



School Wellness Committee Meeting Minutes

Date: Monday May 20th, 2019
Time: 3:30 p.m. – 4:30 p.m.
Location: Marshfield High School Library
Attendees: Melanie Jaecks, Shelly Schneider, Tammy Voss, Karen Mengel

1) Welcome and Introductions

2) Go over minutes from April meeting

3) May Wellness Corner

- Go over responses – There were 11 responses to May's Wellness Corner survey. Here is the link to view those responses.
<https://docs.google.com/forms/d/1RnwUdnBUmjmgHqcZfl0usv42oc08wOy5IUXVMHLLkzE/edit>
- Randomly select three winners for gift certificates – Randomly selected three names from those that participated in the survey. **Congrats to Jaki Winch, Megan Bremer, and Jill Bump!** It was decided that since there won't be another wellness corner until next year we are still going to include their names in our next wellness corner (back to school newsletter).
- Brainstormed businesses in town that would possibly donate so we can continue offering initiatives in our wellness corners next year. Mission Nutrition, Dunham's/Victory Apparel, Daily Grind, Coffee Cabin and the Sports Den were some the group came up with. Tammy Voss is going to work on checking with them this summer.

4) Finalize plan for 19/20 school year

- Come up with objectives that align with our three goals
 1. Increase physical activity opportunities for students in the USDM
- Continue providing encouragement for increased physical activities for students (Talked about Fuel Up to Play 60 program, bringing in outside activities such as Jump Rope activity that was done in the past)
- Help promote Walk/Bike to School Day in October



- Look for school wide initiatives (extra recess, incorporate into PBIS activities, etc)
- 2. Increase nutrition education for students in the USDM
 - Provide fruit and vegetable promotion during school day
 - Establish cooking cart activities when possible (potential to work with leadership students in the fall on this project)
- 3. Increase wellness opportunities for USDM staff
 - Continue wellness corners in staff newsletters
 - Organize at least one employee wellness challenge (discussed collaborating with Great Place to Work committee on this)

5) Farm to School Updates/Community Wellness Updates

Decided to include information on local farmer's markets on School Wellness Website (Melanie will update before school gets out)

6) All Schools Wellness Updates

- a. Attendees share any wellness-related activities happening at your school

Summer feeding program was shared with group.

7) Back to school wellness corner? Volunteers to get something together before school starts?

Melanie will send out email in August regarding back to school wellness corner. Will need to gather information before school starts to have ready to go for first newsletter.

8) Meeting close

Future Meetings

Late September/Early October