

## Marshfield School Wellness Committee meeting minutes

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**Date:** Tuesday, April 17, 2012

**Time:** 3:30-5:00 p.m.

**Location:** Grant Elementary Library

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Attendance: Sue Anderson, Kathy Brunette, Amber Engen, Deb Englehart, Kari Gillen, Nate Johnson, Sue Lee, Josh Miller, Kristie Rauter, Shayna Schertz, Shelly Schneider, Marliss Trudeau, Stacey Weichelt, Kim Ziembo

### 1. Introductions

### 2. National Bike to School Day- May 9, 2012, <http://www.walkbiketoschool.org/>

May 9<sup>th</sup> marks the first ever National Bike to School Day. It was discussed if there is any interest from each elementary school to plan a small activity. If the committee would like, we could begin planning earlier next year or hold one large event/activity from Walk to School Day (October) through Bike to School Day(May). In the past Madison Elementary held "Bike Rack Roulette". Each bike rack slot had a number on it and each student who rode their bike to school was given a card with the numbered slot they parked their bike in. The principal drew a number each day and prizes were given away for participants. Two bikes, one girls and one boys, were donated from Wal-Mart and given away. Deb Englehart's class used to participate in Wood County's Bike or Hike to School event. Police bike safety materials, book marks, juice boxes, and more were items that the class got for participating in the event. Kim Ziembo suggested that the leadership students at each elementary might be able to coordinate a small bike to school event at their school. Amber will send Kim the website with event ideas and she will forward this on to leadership students and elementary principals for use in planning an event.

#### a) Bicycle Discount Program

The Bicycle Discount Program is an initiative of Healthy Lifestyles-Marshfield Area Coalition and runs from June 1 – August 31, 2012. The goal of the program is to encourage bicycling as a mode of transportation, increase physical activity, and create parking alternatives. Community members who want to participate will receive a sticker to place on their bike helmet to verify participation when visiting local businesses for rewards. When biking to a participating business and showing their helmet with the sticker, participants will receive a discount or free item. Donna Smith is willing to hand out stickers to the Grant soccer club. If you would like any stickers for a club or classroom, please let Amber know.

Participating businesses and the discounts they offer include:

- Baltus Bread and Butter Shops- Free small fountain soda
- Brew Pub& West 14<sup>th</sup>- Free 12 oz. homebrewed root beer
- Dairy Queen – Buy 6 Blizzards get 7<sup>th</sup> Free (excludes mini size)
- Marshfield Library- Free compass key chains
- Rose Bowl Lanes-Buy one game of bowling (at regular price) and get one Free
- Scotty's Pizza – Free order of crazy crust with a \$10 purchase

- Sports Den- 10% off any bike accessory
- Target- Free medium fountain soda or Icee
- Victory Apparel-\$5 off any regular priced sweatshirt (not to be used with other promotions or discounts)

### 3. Budget Approval

#### a. Youth Net garden supplies

- Nate Johnson is working on equipment requests with Torri Bradley for Youth Net gardens. Items needed include seeds, plants, tools, hardware for assembling beds, an outdoor kitchen (because kids aren't allowed in YN kitchen) and a watering system. Youth Net is also trying to figure out another location for the beds. At this point the beds need to be taken down each year to allow for snow removal. Torri will be going to Youth Net in early May to assist Nate. Approval of funding requests will occur at the next meeting. Planting at YN will take place during mid-May.

#### b. Salad Bars

- Stacey Weichelt will be meeting with CTL (vendor) to determine the layout for all salad bars and to get final costs at the end of April. She will bring detailed budget requests to the May meeting for approval. Salad bars will be purchased out of the farm to school budget.

### 4. Fit-tastic Program

#### a. YMCA

- Deb Englehart, Stacey Weichelt, Kristie Rauter and Amber Engen met with Sara from the YMCA on April 16<sup>th</sup> to find out more about Fit-tastic and where it's currently being offered in Marshfield Elementary schools. Fit-tastic takes place at Youth Net, Auburndale, Grant, Lincoln and Pittsville. Parents are responsible for getting kids to and from this free program. There is a lot of data collection involved which has shown students who go outside for their afterschool activity get more steps in than those being physically active indoors. Students enrolled in the program participate in nutrition education and physical activity twice a week during the 8 week program.
- Currently the YMCA is looking at sustainability of the program. The group discussed various ideas for expanding the program to other elementary students. It was also mentioned that maybe it could be incorporated into the school day during lunch. Deb E. and Marliss T. will use this information to gauge interest from elementary school teachers when they are meeting with staff to present all physical activity opportunities/materials that could be purchased with the elementary PA school care package funding. The wellness committee is interested in learning more as sustainability plans are developed by the YMCA. It appears the biggest barrier to implementing a program like this is staff time; it would be helpful to have an AmeriCorps member in the future. Maybe we could pilot this at other schools where it hasn't been offered yet also.

