



## School Wellness Committee Meeting Minutes

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**Date:** Monday March 18<sup>th</sup>, 2019  
**Time:** 3:30 p.m. – 4:30 p.m.  
**Location:** Marshfield High School Library  
**Attendees:** Nicole Laber, Sam Steiner, Tammy Voss, Kendra Kerreyra, Melanie Jaecks

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### 1) Welcome and Introductions

### 2) Go over minutes from February meeting

### 3) March Wellness Corner

- March's Wellness Corner went out in the March staff newsletter on Monday March 11<sup>th</sup>.
- Overall we had 13 responses from the google survey following the wellness corner. Results were read and discussed (here is the link to them as well - <https://docs.google.com/forms/d/1mIKccgeg3RGYrIgAk3tF8n2IN5OIQbcZuiQ6YwMkvco/edit#responses>)
- Decided to focus future wellness corners around what staff said they wanted to see in results
- Two names were randomly chosen from responses to win Off The Mat gift certificates. **Congratulations to Scott Higgins and Kelly Schlafke!**

### 4) Cooking Cart –

- Lincoln: Sam Steiner spoke with Shirley Schmitt and discovered that cart is basically emptied of contents and most of the items are stored in the teacher/staff breakroom. Discussed getting student leadership committees (at all schools) involved with cooking carts. Melanie will reach out to Brenda Bauer to look for more info and ideas on this.

### 5) April Wellness Corner info put together

- April Wellness Corner to feature information on Screen Free Week from April 29<sup>th</sup>- May 5<sup>th</sup>. Sam Steiner will draft information. Survey Questions to include:
  1. How much screen time do you spend on nonwork related activities in a 7 day period?
  2. Do you think your screen time is interfering with certain aspects of your life (i.e. relationships, work, your overall efficiency)
  3. What other things (related to reducing screen time or not) would you like to see in your monthly Wellness Corner?
- One name will randomly be drawn at April's meeting from the survey responses to receive a gift certificate for Off The Mat yoga studio in Marshfield.



6) Go over School Wellness Website

7) Farm to School Updates

- Marshfield High School incorporating lettuce from hydroponics machine into staff salad bar lunches on Fridays.

8) All Schools Wellness Updates

- Madison Elementary started walking challenge among staff.

9) Set Next Meeting Date

10) Meeting close

#### **Future Meetings**

Tuesday April 23<sup>rd</sup>