

Marshfield School Wellness Committee meeting minutes

Date: Tuesday, February 21, 2012

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

Location: Grant Elementary Library

Attendance: Sue Anderson, Torri Bradley, Kathy Brunette, Amber Engen, Deb Englehart, Lea Hanke, John Harrington, Tim Heeg, Sue Lee, Mary Ellen Littmann, Sara Richie, Shayna Schertz, Stacey Weichelt, Kim Ziembo

1. Introductions
2. Healthy People 2020 Student Recommendations
 - Tami Wolff's health classes reviewed the Healthy People 2020 objectives and made recommendations for how the school could improve related to providing and promoting healthy lifestyles. See attachment with minutes.
 - Recommendations made that we are already working on:
 - Replace chips, candy, and soda with healthier options like milk, granola, fruit, etc.
 - Reduce prices for healthy foods (reduced price of whole fruit during lunch)
 - Use posture balls (considering purchasing for elementary classes to try)
 - Encourage students to walk or bike to school more frequently (Walk to School day)
 - Plant fruit trees around the schools (currently being discussed)
 - Have Walk-a-thons to raise money for groups (done by PTO before)
 - Use more homegrown items in the lunch lines (Farm to School)
 - Recommendations that could be made:
 - Offer a salad bar everyday
 - Rent out bikes after school
 - Have a "no cut" policy for sports to ensure everyone is getting adequate physical activity
 - Offer fitness programs separate from physical education programs
 - Offer uneaten fruits and veggies to students free of charge after school
 - Encourage stair use or promote stairs as a way to get physical activity
 - Offer stress relief activities
 - Only offer ala cart a few days a week instead of everyday
 - Make water and milk cheaper to encourage students to purchase healthier beverages
 - Offer intramurals during lunch hours or after school
3. Elementary Afterschool Physical Activity programs
 - Budget: A subcommittee has met to discuss the results from the physical activity surveys done in the elementary schools. They will create an action plan which will include what new afterschool physical activity opportunities will be continued or implemented. Kristie Rauter and Sara Richie sent out a doodle poll and the next meeting is Tuesday, March 13 at 3:30pm (Grant Elementary). At this meeting the committee will create an estimated budget for each program. The committee will present the action plan at the March meeting to the full committee and then

the full committee will decide whether to approve requests. Currently there is \$3,265.27 available in the physical activity budget. There is a lot of interest in this funding so the committee asked if funds from gardens/greenhouses could be shifted within reason to add more to this budget.

- Each year it takes 8 teachers to run the Grant Soccer Club. Examples of other suggested activities might be an afterschool running club. Each school should house their own afterschool physical activity program. There also may be opportunities to partner with already existing afterschool programs such as Fit-tastic through the YMCA and expand the outreach. We will proceed with planning as if an AmeriCorps member will not be available to help, but this idea may be discussed when applications come out in Spring.
- Included in the action plan and budget discussion of this committee will be the posture balls. Deb Englehart and Kim Ziembo would like to purchase approximately 40 balls for multiple classrooms to try out and record evaluation data. This would cost approximately \$1,500.

4. Budget Approval

a. Refrigerated Vending Machine, \$9,979.00 approved

- The purchase of a refrigerated vending machine from Forward Vending was approved for the High School. \$2,543.00 will need to be transferred from a different budget area to cover the entire cost of this. The remaining \$7,436 will be spent from the vending/ala carte budget. Mary Ellen Littmann and Stacey Weichelt have created a great sustainable partnership opportunity for the food service program and Marshfield High School Transition Services to Employment and Living program. Students in this program will work with the food service to order and fill the refrigerated vending machine with healthy items including farm to school items. This program will receive profits from the vending machine to help continue and expand their program services and incorporate even more Healthy Lifestyle components.

b. Nutrition analysis software, \$2,815 approved (plus \$300 annual maintenance fee)

- Stacey Weichelt and the school nurses have requested to purchase Nutrition Analysis Software. With the new school food recommendations coming down from DPI to reduce sodium, etc; this software will provide nutrition analysis for all recipes the food service staff prepares. It will also allow for nutrition information to be provided on the school website for parents and help with serving appropriate meals to students with restricted diets. The \$300 annual maintenance fee will be covered each year by the school.

c. Gardens/Greenhouses

- \$4,000 given to Tim Heeg and Mark Zee for greenhouse projects.
- Lincoln 4th grade gardens seeds/plants for 2012 growing season, \$150 approved.
- St. Alban's Shed- Kristie Rauter: Discussion postponed until next meeting.

