness Corner Tammy Voss will donate local gift certificate to be given to random winner from those who completed survey.  
Peanut Butter Recipe: 2 cups Spanish peanuts, 2 tbsp honey, 2 tbsp peanut oil. Add to food processor and puree until desired consistency is reached.  
Honey Wheat Artisan Bread Recipe: coming soon

Decided that when it pertains to those other than staff the Wellness Corner will be reflected on school wellness website to increase traffic and knowledge of website.

- 2. April's Wellness Corner will include information on Screen Free Week taking place April 29<sup>th</sup>-May 5<sup>th</sup>. Put on by the Mental Health Committee (MAP and MACY). There will be a list of activities that take place outside, at home, by yourself, and a pledge coming directly from the Council for Commercial Free Kids. This is a National event. The pledges will be available online or at the library for families or individuals to sign. There are local businesses involved that will be offering incentives such as half priced ice cream,



free books, etc. These events will be taking place throughout the community all week long. (Tammy Voss is going to include screen free week info in elementary newsletter)

3. On March 11<sup>th</sup> Detective Jason Parks will be speaking on “Raising Kids in a Digital Age” ways to protect your kids online today. At the UW Marshfield Science Building.

6) Go over School Wellness Website

7) Farm to School Updates  
ColdSnap lettuce at Washington Elementary School.

March 4<sup>th</sup>-8<sup>th</sup> is National School Breakfast Week. Each Elementary will be participating in an event surrounding the theme “Start your Engines”.

8) All Schools Wellness Updates  
a. Attendees share any wellness-related activities happening at your school

9) Set Next Meeting Date

10) Meeting close

### **Future Meetings**

Monday March 18<sup>th</sup> – we will go over staff surveys from March wellness corner and pick a winner