

## Marshfield School Wellness Committee meeting minutes

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**Date:** Tuesday, December 20

**Time:** 3:30-5:00PM

**Location:** High School Library

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Attendance: Sue Anderson, Kathy Brunette, DaNita Carlson, Amber Engen, Deb Englehart, Laura Fischer, Kari Gillen, Lea Hanke, Colleen LaBlanc, Carla MacArthur, Kristie Rauter, Sara Richie, Shayna Schertz, Stacey Weichelt, Tami Wolff, Kim Ziembo

### 1. Introductions

### 2. Review School Wellness Policy

- The committee reviewed the school wellness policy and made changes. Next Kim Ziembo will take the policy to Peg Geegan to be reviewed, and then it will be proposed to the School Board.
- The committee spent time discussing how to encourage parents to bring more healthy treats into the classroom and how this will be enforced as part of the new policy.
- Stacey Weichelt has created some very nice handouts on the website for teachers and parents to use as guidelines for snacks, etc. We will also be creating handouts with ideas for healthy concessions and fundraisers. The handouts on the website are: Foods to Encourage or Avoid, Healthy Snack Ideas In or Outside of the Classroom  
[http://www.marshfield.k12.wi.us/schools/high/keep\\_healthy.cfm#d208650](http://www.marshfield.k12.wi.us/schools/high/keep_healthy.cfm#d208650)

### 3. Blue Heron Brew Pub on January 17 from 5 p.m. – 7 p.m.

- On January 17<sup>th</sup> at 5 p.m. 95.5 WIFC will be at Blue Heron Brew Pub highlighting the Smart Meals program. The School Wellness Committee is encouraged to attend this exciting event and bring your friends and families for dinner!

### 4. Updates

#### • **Balance Program:**

The Balance Program was approved as a pilot program by the school board. The Balance program will be a course offered to students that do not participate in gym class due to an illness or health issue. Each participant will have a physical activity plan altered to fit their individual needs. Some students will be referred to the program by a teacher or pediatrician and will need to apply. Sara Richie informed Scott Scheuer that he will get ½ of the physical activity wellness funds to purchase equipment for the Balance program. Scott will work with Stacey Weichelt on making the purchases. Balance starts during the second semester in Spring 2012 and already has over 10 students that have been approved to take the course.

#### • **Farm to School “Harvest of the Month”:**

January’s Harvest of the Month will be potatoes from Plover. A baked potato is on the menu for January 20<sup>th</sup>. February’s Harvest of the Month will be sweet potatoes; raw sweet potato sticks will be served. Staff is working with a processor in Arpin to help process the local produce for the taste testings.

## 5. Bicycle Rack

- a. Ball Chairs and Instant Recess
  - It was suggested that we use the total number of school district teachers to determine how many DVDs or sets of flashcards we will need. These would be distributed at the professional staff development day where teachers would learn how to use the resources and tools.
- b. Implementation of Go, Slow, Whoa into vending/ala carte
  - Kristie Rauter, Stacey Weichelt and Gordi Sisson met with Forward vending in December to discuss implementing healthier vending machine options. Once a decision is made, we will move forward with the next steps.
- c. Physical activity programs at each school using survey results.
  - At a smaller meeting with the Elementary focus group, Lea Hanke discussed starting a running club at Lincoln Elementary. It was also discussed that each school should house their own afterschool program. This will be discussed more in depth at the next meeting.
- d. Youth Net Summer Lunch Program
  - Amber Engen asked the committee to think about if they would approve using some of the garden/greenhouse money to purchase a chest freezer and utensils for the upcoming Youth Net summer school program. Stacey Weichelt will be working with Youth Net staff to get this going and its open to the community as needed. Youth Net qualifies for this because they are within a certain mile radius of Lincoln Elementary who has higher than 50% of free/reduced lunch students.
- e. Purchasing a salad bar and refrigerated vending machine
  - Stacey Weichelt met with Ron Sturomski to evaluate the cafeteria space and he will design blue prints to include a salad bar and possibly a refrigerated vending machine.

## 6. Next Steps

- a. Next meeting- **Tuesday, January 17 @ 3:30pm in the HS Library**
- b. **\* Please bring any tools and resources to the January meeting you would like to see given to all teachers as part of Professional Staff Development Days. Also please bring physical activity bursts in the classroom ideas.\***