5. Updates

- **Balance Program:** Scott Scheuer gave an update for Sara Richie to report on successes of the Balance program. Scott will provide a more detailed update next month when he attends the meeting. The class is having a very positive influence on the 6 students enrolled. Students have started to change their eating and activity habits. On Fridays the students were learning how to make healthy fruit smoothies and they now make these on their own. Each student is asked to complete a log/journal. Their comments include how they are feeling, how much more energy they have and even how their families are transitioning to have healthier habits. All of the comments from the students are very positive and they are really enjoying this course. Scott hopes to have more data to present to the committee at the next meeting.
- **Farm to School and “Harvest of the Month (HOM)”:** Sue Anderson and Stacey Weichelt were on Insight radio and had a great interview. Baked potatoes will continue to be served on the menu every month. The HOM for March is cranberries. Quotes from the HOM taste testings were put up on the school district’s website at <http://www.marshfield.k12.wi.us/schools/high/FarmtoSchool.cfm#d200073>
- Middle School and High School Breakfast program: The middle school breakfast program just started on February 21 and the high school breakfast program started on February 22. Food service is hoping to receive high participation from these new programs. Great job to Stacey Weichelt for working hard to get these new breakfast programs up and running.
- Healthy Lifestyles-Marshfield Area Coalition updates:
 - Children’s Festival: Saturday, April 14 at Marshfield High School Field House. Healthy Lifestyle activities will be available including an obstacle course and other fun events for children. Contact Kayleen Moll with questions at moll.kayleen@marshfieldclinic.org
 - Bike Rodeo: Bring your bikes to Children’s Festival on April 14 and learn about bike safety. Children can ride through various stations to learn the rules of the road and how to properly ride a bike.
 - Amber Engen will email the flyer out to the committee once it’s finalized.
- Professional Staff Development Days: Kim Ziembo invited anyone to talk on a school wellness topic at any of the upcoming professional staff development days before the end of the school year. Meetings take place from about 3:30-5 pm in the High School lecture hall and can be scheduled any Monday, Tuesday, Wednesday or Thursday. These staff development days are typically for new teaching staff, but all school staff is welcome. Email Kim if you’re interested in presenting. Stacey Weichelt and Sue Anderson may do one session on Farm to School.
- Gardens/Greenhouses Budget: Tim Heeg and Torri Bradley presented the following ideas
 - Expand hydroponic system for the greenhouse to allow growth of many new fruits and vegetables including strawberries, peppers, tomatoes, cucumbers, beans, etc.
 - Purchase supplies: hanging baskets, flats, seeds, pruning shears, other equipment and tools needed for greenhouse maintenance and production
 - Purchase greenhouse stands for the elementary classrooms if interested
 - Irrigation/watering system for hydroponics including fertilizer
 - Dehydrator for food science projects (Sara Richie is checking on this)
 - Meat smoking system for food science projects (Sara Richie is checking on this)

- Lighting for open spaces in classrooms to grow stuff
- Garden bed(s) at Madison Elementary if there are a few teachers that are interested and dedicated to an ongoing garden project
- Cold frames could be purchased
- The FFA always provides assistance to Tiny Tigers gardens and if the committee approved they could use funding for a rain barrel/water system, soil mix, and wood chips
- Kristie Rauter was not present but has some ideas for use of the gardens/greenhouses funds in the schools and will present these at the March meeting

6. Bicycle Rack

A. School Wellness Policy review

- Update at March meeting

B. Apple trees in school forest

- No updates at this time.

C. Implementation of 'Go, Slow, Whoa' into vending/ala carte

- No updates at this time.

D. Purchasing a salad bar

- Stacey Weichelt will use farm to school money to purchase salad bars for the schools. She will start with the high school and continue purchasing for middle school and elementary schools until the funds run out.

E. Jump with Jill

- If we are unable to use get active funds to pay for Jump with Jill to come to Marshfield, we may contact local businesses to see if they are interested in donating for this event.

7. Next Steps

A. **Next meeting- Tuesday, March 27 @ 3:30 p.m. at Marshfield High School Library**

B. **Upcoming meetings:**

- **Tuesday, April 17 @ 3:30pm at Grant Elementary Library**
- **Tuesday, May 15 @ 3:30pm at Marshfield High School Library**