

## Marshfield School Wellness Committee meeting minutes

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**Date:** Tuesday, January 17, 2012

**Time:** 3:30-4:45 p.m.

**Location:** Marshfield High School Library

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Attendance: Sue Anderson, Torri Bradley, DaNita Carlson, Laura Dickman, Deb Englehart, Michelle Goetsch, Katrina Hittner, Kaylin Monson, Kelly Ongna, Shayna Schertz, Shelly Schneider, Ashley Tremmel, Stacey Weichelt

1. Introductions
2. Tools and Resources for Teachers (distribute at Professional Staff Development days)
  - ABC for Fitness – <http://www.davidkatzmd.com/abcforfitness.aspx>  
Sign up here to receive a PDF, this has also been distributed with meeting minutes. You can email Amber for a copy. This could be distributed to all staff via email with approval.
  - Active Classrooms activity flip cards – Kristie is waiting to receive these and will provide a sample
  - Ball Chairs – tabled until next meeting
  - Deskercise – tabled until next meeting
  - Product Navigator and Calculator (Alliance for a Healthier Generation) – This tool helps you find healthy snacks by grade level or by food group. Stacey put the link on the district website and will ask if she can send this out to all principals to provide this tool and point them to other resources on the food service website. The idea was brought up to also put it on the “Harvest of the Month”. Sue will forward the link on to Susan from the State CPPW to have this information included in the Harvest of the Month newsletter. Michelle Goetsch will be accepting school district specific information as she begins a newsletter for each district.
  - Instant Recess – This DVD is for when classrooms are unable to get out of the classroom at recess or if they need an energizer. They are short 10 minute sessions suitable for all ages.
  - Jump with Jill – Deb played a bit of Jump with Jill. This program is \$2,000 for one hour. Could we get community sponsors to help pay for some of the cost? Michelle Goetsch suggested looking into the Aspirus Obesity Grant for funding. The deadline for the grant was this last Monday however she provided a contact to request a 2 week extension. The Milk Council grant was also an idea to get funds to pay for Jump with Jill.
  - Others – “Food Play” is nutrition education through theater, it’s similar to Jump with Jill, but might be less expensive.
3. Elementary Afterschool Physical Activity programs
  - 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. We will be asking interested committee members to use the survey results and then design a plan to implement around afterschool physical activity opportunities. For each program, some get active funding will be available for use with the committee’s approval. Tabled until next meeting.

#### 4. Updates

- **Balance Program:**

No update at this time; tabled to the next meeting.

- **Farm to School “Harvest of the Month”:**

Harvest of the Month is looking good for the rest of the year. April’s harvest, greens, might be difficult since none of the schools are growing greens, but we will see where we are at when the time gets closer. Stacey and Sue are going to the first ever Farm to School Summit next week. Baked potatoes will be served for the first time to Elementary Schools on Friday. Newsletters were sent out and feedback on them is needed.

On February 8, Marshfield is holding a cooking class by a Chicago Chef. The purpose of the class is to teach food service staff about farm to school and create excitement. The class will teach various knife skills and how to process all the new produce that is and will be coming into the schools. The grant is covering the cost of this class; we are strongly encouraging all school cook’s to attend, but also school food’s teachers are welcome.

- **Purchase of freezer for Youth Net**

The committee approved \$800 plus shipping for the Youth Net freezer. Also approved was a food processor, slicer and a food bowl processor for the high school to prepare homemade salad dressings and process fresh produce.

#### 5. Bicycle Rack

##### A. Implementation of ‘Go, Slow, Whoa’ into vending/ala carte

- Kristie Rauter, Stacey Weichelt and Gordy 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.

##### B. 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, February 21 @ 3:30 p.m. at Grant Elementary**