- Afterschool program policy – The Wood County YMCAs have implemented a policy into their afterschool programs to incorporate 30 minutes of PA and a physical activity and provide a healthy snack.

## 5. Updates

- a. Gardens/Greenhouses – Tori Bradley/Tim Heeg
  - There is still a lot of money left in gardens/greenhouses budget.
  - Kwik Trip contacted DaNita from Wood County Health Department about donating their left over produce from their healthy islands.  
A mobile cart to prepare foods in classrooms could be purchased (1 for each elementary- Pg 116). [http://www.farmtoschool.org/files/publications\\_134.pdf](http://www.farmtoschool.org/files/publications_134.pdf)
  - The committee approved purchase of a juicer and a blender for Lincoln Elementary and Youth Net (industrial). Stacey will get a price estimate and bring the exact amount to the next meeting so we can decide how many we can purchase and get the committee's approval for everything at one time.
  - It was discussed about buying children and adult cookbooks with some of the funding and also purchasing books on gardening and preparing fresh fruits and vegetables.
  - *Got Veggies?*  
A garden-based nutrition education curriculum with connections to all disciplines. Lessons are aligned to WI Learning Standards. Published by Community GroundWorks at Troy Gardens and the WI Dept. of Health Services; 2010. Available as an online pdf: <http://www.dhs.wisconsin.gov/health/physicalactivity/gotveggies.htm>
  - Cookbooks today (for adults) that use seasonal Wisconsin veggies and fruits.
    - From Asparagus to Zucchini: A guide to cooking farm-fresh seasonal produce. Madison Area Community Supported Agriculture coalition 608.226.0300 or [info@macsac.org](mailto:info@macsac.org) [www.macsac.org](http://www.macsac.org)
    - Farmer John's Cookbook: The Real Dirt on Vegetables 2006 Gibbs Smith, Publisher Layton UT
- b. Farm to School and “Harvest of the Month”
  - Taste testings are likely to continue for another year. The food service directions and farm to school team are planning for Fall already. Cheese samples are being donated for May to all schools and melons will be in the Fall.
- c. Apple trees in school forest – Amber and Torri are meeting with Mark Zee to see if he is interested in allowing blackberry/blueberry bushes or apple trees to be planted at the school forest.
- d. School Wellness Policy Review- No update, we will discuss this at the May meeting.
- e. Wellness Policy Evaluation Checklist
  - Annual evaluation of the school wellness policy is part of DPI's new mandate. Get Active put together an evaluation checklist for schools to use and she walked through this with the committee. Amber will send the evaluation checklist with the minutes.
- f. Balance Ball Chairs

- These have been ordered and should arrive soon. Please contact Kim Ziembo if you are interested in getting some ball chairs for your classroom. There is still some available.

#### 6. Safe Routes to School

- Josh Miller from The City of Marshfield (Planning and Zoning Administrator) is planning to apply for a Safe Routes to School grant. He will get final approval from the council and move forward with completing the application by May 4<sup>th</sup>. He asked the committee for any suggestions as to what changes could be made near the schools to increase safe routes to school. There are two different types of grants that can be written for: Infrastructure/Non-infrastructure or Planning Assistance. Josh has spoken with the City Engineer, Ron Sturomski, police department and other organizations to get feedback on whether there is a need for the city to apply again.

#### 7. Chef in the Schools – Discussion tabled until next meeting.

#### 8. Bike Rack

- a. Balance Program – Scott Scheuer
  - b. Fuel Up to Play 60 grant
  - c. Implementation of Go, Slow, Whoa into vending/ala carte
- a. September 1-30 is National Fruit and Veggie Month

#### 9. Next Steps

- a. **Next meeting- Tuesday, May 15 @ 3:30pm at Marshfield High School Library**
- b. Upcoming meetings:
  - To be determined